

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

Findings from the Continuous Household Survey 2018/19

Annual publication

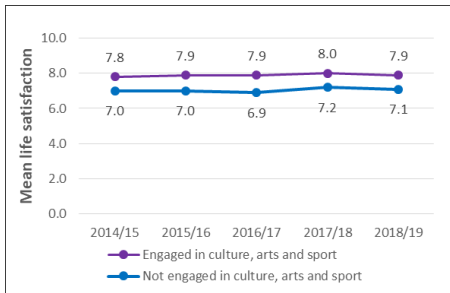
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Main Story

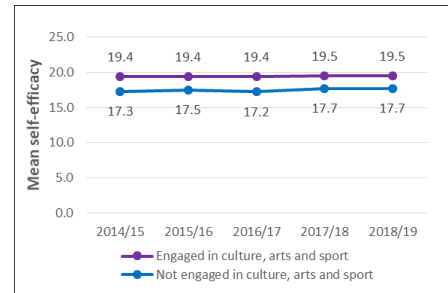
- Across a range of measures of personal wellbeing: life satisfaction, self-efficacy and locus of control, analysis shows higher personal wellbeing among adults who engaged in culture, arts and sports than among adults who had not engaged in these activities. Whilst this report shows a link between engagement 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



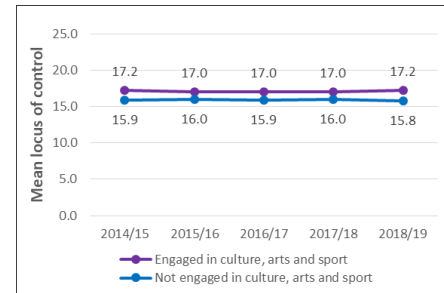
For adults engaging in culture, arts and sport, the estimated mean life satisfaction score was 7.9 in 2018/19. The score is lower than 2017/18 but it is similar to the scores for 2016/17, 2015/16 and 2014/15. The estimated mean life satisfaction score for all adults in Northern Ireland was 7.8.

Self-efficacy



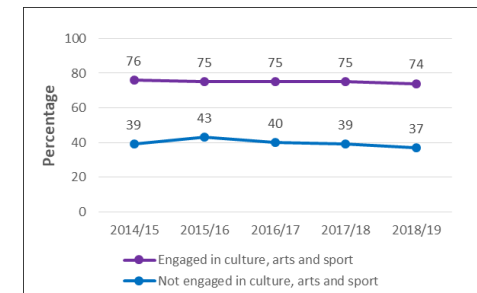
For adults engaging in culture, arts and sport, the estimated mean self-efficacy score was 19.5 in 2018/19. The score is similar to the scores for 2017/18, 2016/17, 2015/16 and 2014/15. The estimated mean self-efficacy score for all adults in Northern Ireland was 19.3.

Locus of control



For adults engaging in culture, arts and sport, the estimated mean locus of control score was 17.2 in 2018/19. The score is higher than 2017/18, 2016/17 and 2015/16 but is similar to the score for 2014/15. The estimated mean locus of control score for all adults in Northern Ireland was 17.0.

General health



For adults engaging in culture, arts and sport, 74% rated their health as 'very good' or 'good' in 2018/19. This is similar to the proportions in 2017/18, 2016/17 and 2015/16 but is lower than the proportion in 2014/15. Considering all adults in Northern Ireland, 70% rated their health as 'very good' or 'good'.

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Lead Statistician: Clair Stewart
psu@communities-ni.gov.uk

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Introduction

This report presents the findings from the 2018/19 Continuous Household Survey (CHS) in relation to wellbeing and engagement with culture, arts and sport in Northern Ireland. An analysis of the relationship of life satisfaction and self-efficacy to both the experience of heritage and participation in volunteering is also included. Data relating to locus of control and experience of heritage and participation in volunteering is not available for 2017/18 and 2018/19.

The Executive Office is responsible for publishing estimates of self-efficacy, locus of control and life satisfaction metrics for the population of Northern Ireland. This report looks at the relationship of these metrics to engagement in culture, arts and sport.

Continuous Household Survey

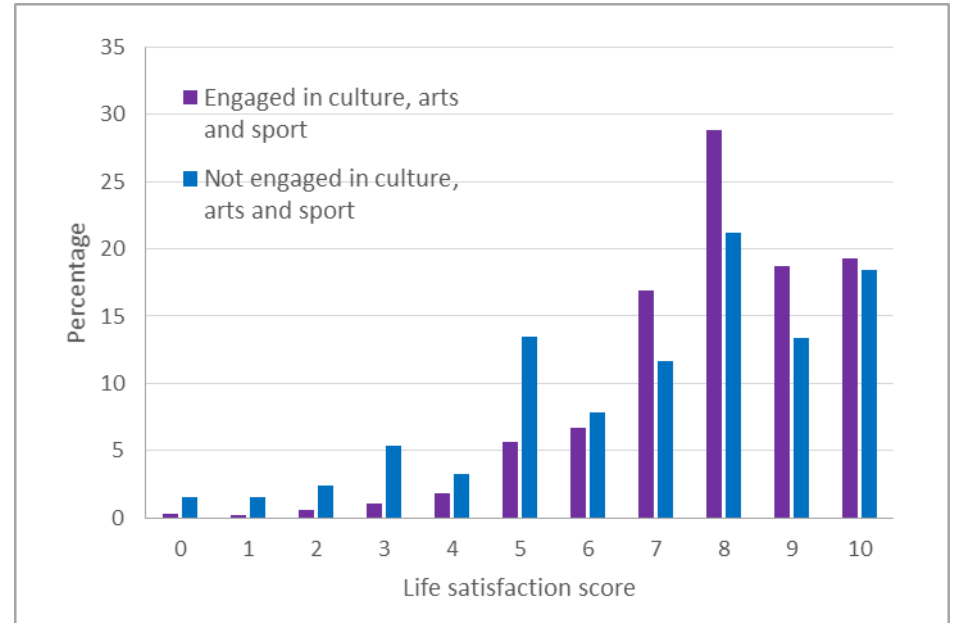
More information relating to the CHS, methodology, definitions, wellbeing questions and the interpretation of figures can be found in the definitions and technical notes section. The questions that were asked in the CHS 2018/19 relating to culture, arts and sport are available [here](#). Data tables 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 2018/19, the estimated mean life satisfaction score for adults in Northern Ireland was 7.8. For adults engaging in culture, arts and sport the estimated mean score was 7.9 which was higher than for those not engaging (7.1). Higher average life satisfaction scores were found for those who engaged in the arts, visited a museum or science centre, participated in sport, visited a place of historic interest or volunteered in comparison with those who did not. No statistically significant difference was found for those who used the public library service or used PRONI services compared with those who did not.

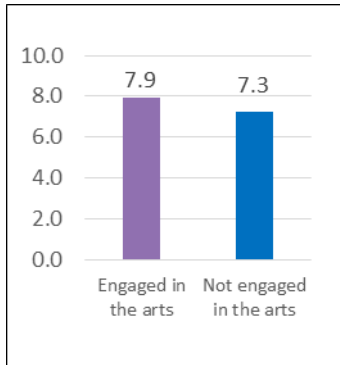
Distribution of life satisfaction scores for adults in Northern Ireland



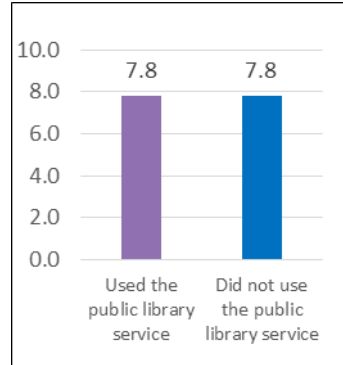
¹ See: ONS, Personal wellbeing in the UK: April 2018 to March 2019, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/april2018tomarch2019>

Life satisfaction

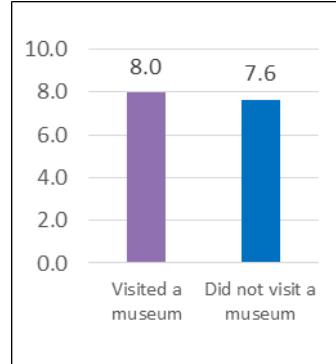
Arts



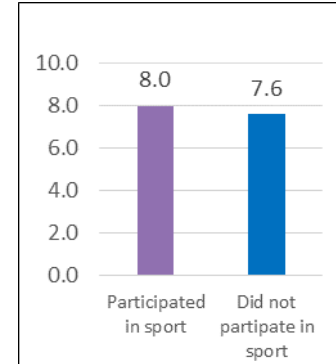
Libraries



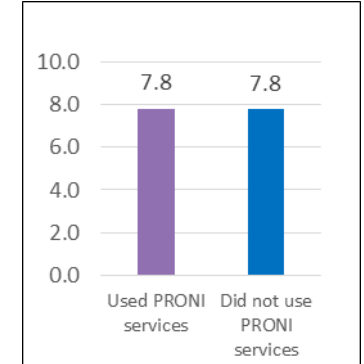
Museums



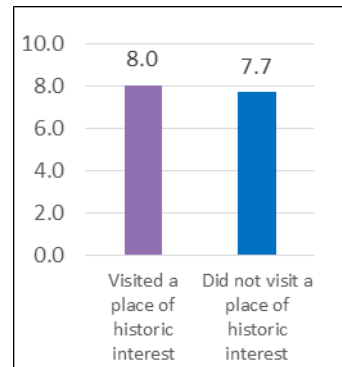
Sport



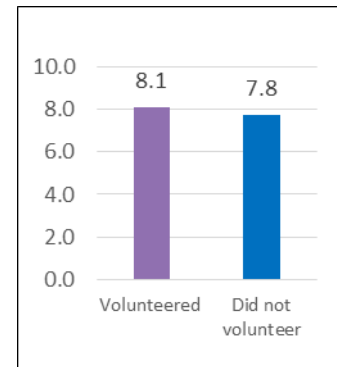
PRONI



Heritage



Volunteering



Self-efficacy

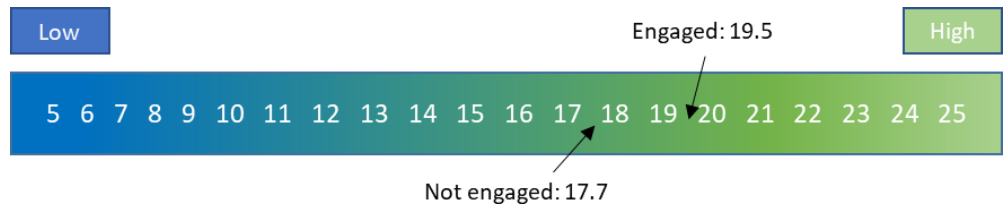
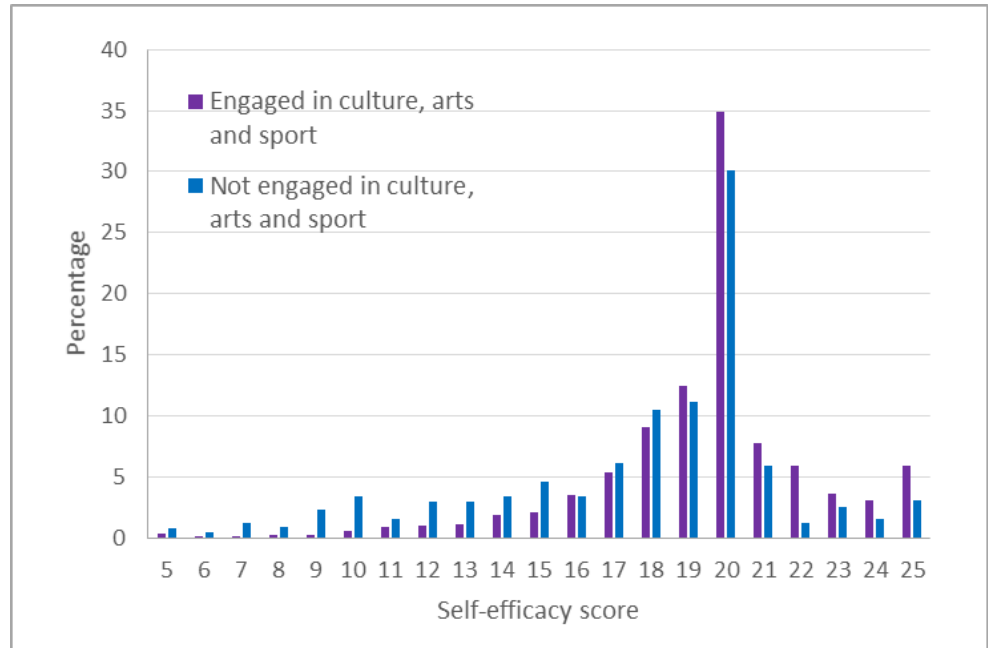
Self-efficacy is the extent or strength of an individual's belief in their own ability to complete tasks and reach goals. It is not a measure of the individual's abilities but a perception of their own ability to succeed.

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.

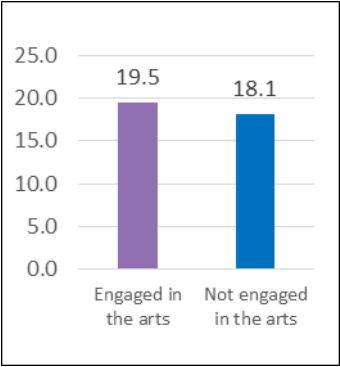
In 2018/19, the estimated mean self-efficacy score for adults in Northern Ireland was 19.3. For adults engaging in culture, arts and sport the estimated mean score was 19.5, which was higher than for those not engaging (17.7). Higher average self-efficacy scores were found for those who engaged in all areas of culture, arts and sport than those who did not, i.e. engaged in the arts, used the public library service, visited a museum or science centre, participated in sport and used PRONI services. In addition, those who visited a place of historic interest or volunteered had higher self-efficacy scores than those who did not.

Distribution of self-efficacy scores for adults in Northern Ireland

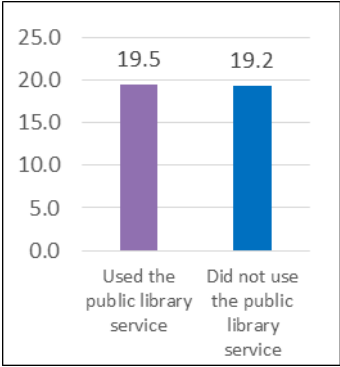


Self-efficacy

Arts



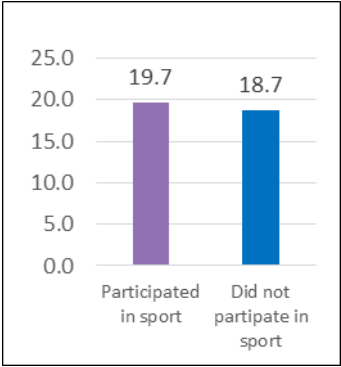
Libraries



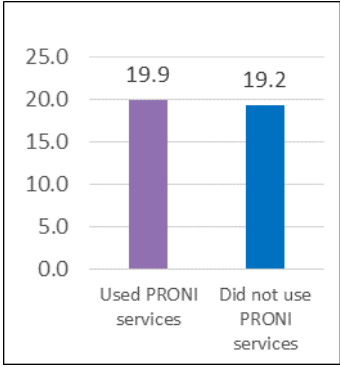
Museums



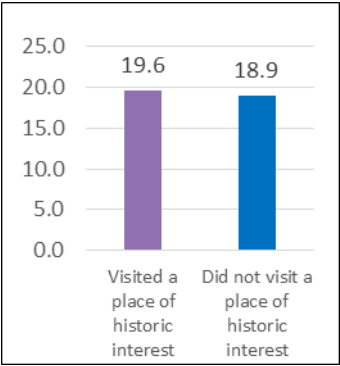
Sport



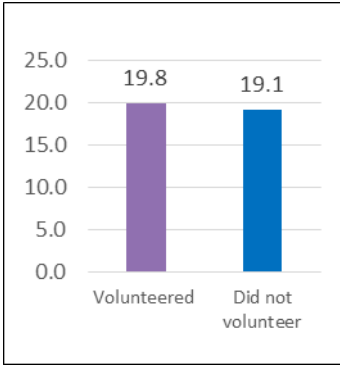
PRONI



Heritage



Volunteering



Locus of control

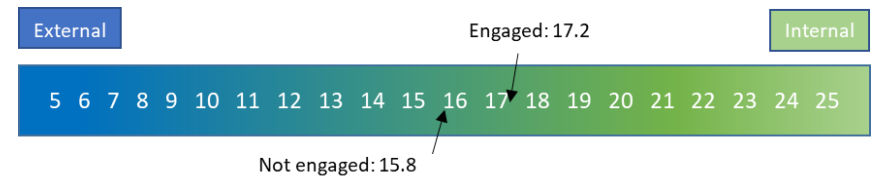
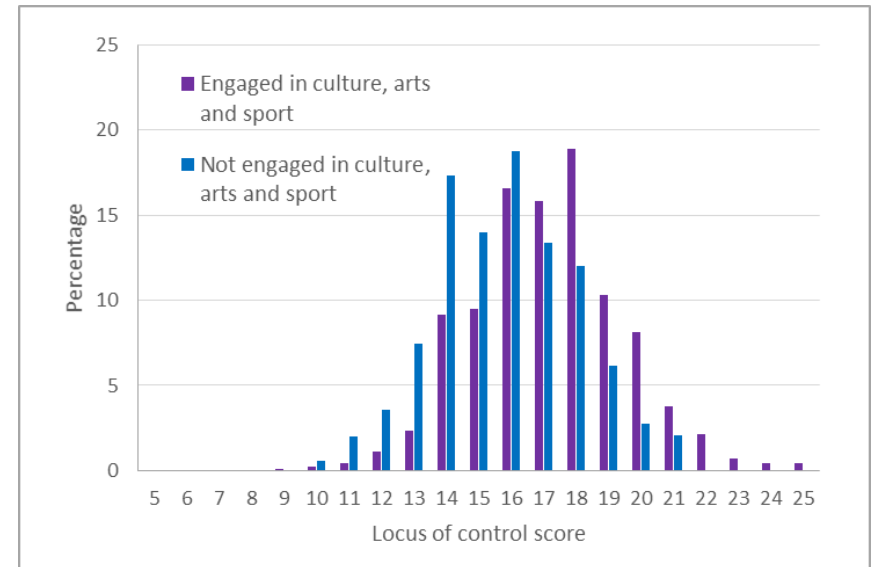
Locus of control explains the degree to which a person feels in control over their life.

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.

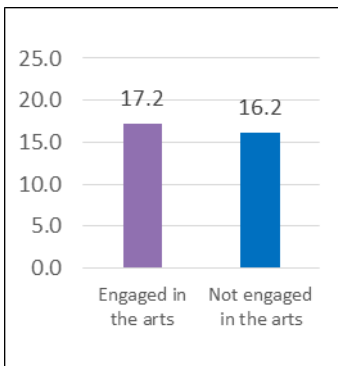
Locus of control is measured using five statements (see Definitions) to which an individual indicates how much they agree or disagree on a five point Likert scale. It is presented as an overall score which is the sum total of the 5 statement questions, with a maximum of 25 and a minimum of 5. The locus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

In 2018/19, the estimated mean locus of control score for adults in Northern Ireland was 17.0. For adults engaging in culture, arts and sport the estimated mean score was 17.2, a more internal locus of control than for those not engaging (15.8). 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 and participated in sport in comparison with those who did not. No statistically significant difference was found for those who used PRONI services compared with those who did not.

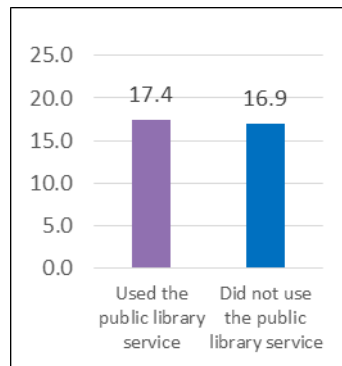
Distribution of locus of control scores for adults in Northern Ireland



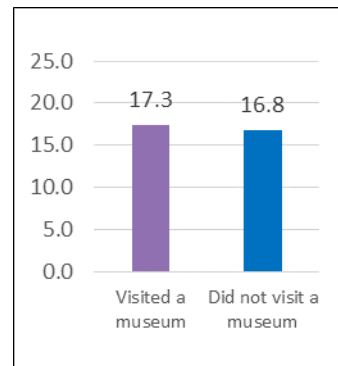
Arts



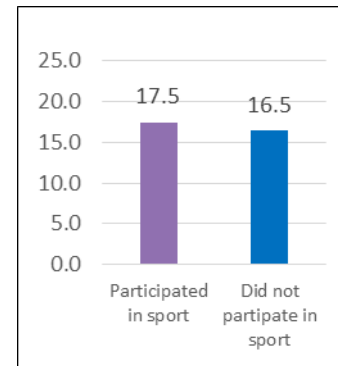
Libraries



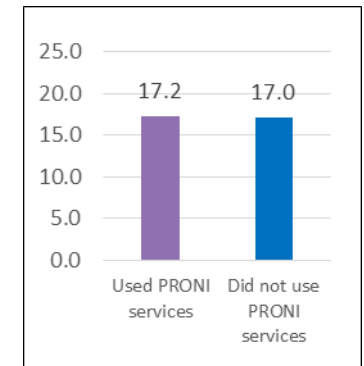
Museums



Sport



PRONI

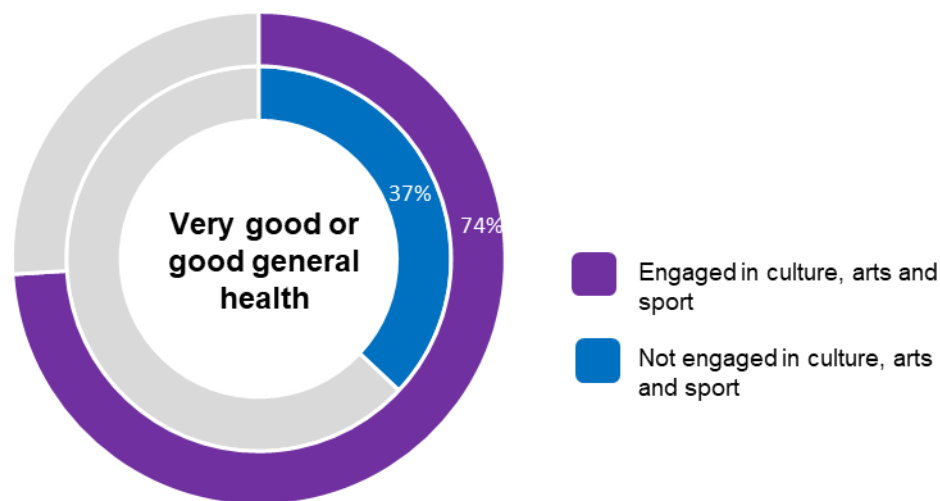


General Health - Very good or good health

The Continuous Household Survey asks the following question in relation to general health: 'How is your health in general? Would you say it was very good, good, fair, bad or very bad?'. An analysis of engagement in culture, arts and sport and the general health of adults in Northern Ireland is presented below.

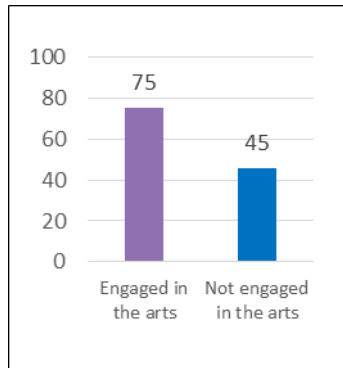
In 2018/19, 70% of all adults in Northern Ireland rated their health as 'very good' or 'good'. For adults who engaged in culture, arts and sport, 74% rated their health as 'very good' or 'good', a higher proportion than among those who did not engage (37%).

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

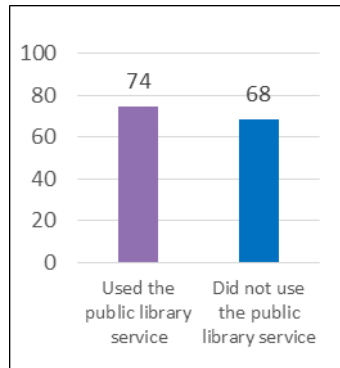


General Health - Very good or good health

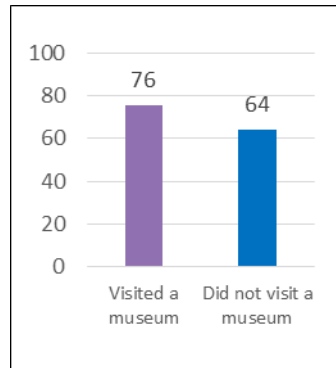
Arts



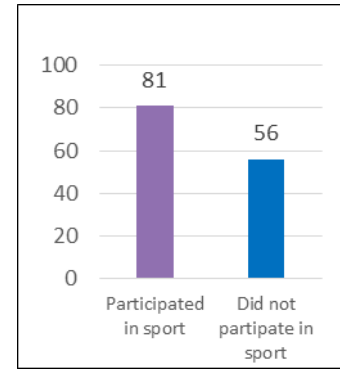
Libraries



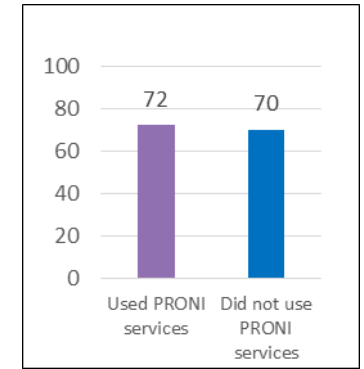
Museums



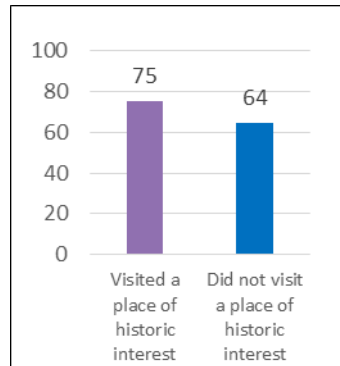
Sport



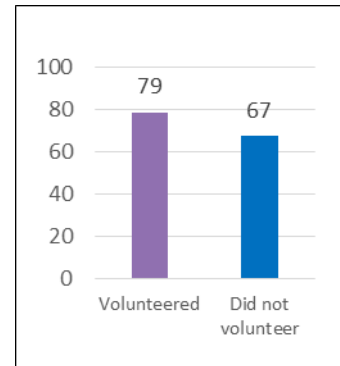
PRONI



Heritage



Volunteering



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 9,000 addresses selected from the Land and Property Service's list of private addresses. The findings reported for 2018/19 are based on 5,736 respondents, aged 16 and over, who answered the key questions required to measure progress against the Programme for Government indicator (arts, libraries, museums and PRONI questions) as well as the sport participation question on the survey. For the remaining questions (volunteering and place of historic interest), the findings are based on 2,779 respondents.

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 2018 (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
- Used PRONI services

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/opera
- 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/opera
- 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
- Address House
- Argory
- Armagh County Museum
- Armagh Planetarium
- Armagh Robinson 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
- Limavady Museum
- Linen Hall Library
- Mid Antrim Museum
- Milford House Museum
- Mount Stewart
- Newry & Mourne Museum
- North Down Museum
- Northern Ireland War Memorial
- Police Museum
- Royal Irish Fusiliers Museum
- Royal Ulster Rifles Museum
- Sentry Hill House
- Somme Museum
- Springhill
- Tower Museum
- Whitehead Railway 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.

Used PRONI services – Have done one of the following in the 12 months prior to the CHS:

- Visited the Public Record Office of Northern Ireland (PRONI) to carry out personal research
- Visited PRONI to carry out business research
- Visited PRONI for a talk/event or as part of group
- Used the PRONI website to search the online catalogue
- Used the PRONI website to use another application (e.g. Will Calendars, Valuation Revision Books, etc.)
- Contacted PRONI by telephone or email to request information
- Engaged with PRONI in some other way

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

- Rugby Union or league
- Football, indoors (INC 5-A-SIDE)
- Football outdoors (INC 5-A-SIDE)
- Gaelic football
- Camogie or Hurling
- Cricket
- Hockey
- Ice Hockey
- Netball
- Tennis
- Badminton
- Squash
- Basketball
- Table tennis
- Track and field athletics
- Jogging
- Cycling for recreation
- Walking for recreation
- Indoor bowls
- Outdoor (lawn) bowls
- Tenpin bowling
- Swimming or diving
- Angling/fishing
- Yachting or dinghy sailing
- Canoeing, kayaking
- Windsurfing/boardsailing/rowing
- 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

'How is your health in general? Would you say it was very good, good, fair, bad or very bad'.

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.