

Wellbeing and Engagement in culture, arts and sport by adults in Northern Ireland

Findings from the Continuous Household Survey 2016/17

Annual publication

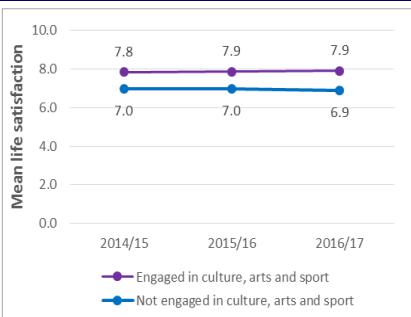
Published: 28 March 2018

Coverage: Northern Ireland

Main Story

- Across a range of measures of personal wellbeing: Life Satisfaction, Self-efficacy and Locus of Control, analysis shows higher personal wellbeing among adults who engaged in culture, arts and sports than among adults who had not engaged in these activities. Whilst this report shows a link between engagement and personal wellbeing and general health it does not show that one causes the other, for example, previous analyses have shown that individuals' poor health is a key barrier to their full participation in culture, arts and sporting activities.

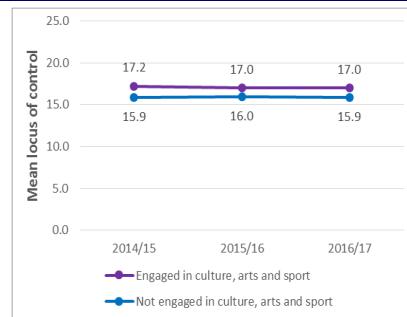
Life Satisfaction



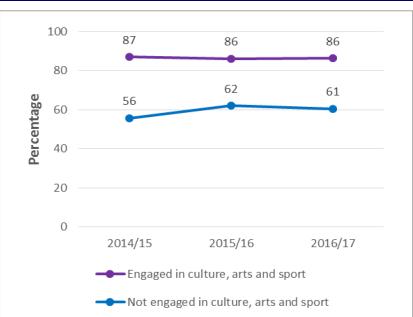
Self-efficacy



Locus of Control



General Health



For adults engaging in culture, arts and sport the mean life satisfaction score was 7.9 in 2016/17. The score is similar to the figures for both 2015/16 and 2014/15. The mean life satisfaction score for all adults in Northern Ireland was 7.8.

For adults engaging in culture, arts and sport the mean self-efficacy score was 19.4 in 2016/17. The score is similar to the figures for both 2015/16 and 2014/15. The mean self-efficacy score for all adults in Northern Ireland was 19.2.

For adults engaging in culture, arts and sport the mean locus of control score was 17.0 in 2016/17. The score is similar to 2015/16 however in 2014/15 adults exhibited a more internal locus of control (17.2). The mean locus of control score for all adults in Northern Ireland was 16.9.

For adults engaging in culture, arts and sport 86% rated their health as 'fairly good' or 'good' in 2016/17. This is similar to the proportions in both 2015/16 and 2014/15. Considering all adults in Northern Ireland, 83% rated their health as 'fairly good' or 'good'.

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Introduction

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Self-Efficacy	4	
Locus of Control	5	
General Health	6	Another report published by DfC presenting an analysis of wellbeing and experience of heritage is available here . Questions on heritage were added to the CHS in September 2016, following the establishment of DfC and consequent joining of heritage to culture, arts and sports development. In future years a single wellbeing publication will be produced to include engagement with culture, arts, sport and heritage.
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Continuous Household Survey

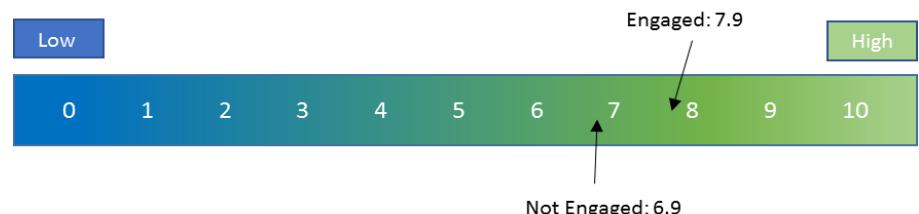
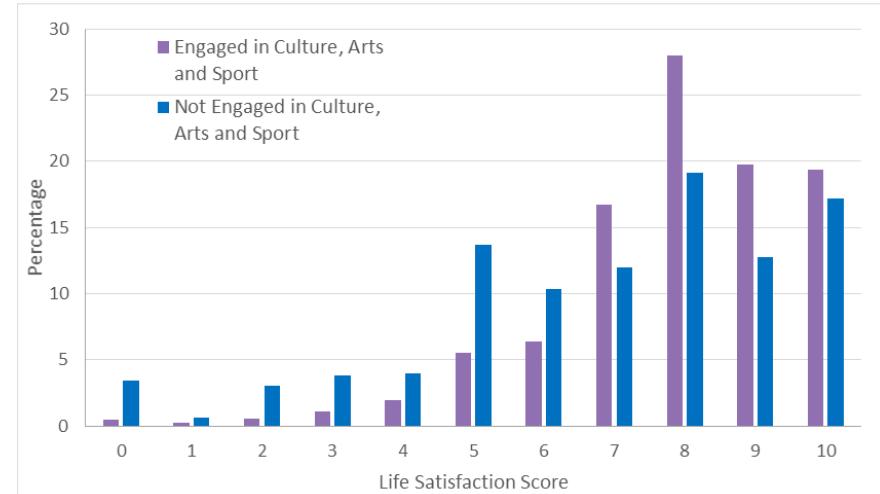
More information relating to the CHS, methodology, definitions, wellbeing questions and the interpretation of figures can be found in the definitions and technical notes section. The questions that were asked in the CHS 2016/17 relating to culture, arts and sport are available [here](#). Data tables are available in [Excel](#) and [ODS format](#).

Life Satisfaction

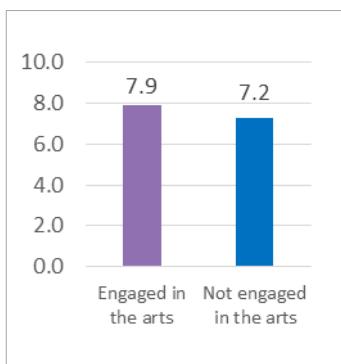
Life satisfaction relates to an individual's satisfaction with their life overall. Respondents were asked: "Overall, how satisfied are you with life nowadays?" and asked to give their response on a scale of 0 to 10, where 0 is 'not at all satisfied' and 10 is 'completely satisfied'. Higher scores on the life satisfaction scale represent a greater sense of contentment with life. Life satisfaction, is one of four measures currently being used by the Office of National Statistics (ONS) to explore and measure national wellbeing¹.

In 2016/17 the mean life satisfaction score for adults in Northern Ireland was 7.8. For adults engaging in culture, arts and sport the mean score was 7.9 which was higher than for those not engaging (6.9). Higher average life satisfaction scores were found for those who engaged in the arts, visited a museum or science centre or participated in sport in comparison to those who did not. No statistically significant differences were found for those who used the public library service or PRONI.

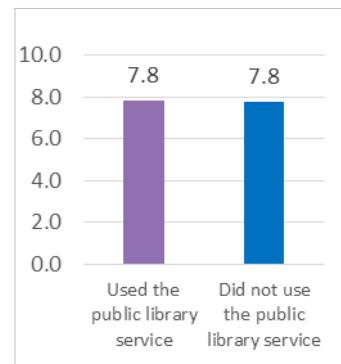
Distribution of life satisfaction scores for adults in Northern Ireland



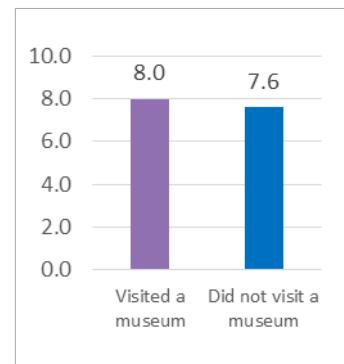
Arts



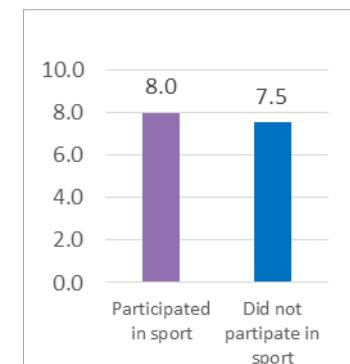
Libraries



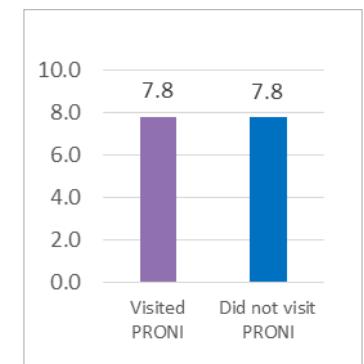
Museums



Sport



PRONI



¹ See: ONS, Personal wellbeing in the UK: July 2016 to June 2017, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/july2016tojune2017>

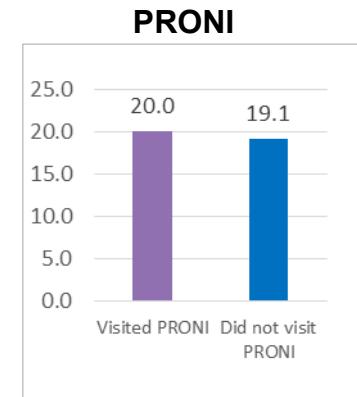
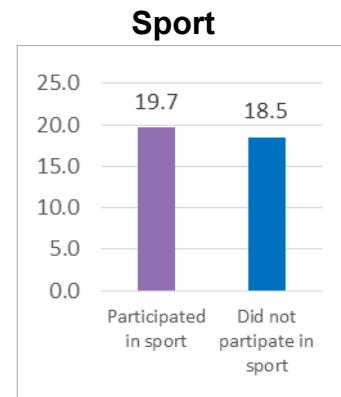
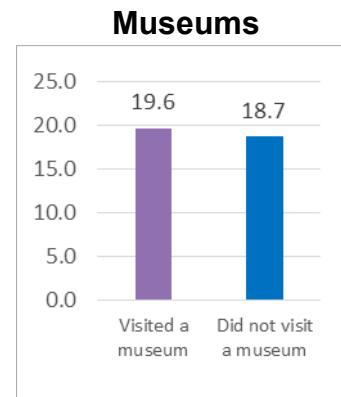
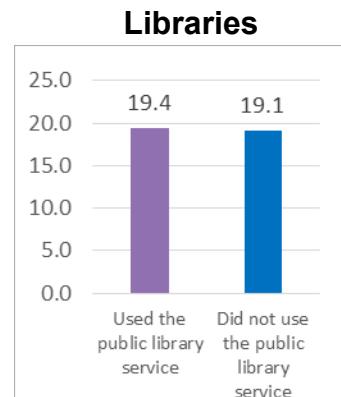
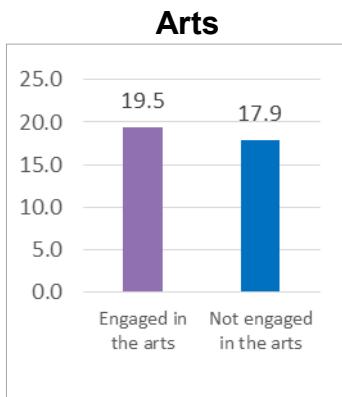
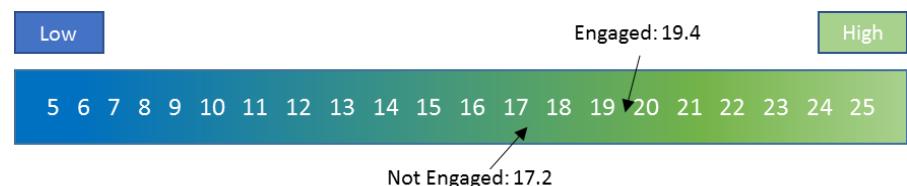
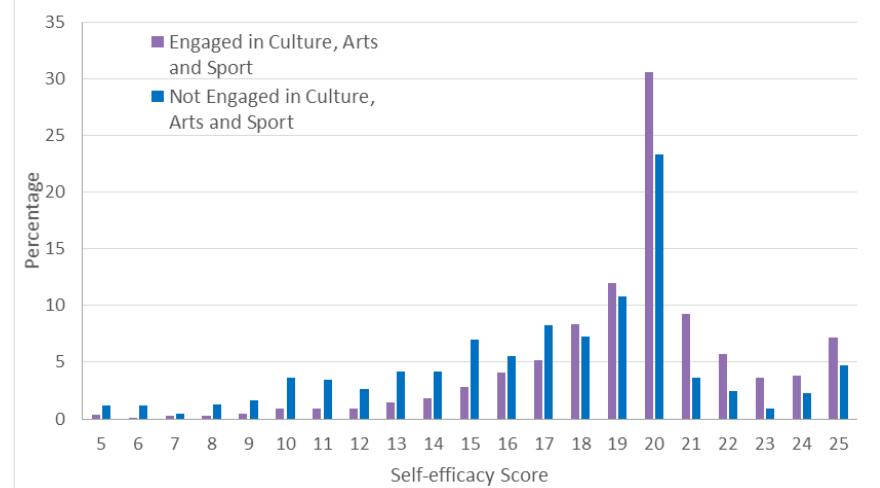
Self-efficacy

Self-efficacy is the extent or strength of an individual's belief in their own ability to complete tasks and reach goals. It is not a measure of the individual's abilities but a perception of their own ability to succeed. Self-efficacy plays a major part in determining our chances for success with those exhibiting higher levels of self-efficacy being more confident in their abilities and ready to face challenges.

Self-efficacy is measured using five statements (see Definitions) to which an individual indicates how much they agree or disagree on a five point Likert scale. It is presented as an overall score which is the sum total of the 5 statement questions, with a maximum of 25 and a minimum of 5. Higher scores indicate a higher level of self-efficacy.

In 2016/17 the mean self-efficacy score for adults in Northern Ireland was 19.2. For adults engaging in culture, arts and sport the mean score was 19.4 which was higher than for those not engaging (17.2). Higher average self-efficacy scores were found for those who engaged in the arts, used the public library service, visited a museum or science centre, participated in sport or visited PRONI in comparison to those who did not.

Distribution of self-efficacy scores for adults in Northern Ireland



Locus of Control

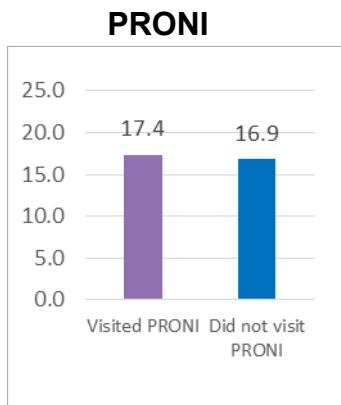
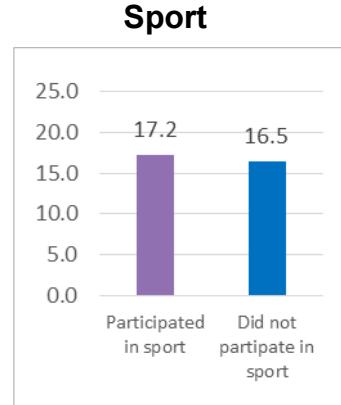
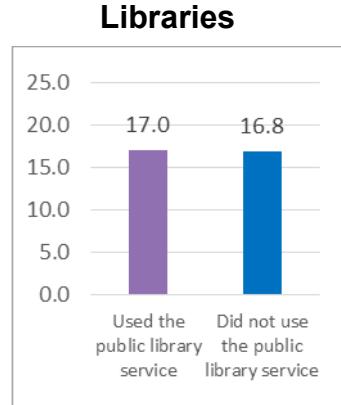
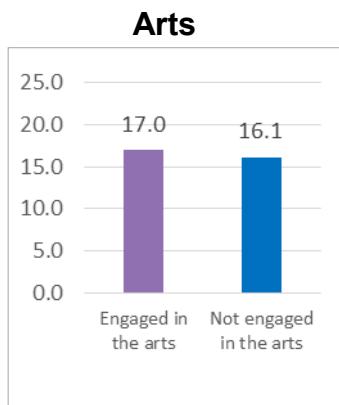
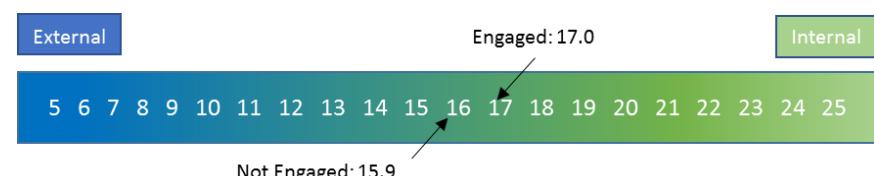
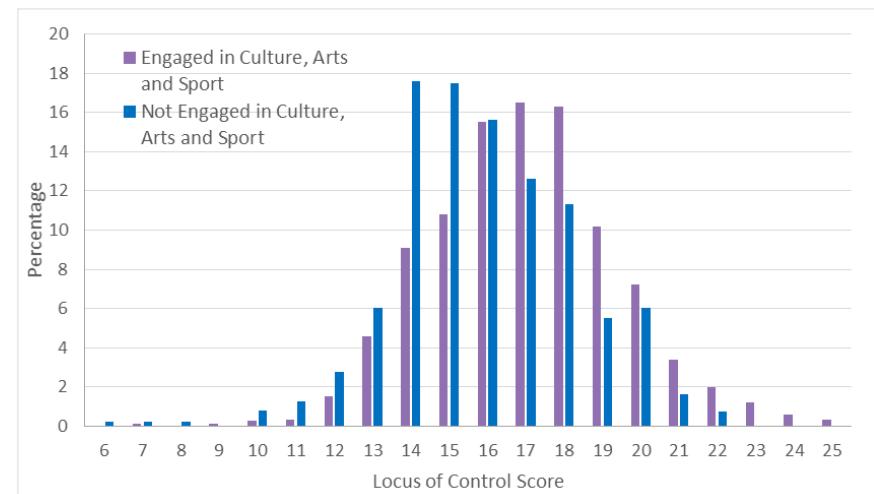
Locus of control explains the degree to which a person feels in control over their life.

Locus of control is classified as either external or internal. Those with an internal locus of control believe in their own influence and control, while those with an external locus of control believe control over their life is determined by outside factors.

Locus of control is measured using five statements (see Definitions) to which an individual indicates how much they agree or disagree on a five point Likert scale. It is presented as an overall score which is the sum total of the 5 statement questions, with a maximum of 25 and a minimum of 5. The locus of control scale is not a measurement of higher or lower, rather it is a continuum from external to internal.

In 2016/17 the mean locus of control score for adults in Northern Ireland was 16.9. For adults engaging in culture, arts and sport the mean score was 17.0 which was a higher (more internal) locus of control than for those not engaging (15.9). Higher (more internal) locus of control scores were found for those who engaged in the arts, used the public library service, visited a museum or science centre, participated in sport, or visited PRONI, in comparison to those who did not.

Distribution of locus of control scores for adults in Northern Ireland



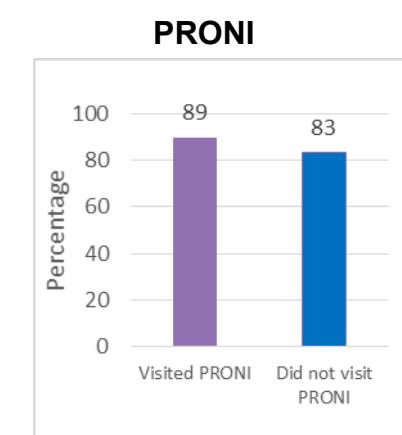
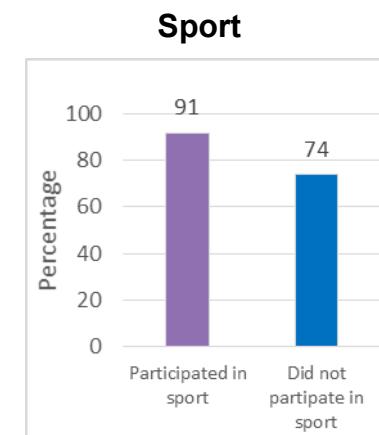
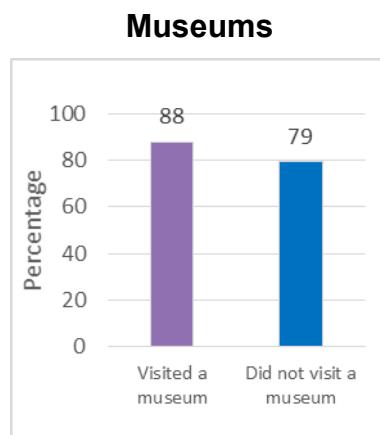
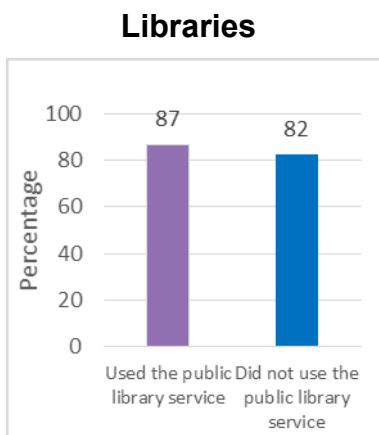
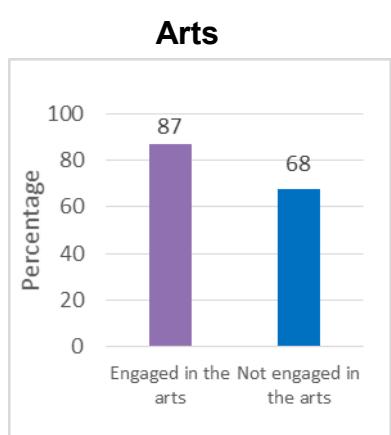
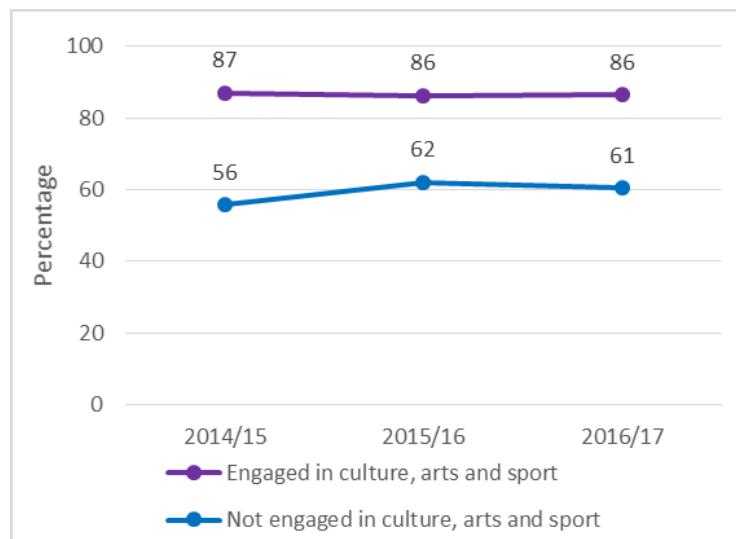
General Health - Fairly good or good health

The Continuous Household Survey asks the following question in relation to general health: '**Over the last 12 months, would you say that your health has on the whole been good, fairly good or not good?**'. An analysis of engagement in culture, arts and sport and the general health of adults in Northern Ireland is presented below.

In 2016/17 83% of all adults in Northern Ireland rated their health as 'fairly good' or 'good'. For adults who engaged in culture, arts and sport 86% rated their health as 'fairly good' or 'good', a higher proportion than among those who did not engage (61%).

The proportion of adults in 2016/17 who engaged in culture, arts and sport and rated their health as 'fairly good' or 'good' (86%) is similar to the proportions for both 2015/16 and 2014/15 (86% and 87% respectively).

Greater proportions of adults who engaged in the arts; used the public library service; visited a museum or science centre; or participated in sport over the previous 12 months, rated their health as 'fairly good' or 'good' in comparison to those who did not engage in these activities. No statistically significant difference was found for those who visited PRONI.



Definitions and technical notes

Continuous Household Survey

The Continuous Household Survey (CHS) is a Northern Ireland wide household survey administered by Central Survey Unit, Northern Ireland Statistics and Research Agency. The sample for this survey consists of a systematic random sample of 4,500 addresses selected from the Land and Property Service's list of private addresses. The findings reported for 2016/17 are based on 3,262 respondents, aged 16 and over, who answered the culture, arts and sport module of the survey.

Weighting the Continuous Household Survey

Analysis of the culture, arts and sport modules of the CHS have been weighted for non-response. A chi square goodness-of-fit test showed that the CHS sample was not representative of the population by age and sex when compared with the Population and Migration Estimates Northern Ireland 2015 (NISRA). As a result, three separate weights were produced for age, sex and age and sex combined.

Non-response weighting sometimes increases standard errors, although the impact tends to be fairly small, i.e. the adjustment may be less or greater than 1, but will generally be reasonably close to 1. In the case of the culture, arts and sport modules of CHS, the values of the adjustment for all three weighting systems are so close to one, it is not necessary to take account of this in the calculation of standard error and confidence intervals.

While weighting for non-response (also called post-stratification) should reduce bias, it must be acknowledged that it will not eliminate bias. The reasons individuals choose to take part in surveys are complex and depend on lots of factors specific to the individual. As a result, the non-response biases in surveys are likely to be complex. Post-stratification works on the assumption that, by aligning the survey to the population along a small number of dimensions such as age and gender, many of these complex biases will reduce. However, it would be misleading to suggest that they will be eliminated.

Engaged in culture, arts and sport - Have done at least one of the following in the 12 months prior to the CHS:

- Participated in sport
- Engaged in the arts
- Used the public library service
- Visited a museum or science centre
- Visited PRONI

Arts engagement – Either participated in arts activities or attended arts events in the 12 months prior to the CHS.

Arts participation – Participated in at least one of the following arts activities in the 12 months prior to the CHS:

- Ballet
- Other dance (not for fitness)
- Sang to an audience or rehearsed for a performance (not karaoke)
- Played a musical instrument to an audience or rehearse for a performance
- Played a musical instrument for own pleasure
- Written music
- Rehearsed or performed in play/drama
- Rehearsed or performed in opera/operetta
- Painting, drawing, printmaking or sculpture
- Photography as an artistic activity (not family or holiday snaps)
- Made films or videos as an artistic activity (not family or holiday)
- Used a computer to create original artworks or animation
- Textile crafts such as embroidery, crocheting or knitting
- Wood crafts such as wood turning, carving or furniture making
- Other crafts such as calligraphy, pottery or jewellery making
- Written any stories or plays
- Written any poetry

Arts attendance – Attended at least one of the following arts events in the 12 months prior to the CHS:

- Film at a cinema or other venue
- Exhibition or collection of art, photography or sculpture
- Craft exhibition (not a crafts market)
- Event connected with books or writing (such as poetry reading or storytelling)
- Circus
- Carnival
- An arts festival
- A community festival
- Play or drama
- Other theatre performance (such as a musical or pantomime)
- Opera/operetta
- Classical music performance
- Rock or pop music performance
- Jazz performance
- Folk, or traditional or world music performance
- Other live music event
- Ballet
- An Irish dance performance
- Other dance event
- A museum

Visited a museum or science centre – Visited one of the following museums or science centres in the 12 months prior to the CHS:

- Andrew Jackson & US Rangers Centre
- Ardress House
- Argory
- Armagh County Museum
- Armagh Planetarium
- Armagh Public Library
- Ballycastle Museum
- Ballymoney Museum
- Barn Museum
- Carrickfergus Museum
- Castle Ward
- Coleraine Museum
- Craigavon Museum
- Down County Museum
- Downpatrick & County Down Railway Museum
- FE McWilliam Gallery and Studio
- Fermanagh County Museum
- Flame - the Gasworks Museum of Ireland
- Florencecourt
- Garvagh Museum & Heritage Centre
- Green Lane Museum
- Hezlett House
- Irish Linen Centre & Lisburn Museum
- Inniskillings Museum
- Limavady Museum, RVACC
- Mid Antrim Museum
- Milford House Museum
- Mount Stewart
- Newry & Mourne Museum
- North Down Museum
- Northern Ireland War Memorial
- Police Museum
- Railway Preservation Society of Ireland
- Royal Irish Fusiliers Museum
- Royal Ulster Rifles Museum
- Sentry Hill House
- Somme Museum
- Springhill
- Strabane Museum Service
- Tower Museum
- Ulster American Folk Park
- Ulster Folk & Transport Museum
- Ulster Museum
- W5, Odyssey Centre
- Some other museum not mentioned

Used the public library service – Used the public library service at least once in the 12 months prior to the CHS, e.g. visited a public library or mobile library; used the Libraries NI website; attended a library event outside a library. Public library does NOT include school, college, or university libraries. A library event outside a library is an event run by Libraries NI which has taken place in a venue other than a library.

Visited PRONI – Have been to the Public Record Office of Northern Ireland in the 12 months prior to the CHS.

Sport participation - Participated in at least one of the following activities in the 12 months prior to the CHS:

- Rugby Union or league
- American football
- Football indoors (INC 5-A-SIDE)
- Football outdoors (INC 5-A-SIDE)
- Gaelic football
- Camogie
- Hurling
- Cricket
- Hockey
- Ice Hiockey
- Netball
- Tennis
- Badminton
- Squash
- Basketball
- Table tennis
- Track and field athletics
- Jogging
- Cycling for recreation
- Indoor bowls
- Outdoor (lawn) bowls
- Tenpin bowling
- Swimming or diving
- Angling/fishing
- Yachting or dinghy sailing
- Canoeing
- Windsurfing/boardsailing
- Keepfit, aerobics, yoga, dance exercise
- Martial Arts (INCLUDE SELF DEFENCE)
- Weight training\lifting\body building
- Gymnastics
- Snooker, pool, billiards
- Ice skating (IF ROLLER EXCLUDE)
- Darts
- Golf, pitch and putt, putting (EXCLUDE CRAZY/ MINIATURE GOLF)
- Skiing
- Horse riding (EXCLUDE POLO)
- Motor sports
- Shooting
- Boxing
- Other

Instruments for measuring self-efficacy, locus of control and life satisfaction

The instruments for measuring self-efficacy and locus of control are each a simple statement based survey tool. They each take the form of five simple statements to which the individual indicates to what extent they agree or disagree on a five point Likert scale. Self-efficacy and locus of control are each presented as an overall score, minimum 5 and maximum 25, taken from the summated total of the five statement questions.

Self-efficacy statement questions:

1. I can always manage to solve difficult problems if I try hard enough.
2. I am confident that I could deal efficiently with unexpected events.
3. I can remain calm when facing difficulties because I can rely on my coping abilities.
4. When I am confronted with a problem, I can usually find several solutions.
5. No matter what comes my way, I'm usually able to handle it.

Locus of control statement questions¹:

1. I am in control of my life.
2. If I take the right steps, I can avoid problems.
3. Most things that affect my life happen by accident.
4. If it's meant to be, I will be successful.
5. I can only do what people in my life want me to do.

Life satisfaction

Life satisfaction is presented as a single statement question, 'Overall, how satisfied are you with your life nowadays?' to which the individual responds on an 11 point Likert scale (0-10). Life satisfaction is scored out of 0-10, with 10 being the highest achievable score.

General Health question

Over the last 12 months, would you say that your health has on the whole been good, fairly good or not good?

¹ Locus of control statement questions 3, 4 and 5 were reversed and recoded prior to analysis.

Statistical significance in this report

Any statements in this report regarding differences between groups are statistically significant at the 95% confidence level. This means that we can be 95% confident that the differences between groups are actual differences and have not just arisen by chance. The base numbers, sizes of percentages (relating to general health) or variance of scores (relating to wellbeing) have an effect on statistical significance. Therefore on occasion, a difference between two groups may be statistically significant while the same difference in percentage points or mean score between two other groups may not be statistically significant. The reason for this is because the larger the base numbers or the closer the percentages are to 0 or 100 or the smaller the variance in scores, the smaller the standard errors. This leads to increased precision of the estimates which increases the likelihood that the difference between the proportions or mean scores is actually significant and has not just arisen by chance.

Other notes

The following should be noted when interpreting figures and tables:

- Detailed tabulations are not provided where the number of respondents is too small to allow meaningful analysis.
- The base number of responses to each question, which is shown in each table, is the unweighted count. The base may vary due to some respondents not answering certain questions.