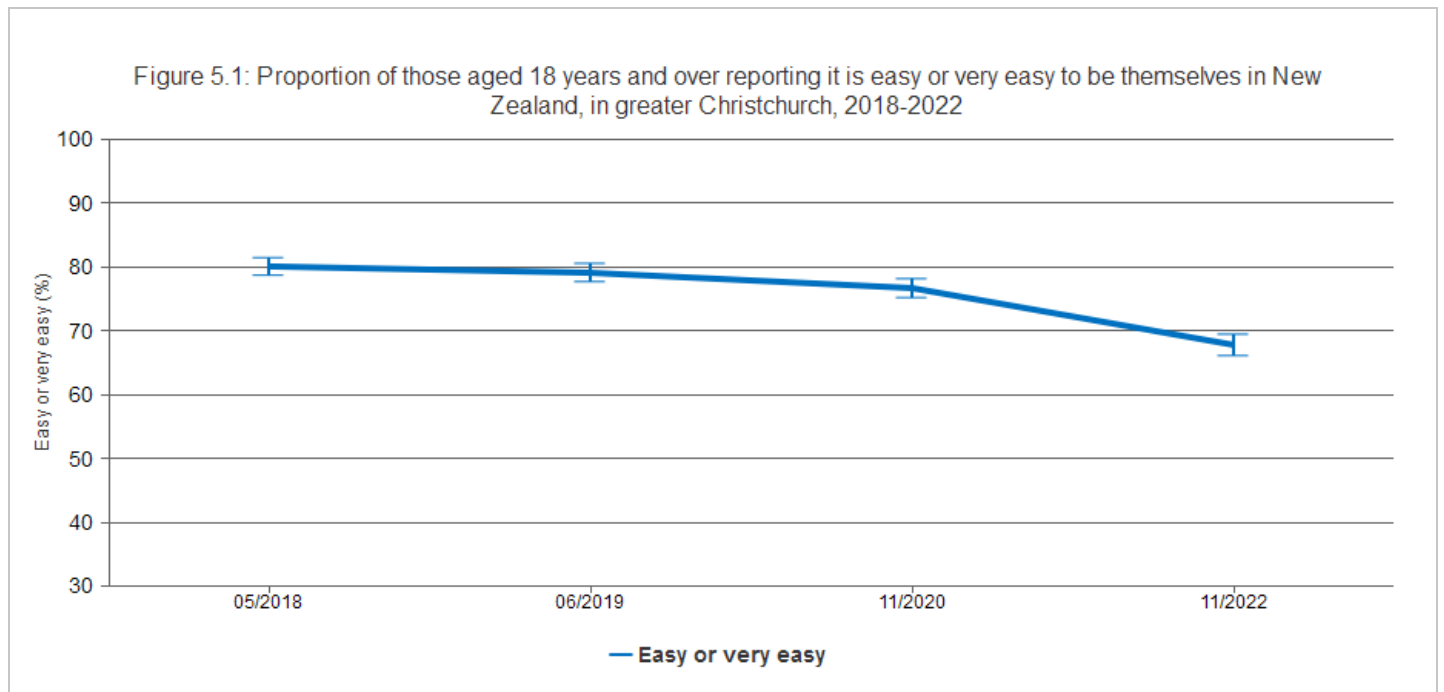


## Social Capital: Personal identity

Downloaded from <https://www.canterburywellbeing.org.nz/our-wellbeing/social-capital/personal-identity/> on 28/03/2025 8:38 AM

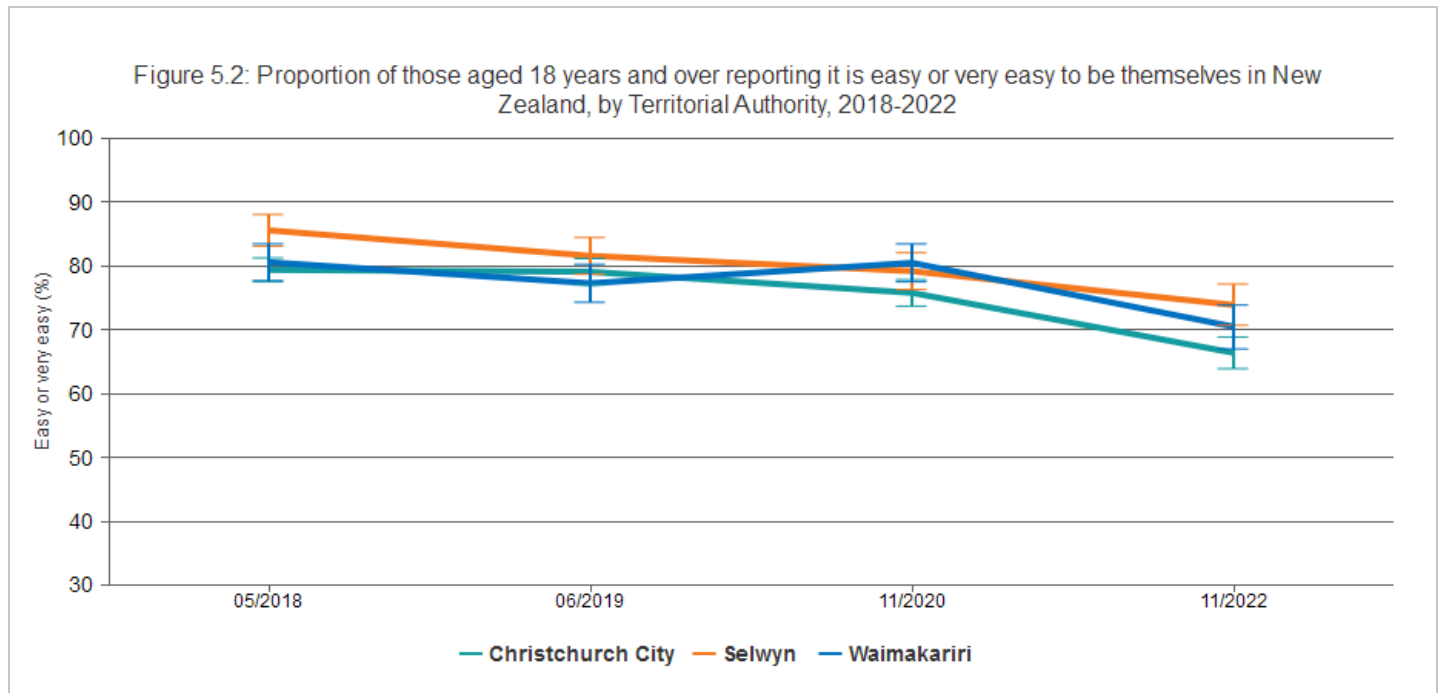
Being able to express 'who they are' is important for people's sense of self and overall wellbeing. A society which is inclusive of differences is desirable as it enables members to participate fully in life, and gives them a sense of belonging and security [22].

This indicator presents the proportion who reported it was easy or very easy to be themselves in New Zealand, as reported in the Canterbury Wellbeing Survey.



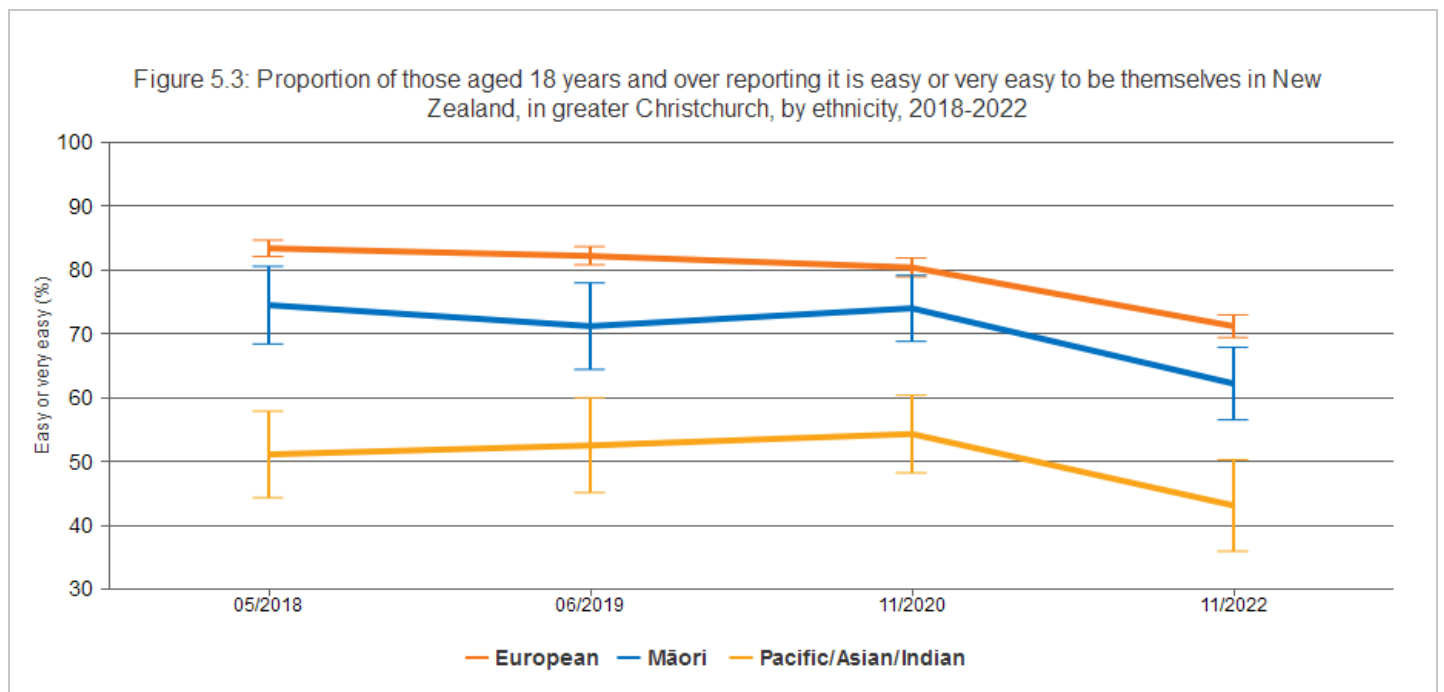
The figure shows that from 2018 to 2020, approximately 80 percent of respondents in greater Christchurch indicated that they find it easy or very easy to be themselves in New Zealand. This proportion declined to 67.8 percent in 2022. The difference between the 2020 and 2022 proportions is statistically significant.

## Breakdown by Territorial Authority



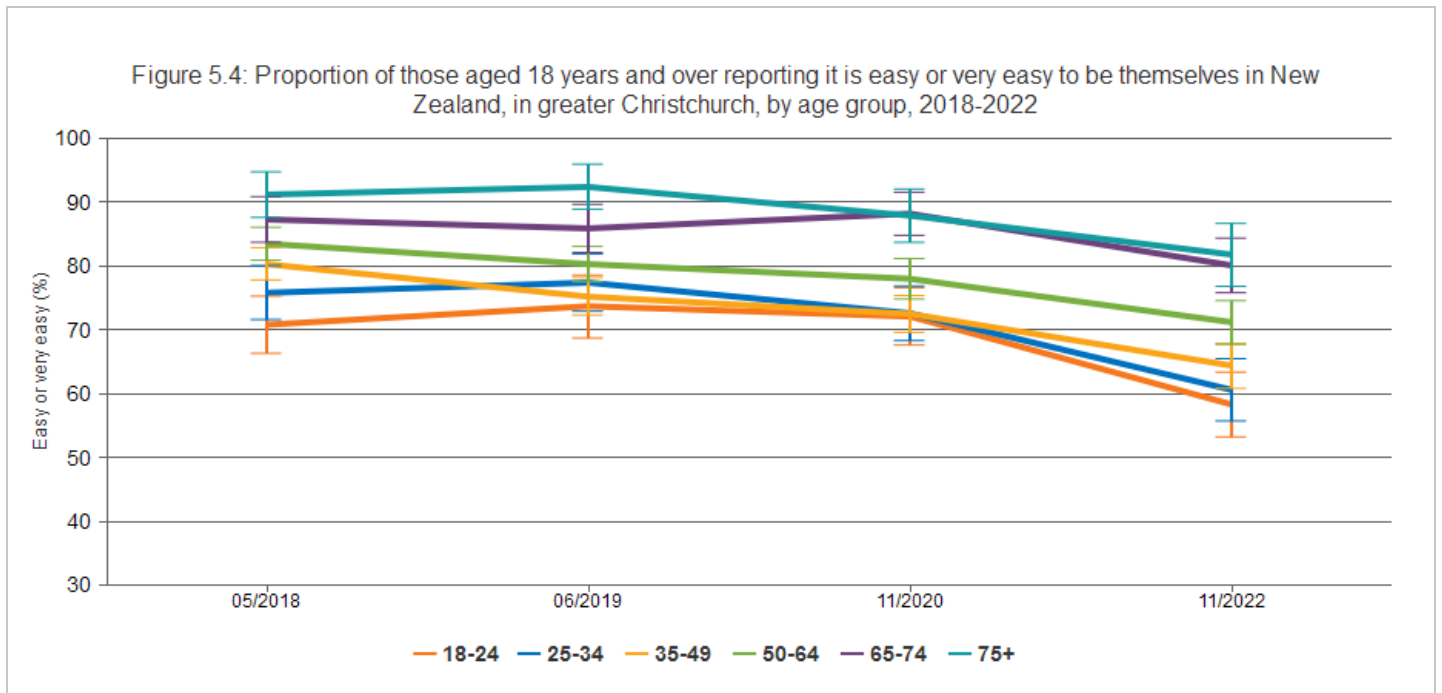
The figure shows that in 2022, a statistically significantly higher proportion of Selwyn District respondents (73.9%) indicated they found it easy or very easy to be themselves in New Zealand, when compared to Christchurch City respondents (66.4%). However, the proportions of respondents who indicated they found it easy or very easy to be themselves in New Zealand are otherwise generally similar across the three Territorial Authorities, for the time series shown.

## Breakdown by ethnicity



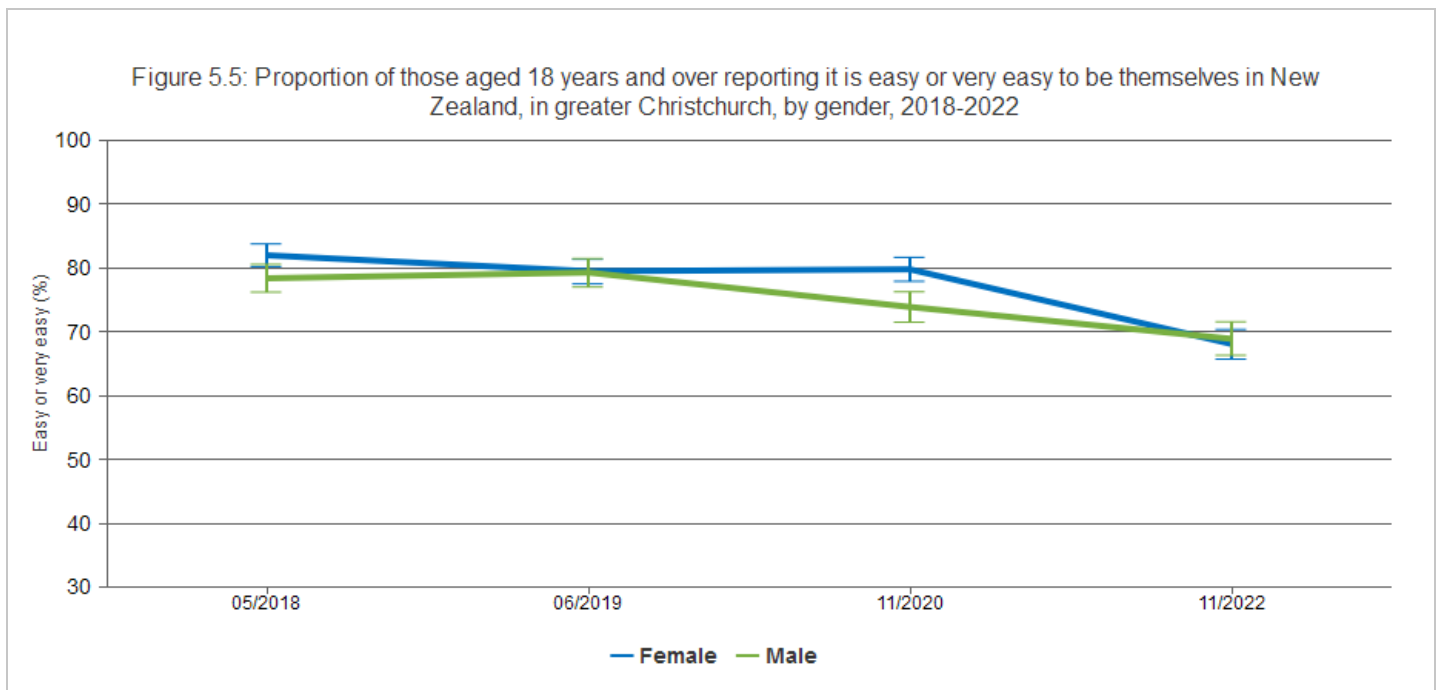
The figure shows that in 2018, 2019, and 2022, European respondents were statistically significantly more likely than Māori respondents to report that it was very easy or easy to be themselves in New Zealand (71.2% and 62.2% in 2022, respectively). The figure also shows that Pacific/Asian/Indian respondents were statistically significantly less likely to report that it was very easy or easy to be themselves in New Zealand, compared with European and Māori respondents, at all points across the time series shown (43.1% in 2022).

## Breakdown by age



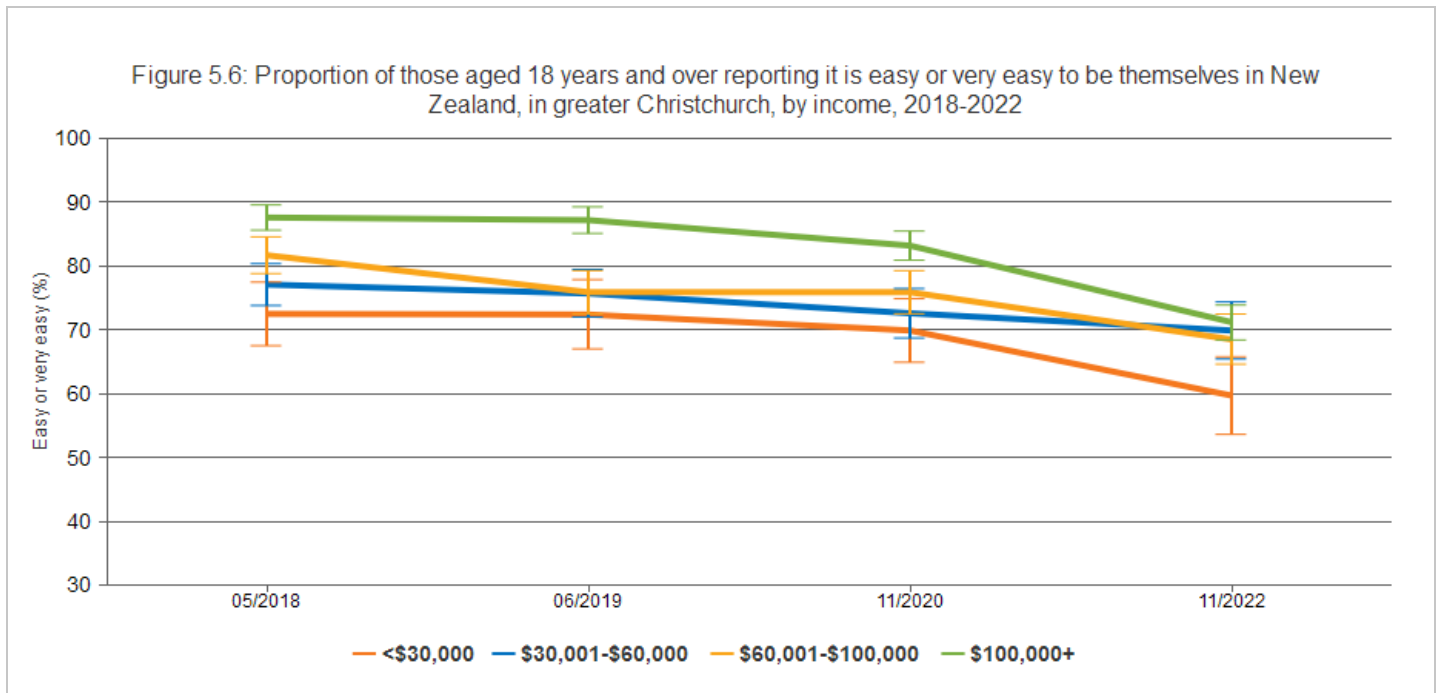
The figure shows that from 2018 to 2022, younger people were generally less likely than older people to report that it was very easy or easy to be themselves in New Zealand (18–24 years, 58.3%; 25–34 years, 60.6%; 35–49 years, 64.4%; 50–64 years, 71.2%; 65–74 years, 80.1%; and 75+ years 81.8% in 2022). The difference shown between young people’s (18–24 years) ease of being themselves, and those in the three oldest age groups (50–64 years, 65–74 years and 75+ years), is statistically significant in 2022.

## Breakdown by gender



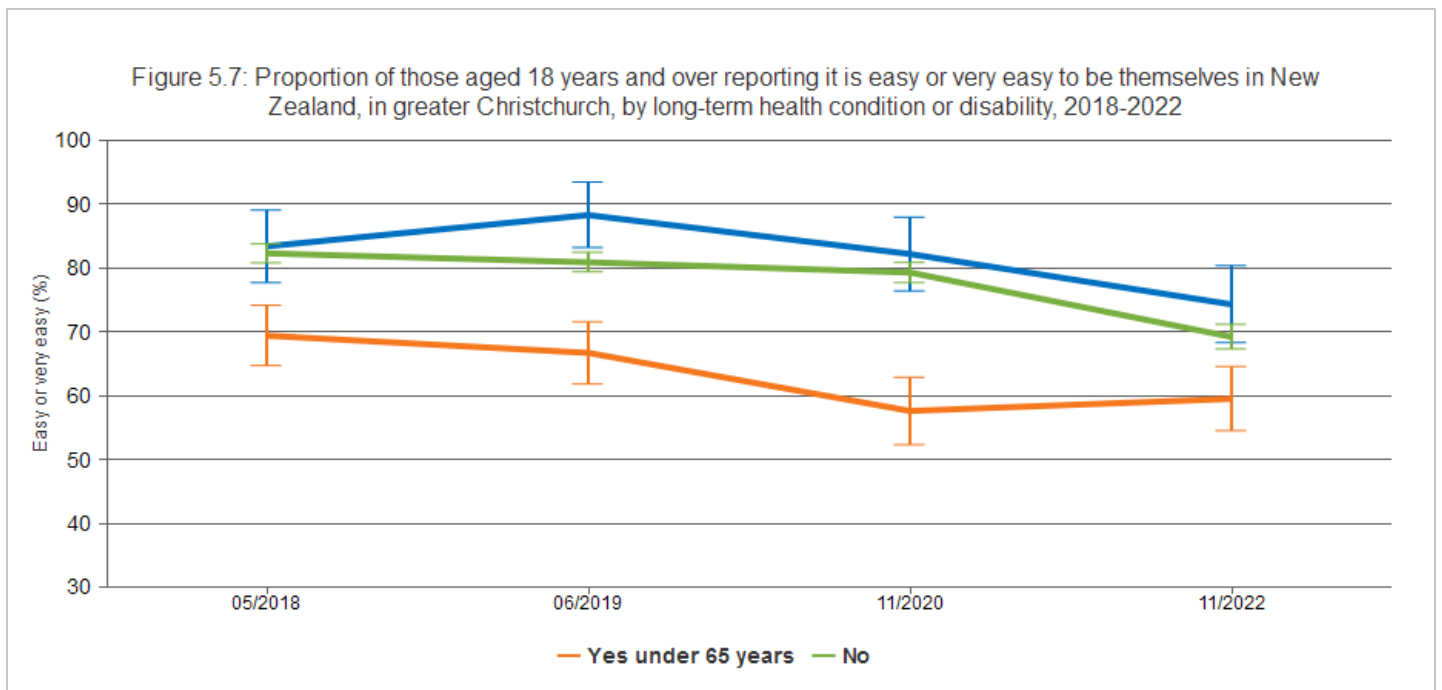
The figure shows that males and females expressed a similar level of ease with being themselves in New Zealand from 2018 to 2022 (68.1% of females reported it was very easy or easy to be themselves, compared with 68.9% of males in 2022).

## Breakdown by income



The figure shows that respondents with higher household incomes were generally more likely than respondents with lower household incomes to feel it was very easy or easy to be themselves in New Zealand, over the time series shown (in 2022, 71.2% of those with annual household incomes over \$100,000; 68.5% with incomes \$60,001–\$100,000; and 69.9% with incomes \$30,000–\$60,000; compared with 59.7% for those with incomes under \$30,000). The proportion for the highest income group is statistically significantly higher than for all other groups in 2018, 2019, and 2020.

## Breakdown by disability



The figure shows that respondents with a long-term health condition or disability, and aged under 65 years, were statistically significantly less likely to indicate that it is very easy or easy for them to be themselves in New Zealand, compared with those respondents without a long-term health condition or disability and those respondents with a long-term health condition or disability, aged 65 years and over, over the time series shown (in 2022, 59.5%; 69.2%; and 74.3%, respectively).

## Data Sources

**Source:** Te Whatu Ora Waitaha Canterbury - formerly the Canterbury District Health Board.

**Survey/data set:** Canterbury Wellbeing Survey to 2022. Access publicly available data from Te Mana Ora | Community and Public Health website [www.cph.co.nz/your-health/wellbeing-survey/](http://www.cph.co.nz/your-health/wellbeing-survey/)

**Source data frequency:** Annually.

Metadata for this indicator is available at <https://www.canterburywellbeing.org.nz/our-wellbeing/index-data>

## REFERENCES

---

This is the full reference list for **Social Capital**.

- 1 Putnam RD, Leonardi R, Nanenetti R (1993) *Making democracy work: civic traditions in modern Italy*. Princeton, NJ: Princeton University Press.
- 2 Rocco L, Suhrcke M (2012) *Is social capital good for health? A European perspective*. Copenhagen: WHO Regional Office for Europe.
- 3 Islam MK, Merlo J, Kawachi I, Lindström M, Gerdtham U-G (2006) Social capital and health: Does egalitarianism matter? A literature review. *International Journal for Equity in Health* 5: 3.
- 4 Scheffler RM, Brown TT (2008) Social capital, economics, and health: new evidence. *Health Econ Policy Law* 3: 321-331.
- 5 d'Hombres B, Rocco L, Suhrcke M, McKee M (2010) Does social capital determine health? Evidence from eight transition countries. *Health Econ* 19: 56-74.
- 6 Folland S (2007) Does "community social capital" contribute to population health? *Social Science and Medicine* 64: 2342-2354.
- 7 Syme SL (2000) Foreword. In: Berkman LF, Kawachi I, editors. *Social epidemiology*. New York: Oxford. pp. ix-xii.
- 8 Browning CR, Cagney KA (2003) Moving beyond poverty: neighborhood structure, social processes and health. *J Health Soc Behav* 44: 552-571.
- 9 McMillan DW (1996) Sense of community. *Journal of Community Psychology* 24: 315-325.
- 10 Sonn CC, Fisher AT (2005) Immigrant Adaptation: Complicating our understanding of responses to intergroup experiences. In: Nelson G, Prilleltensky I, editors. *Community Psychology: In pursuit of liberation and wellbeing*. London, UK: McMillan, Palgrave. pp. 348-363.
- 11 Gusfield JR (1975) *The community: A critical response*. New York: Harper Colophon.
- 12 Sarason SB (1986) The emergence of a conceptual center. *Journal of Community Psychology* 14: 405-407.
- 13 Pinker S (2015) *The village effect: Why face-to-face contact matters*. London: Atlantic Books.
- 14 Thoits PA (1995) Stress, coping, and social support processes: where are we? What next? *J Health Soc Behav Spec*: 53-79.
- 15 Haber M, Cohen J, Lucas T, Baltes B (2007) The relationship Between Self-Reported Received and Perceived Social Support: A Meta-Analytic Review. *American journal of community psychology* 39: 133-144.
- 16 Berkman LF, Syme SL (1979) Social networks, host resistance, and mortality: a nine-year follow-up study of Alameda County residents. *Am J Epidemiol.* 109: 186-204. doi: 110.1093/oxfordjournals.aje.a112674.
- 17 Thoits PA (2011) Mechanisms Linking Social Ties and Support to Physical and Mental Health. *J Health Soc Behav* 52: 145-161.
- 18 Uchino BN, Bowen K, Carlisle M, Birmingham W (2012) Psychological pathways linking social support to health outcomes: a visit with the "ghosts" of research past, present, and future. *Social science & medicine (1982)* 74: 949-957.
- 19 Cohen S, Wills TA (1985) Stress, social support, and the buffering hypothesis. *Psychol Bull.* 98: 310-357.
- 20 Uchino B (2006) Social Support and Health: A Review of Physiological Processes Potentially Underlying Links to Disease Outcomes. *Journal of behavioral medicine* 29: 377-387.
- 21 Schonfeld IS (1991) Dimensions of functional social support and psychological symptoms. *Psychological Medicine* 21: 1051-1060.
- 22 Ministry of Social Development (2016) *The Social Report 2016: Te pūrongo oranga tangata*. Wellington: Ministry of Social Development.
- 23 Ateca-Amestoy V (2011) Leisure and subjective well-being. In: Cameron S, editor. *Handbook on the economics of leisure*. Cheltenham: Edward Elgar. pp. 52-76.
- 24 Throsby D (2001) *Economics and culture*. Cambridge: Cambridge University Press.
- 25 Aked J, Marks N, Cordon C, Thompson S (2008) *Five Ways to Wellbeing: A report presented to the Foresight Project on communicating the evidence base for improving people's well-being*. London: New Economics Foundation.
- 26 Arts Council England (2012) *Measuring the economic benefits of arts and culture: practical guidance on research methodologies for arts and cultural organisations*: Arts Council England.
- 27 Wheatley D, Bickerton C (2017) Subjective well-being and engagement in arts, culture and sport. *Journal of Cultural Economics* 41: 23-45.

- 28 Arts Council of New Zealand, Creative New Zealand (2020) *New Zealanders and the arts. Ko Aotearoa me ōna toi. Survey findings for Canterbury residents 2020*. Wellington: Creative New Zealand.
- 29 Arts Council of New Zealand, Creative New Zealand (2020) *New Zealanders and the arts. Ko Aotearoa me ōna toi. Summary Report 2020*. Wellington: Creative New Zealand.
- 30 Directorate-General for Communication (2015) *Special Eurobarometer 437; Discrimination in the EU in 2015*. European Union.
- 31 Harris RB, Stanley J, Cormack DM (2018) Racism and health in New Zealand: Prevalence over time and associations between recent experience of racism and health and wellbeing measures using national survey data. *PLoS ONE* 13: e0196476.
- 32 Tofler IR, Butterbaugh GJ (2005) Developmental Overview of Child and Youth Sports for the Twenty-first Century. *Clinics in Sports Medicine* 24: 783-804.
- 33 Dalziel P (2011) *The economic and social value of sport and recreation to New Zealand, Research Report No. 322*.
- 34 Steptoe AS, Butler N (1996) Sports participation and emotional wellbeing in adolescents. *The Lancet* 347: 1789-1792.
- 35 Office of the European Union (2011) *European Foundation for the Improvement of Living and Working Conditions Second European Quality of Life Survey: Participation in volunteering and unpaid work*. Luxembourg: Publications Office of the European Union. 56 p.
- 36 OECD (2007) Measuring and fostering the progress of societies, 2nd World Forum in Istanbul, Turkey, 27–30 June, 2007: Organisation for Economic Development and Cooperation.
- 37 Heitmueller A, Inglis K (2004) *Carefree? Participation and pay differentials for informal carers in Britain, IZA Discussion Paper No. 1273*. Bonn, Institute for the Study of Labour.
- 38 Mellor D, Hayashi Y, Stokes M, Firth L, Lake L, et al. (2009) Volunteering and its relationship with personal and neighborhood well-being. *Nonprofit and Voluntary Sector Quarterly* 38: 144–159.
- 39 Dolan P, Peasgood T, White M (2008) Do we really know what makes us happy? A review of the economic literature on the factors associated with well-being. *Journal of Economic Psychology* 29: 94–122.