

# **Ageing, Religion, Spirituality and Wellbeing in New Zealand**



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# **Enhancing Wellbeing in an Ageing Society: 65 – 84 year old New Zealanders in 2007**

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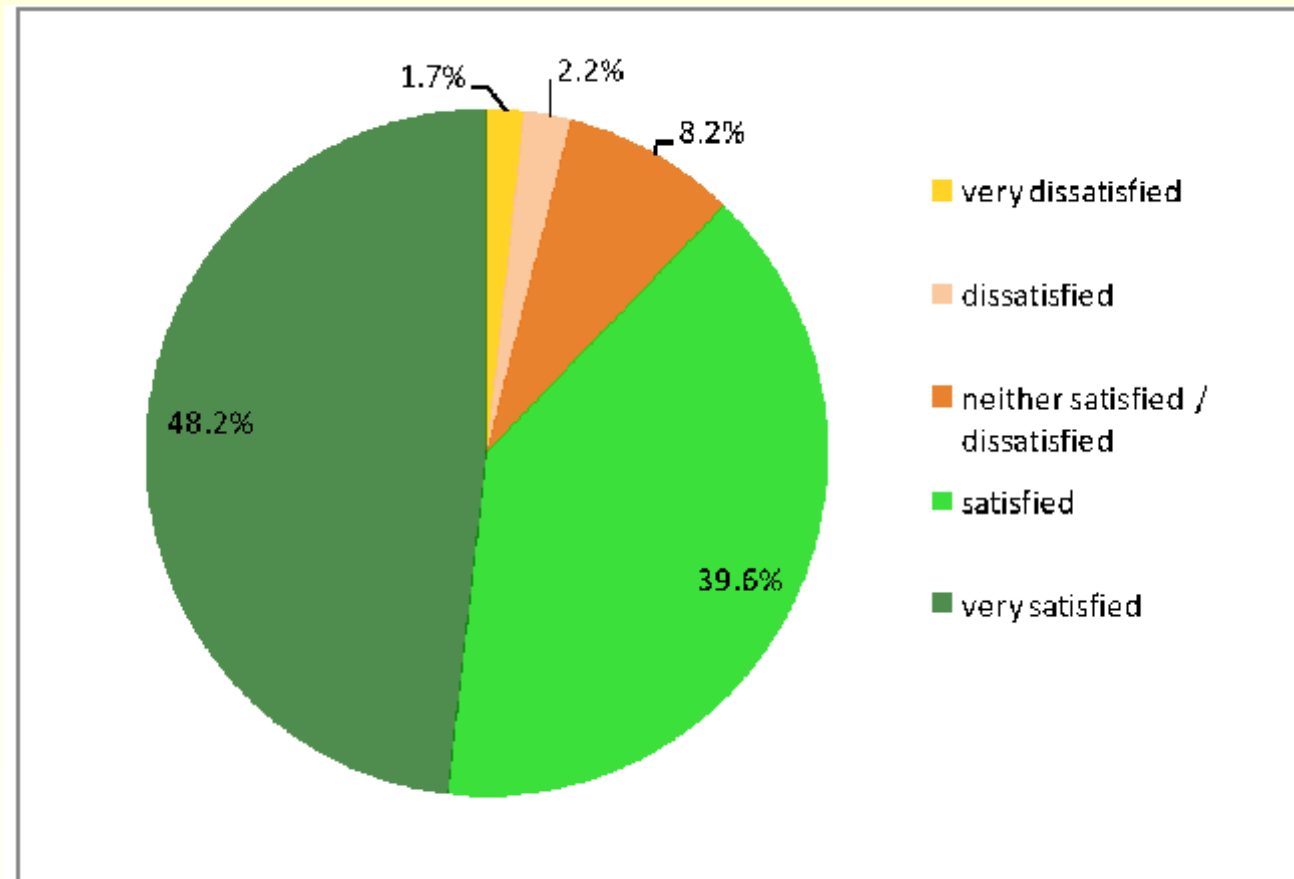
- **Ageing is a critical driver in the demographic changes taking place in New Zealand over the next decades.**
- **The post-War baby boomers start moving into the 65+ age group in 2011, and they move through in large numbers.**
- **Statistics New Zealand (middle series) projections indicate that they will add 100,000 people every 5 years from 2011 to 2036.**
- **The largest increase is expected to take place in the decade 2021 to 2031 when an extra 276,000 are projected to move into this age group.**



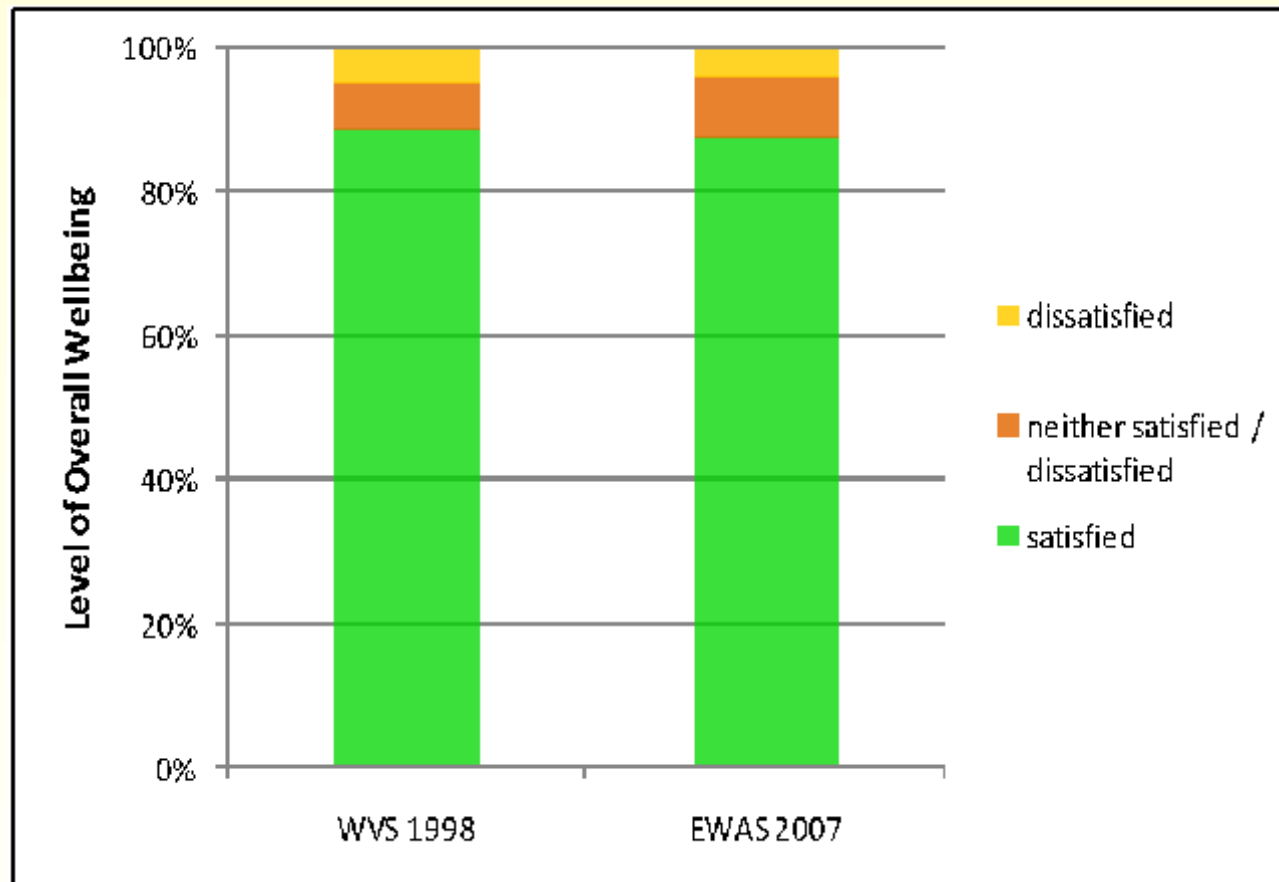
- **The median age of New Zealanders will move from 35 in 2004 to 46 in 2051.**
- **Those 65 and over will move from 12 percent of the population in 2004 to 26 percent in 2051.**
- **Over the same period that population will increase from 486,000 to 1,325,000.**
- **The projected demographic shift is not simply due to the post-War fertility rates. It is also affected by people living longer and remaining healthier than in previous decades.**



## Overall Wellbeing (subjective) of 65-84 year-old New Zealanders in 2007



## Overall Wellbeing (subjective) of 65-84 year olds: Comparison NZ World Values Survey 1998 and EWAS 2007



## Capability Indicators in the Domains and their Significant Association with Overall Wellbeing

**p-value of <0.001**

**Those with a higher level of wellbeing were:**

- **Living Arrangements:** Living with a partner or with others and having easy access to amenities like shops and public transport.
- **Leisure and Recreation:** Participating more in leisure and recreational activities.
- **Work:** Unlikely to have had periods of at least 1 year outside workforce – negative association for men only. Not in forced retirement – negative association.
- **Rights and Entitlements:** More likely to expect rights and entitlements that include financial security, family support, and access to health care and residential care.

**p-value of <0.01**

**Those with a higher level of wellbeing were:**

- **Gender:** More likely to be men than women.
- **Health:** Experiencing better physical and better mental health
- **Social Connectedness:** Participating more in community organisations.
- **Religion:** More likely to consider religious faith to be important.



## Capability Indicators in the Domains and their Significant Association with Overall Wellbeing continued

### p-value of <0.05

Those with a higher level of wellbeing were:

- **Economic Standard of Living:** More likely to have higher income, and more likely to have homeownership.

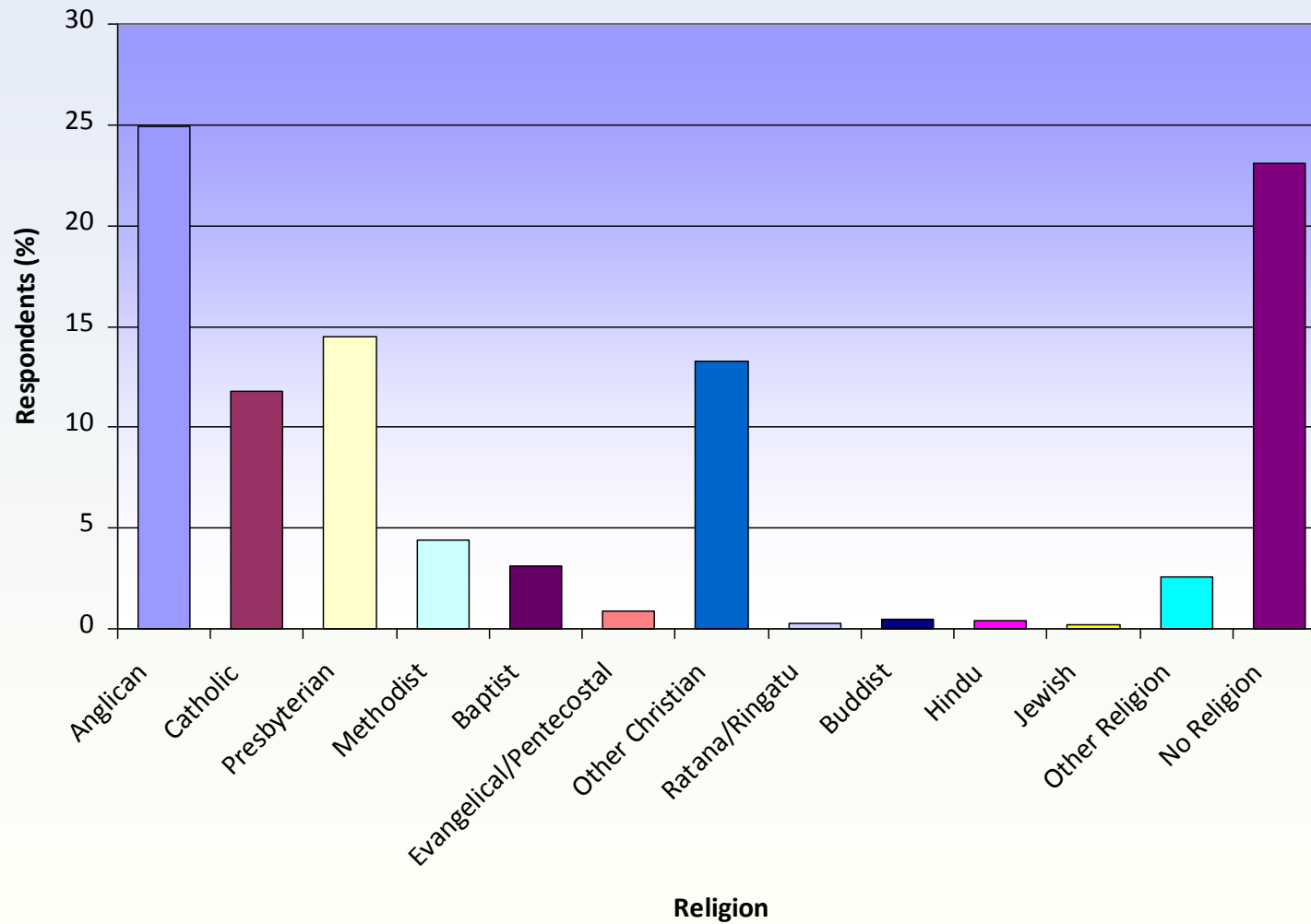
### p-value – Not significant

- **Education:** No significant relationship between wellbeing and when left school, year of completion of highest qualification and level of education
- **Economic Living Standard:** No significant relationship with asset accumulation
- **Safety:** No significant relationships between wellbeing and feelings of safety in the home, neighbourhood, or in neighbourhood at night
- **Social Connectedness:** No significant relationship between wellbeing and the number of social contacts
- **Work:** No significant relationships between wellbeing and past work experiences during midlife, current work, or work during retirement.

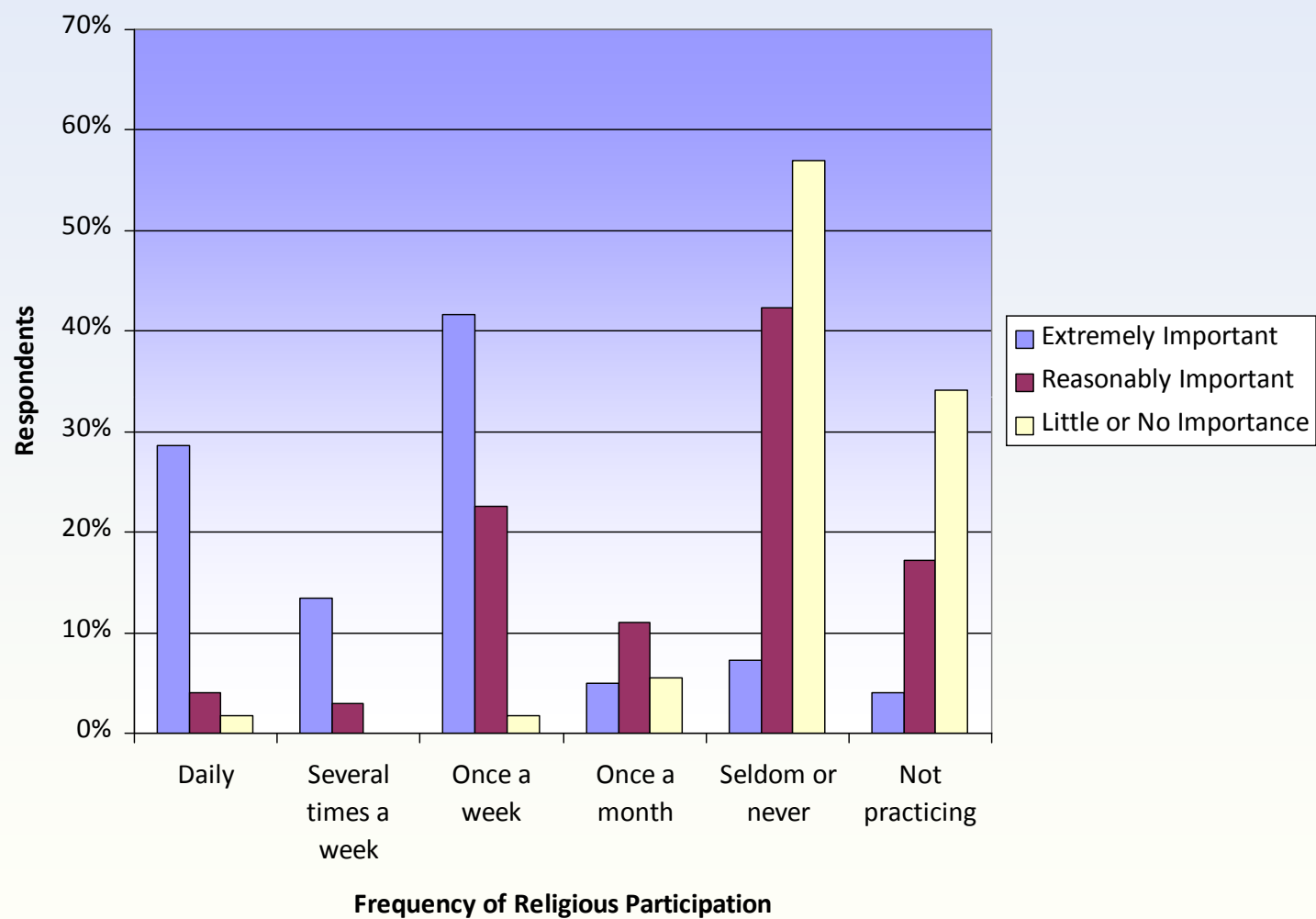




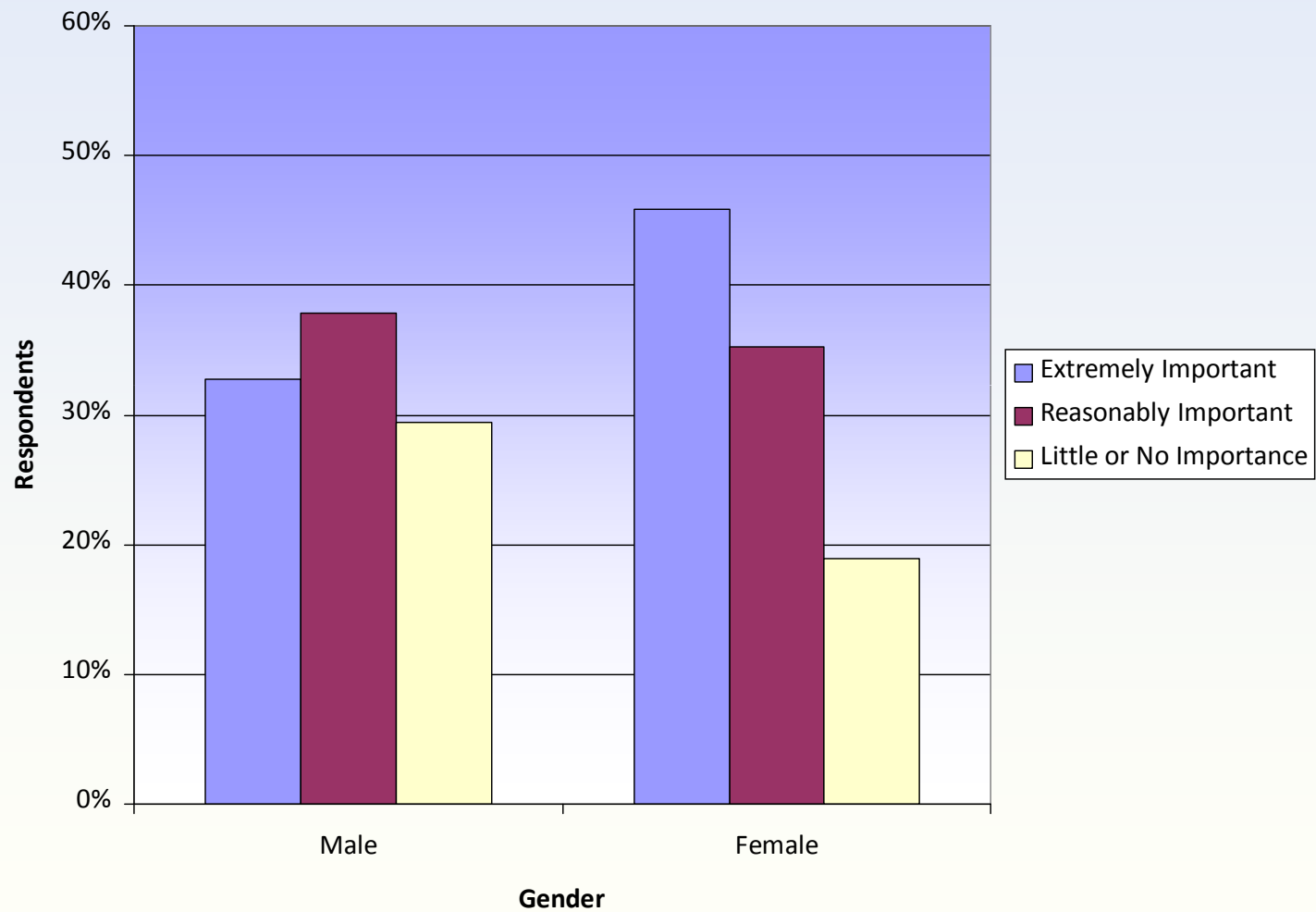
# Religious Affiliation (%)



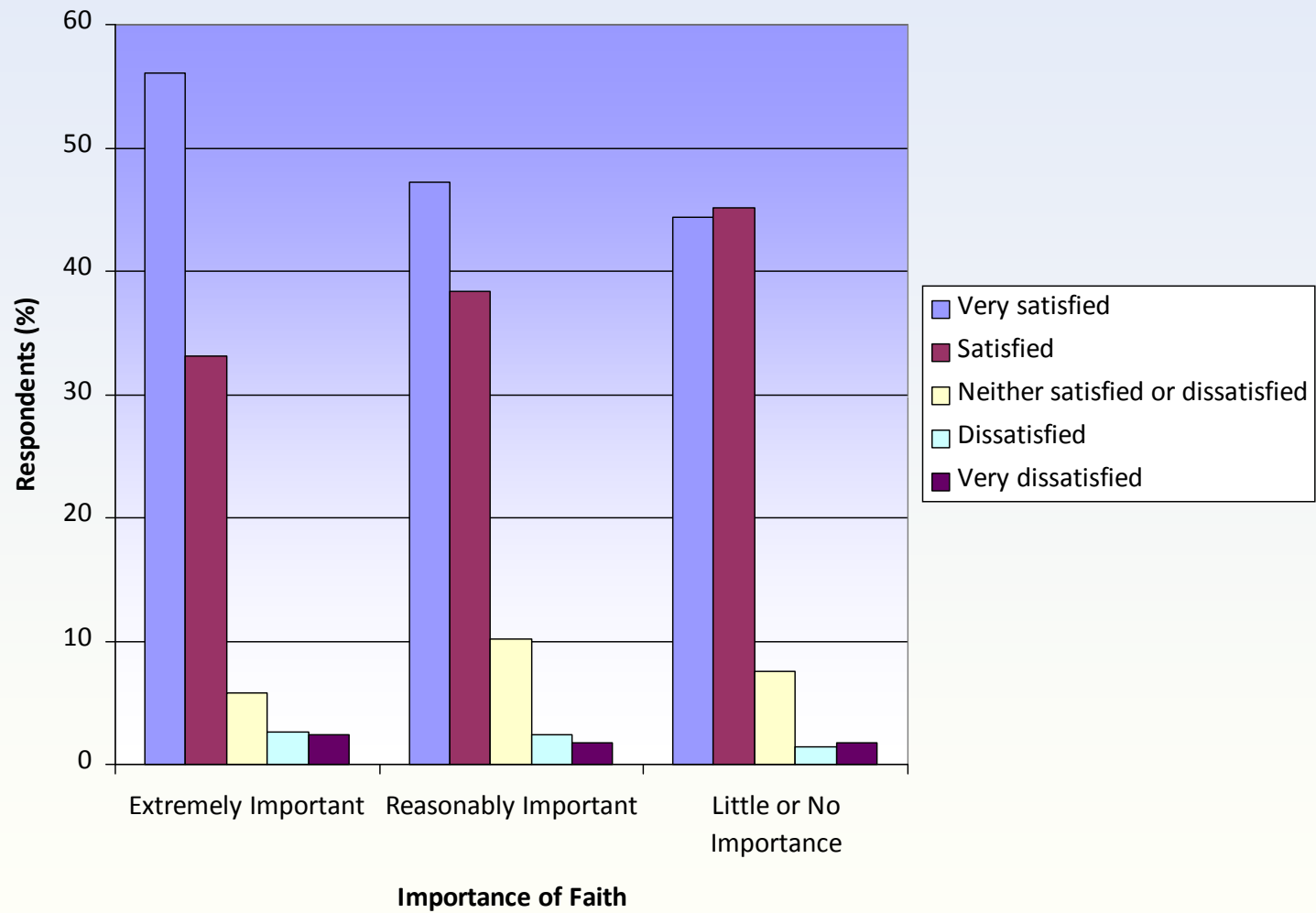
## Importance of Faith by Frequency of Religious Participation (%)



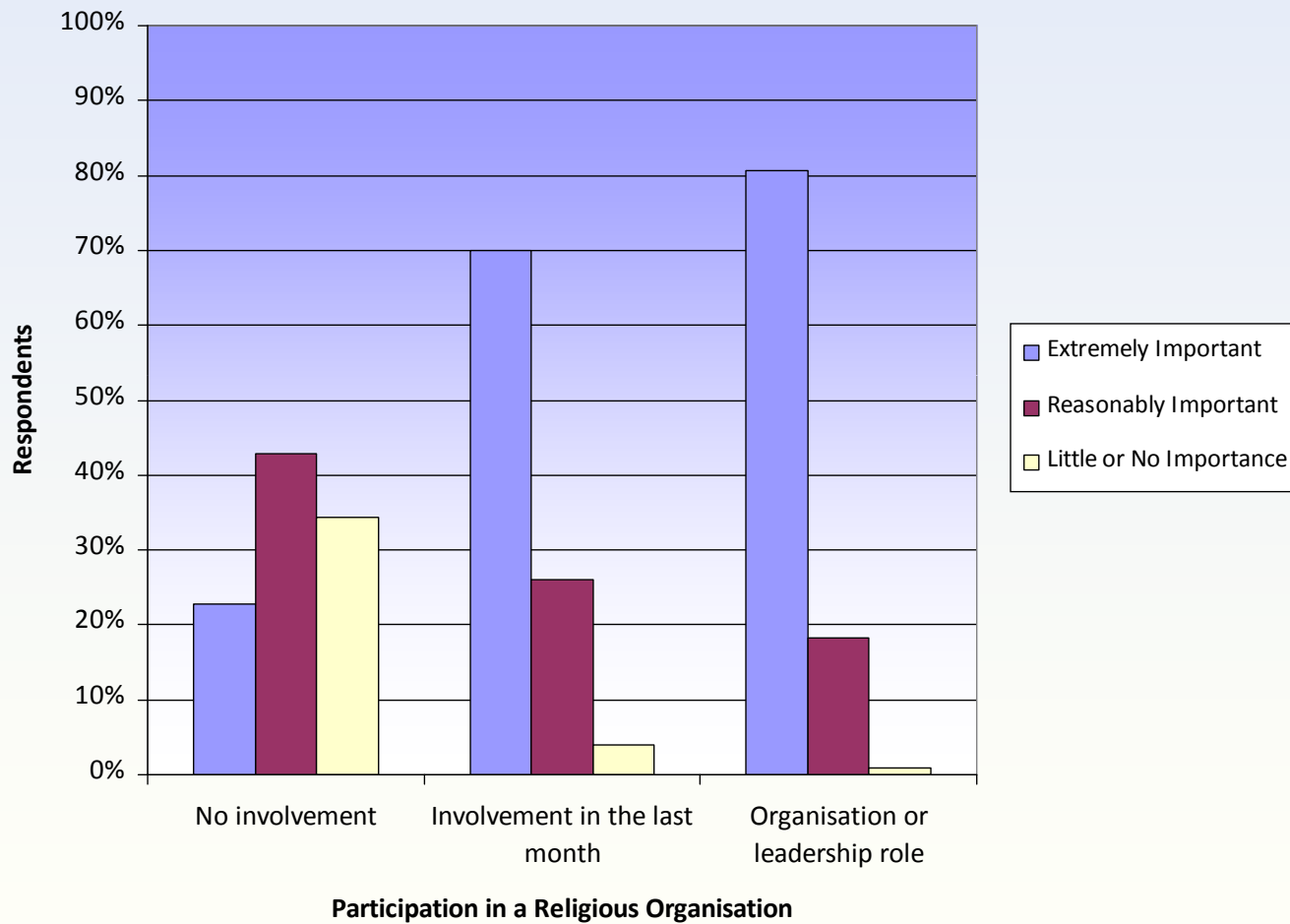
## Importance of Faith by Gender (%)



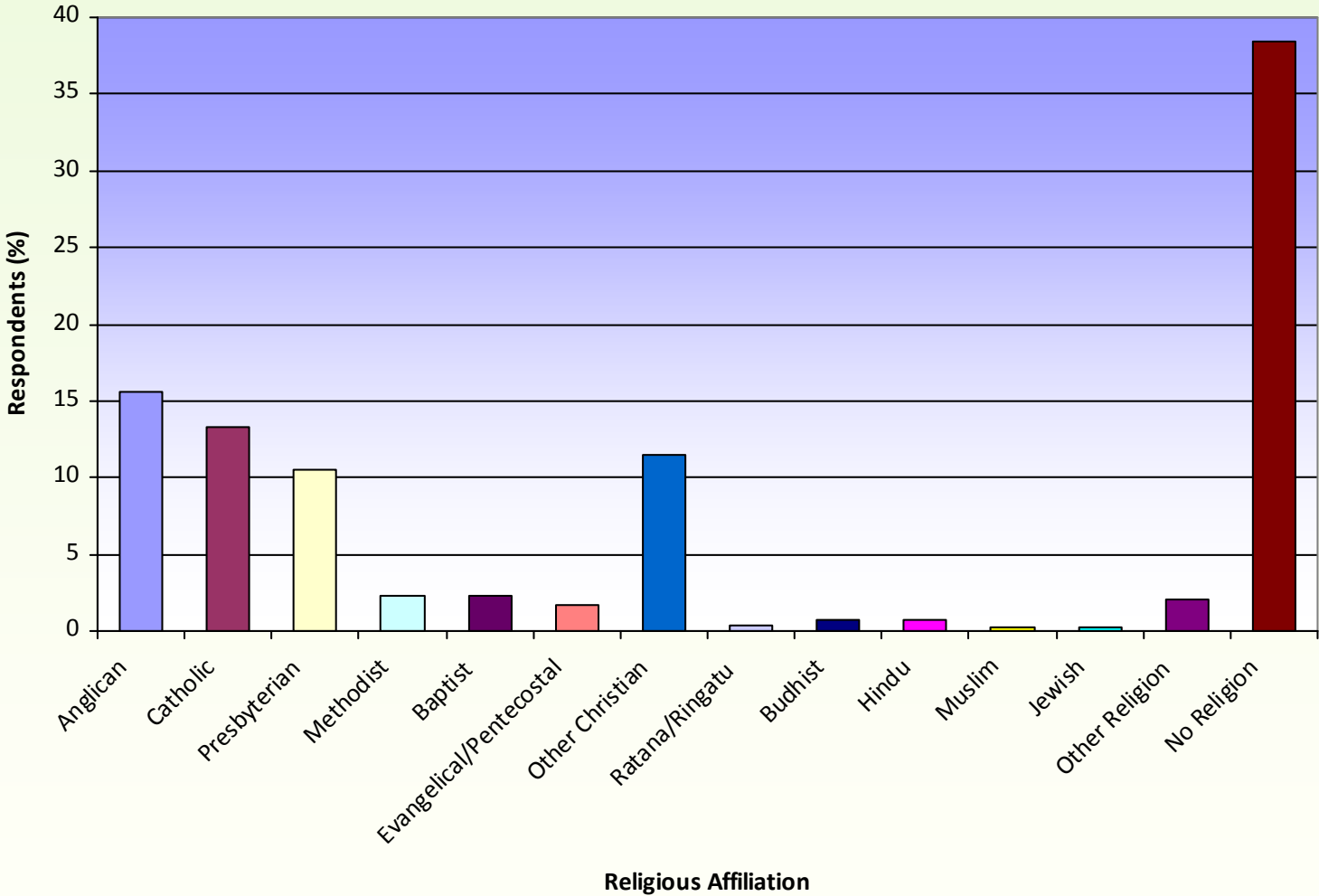
## Importance of Faith by Overall Wellbeing (%)



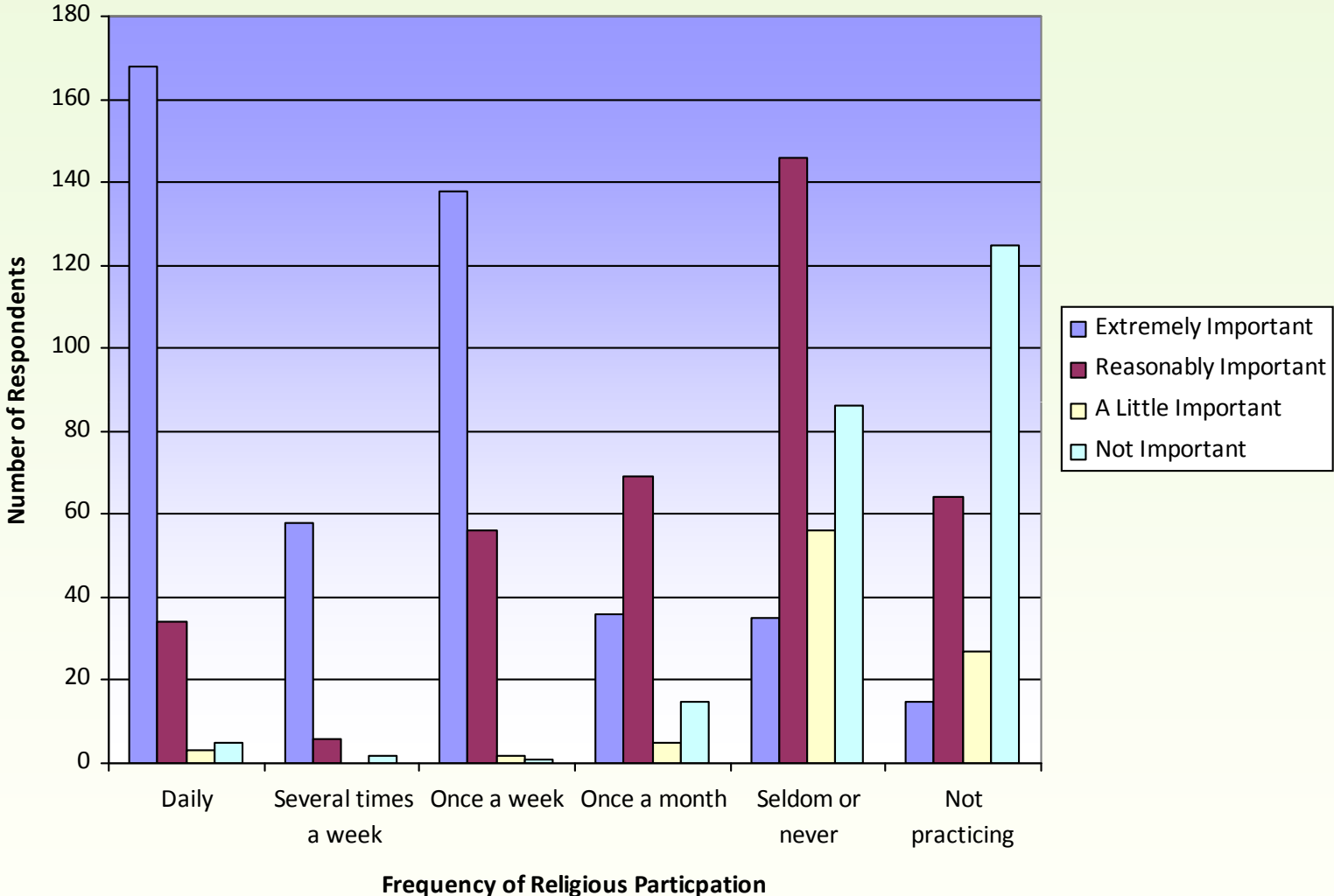
## Importance of Faith by Participation in a Religious Organisation (%)



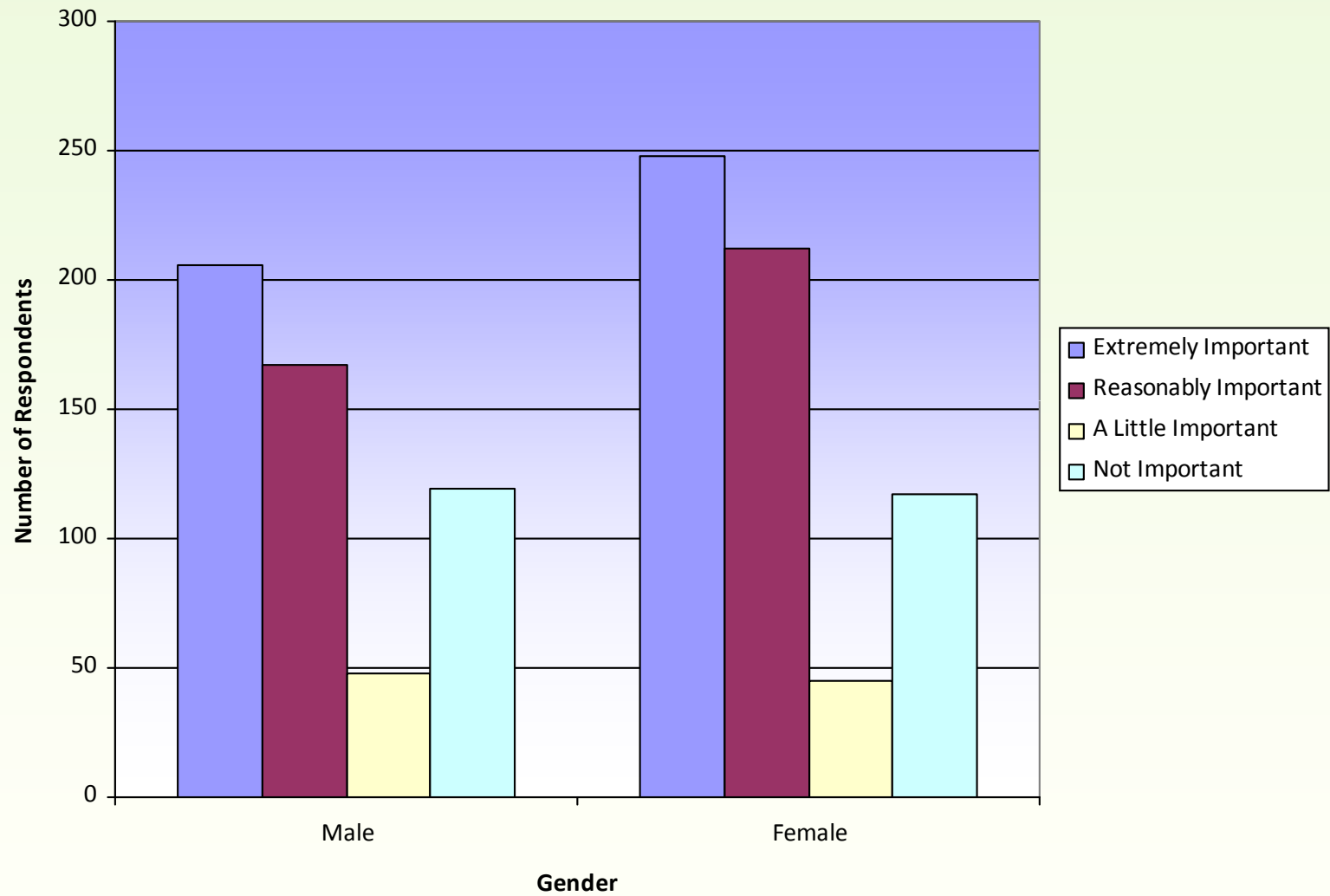
# Midlife Religious Affiliation (%)



# Midlife Importance of Faith by Frequency of Religious Participation (n)

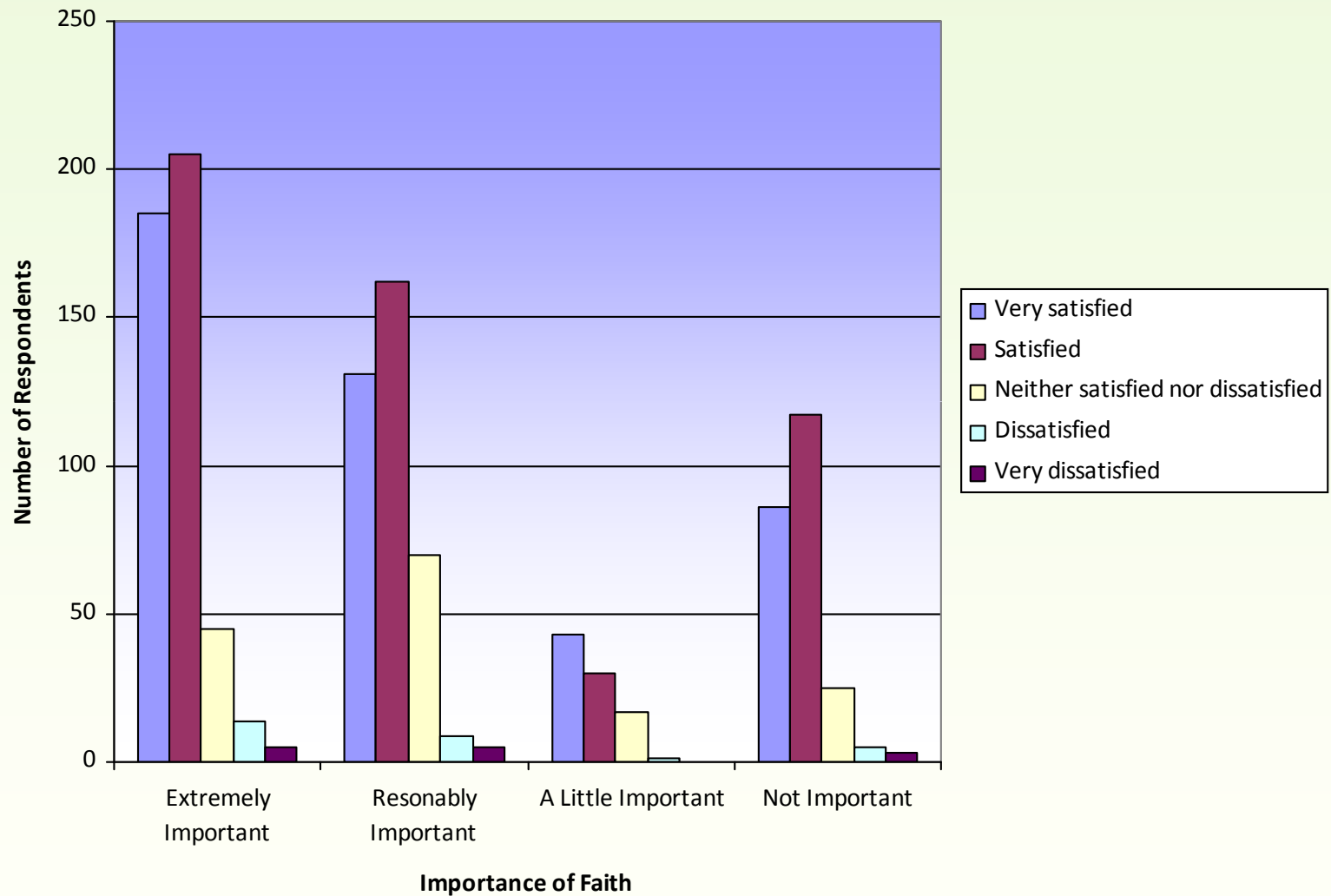


## Midlife Importance of Faith by Gender (n)

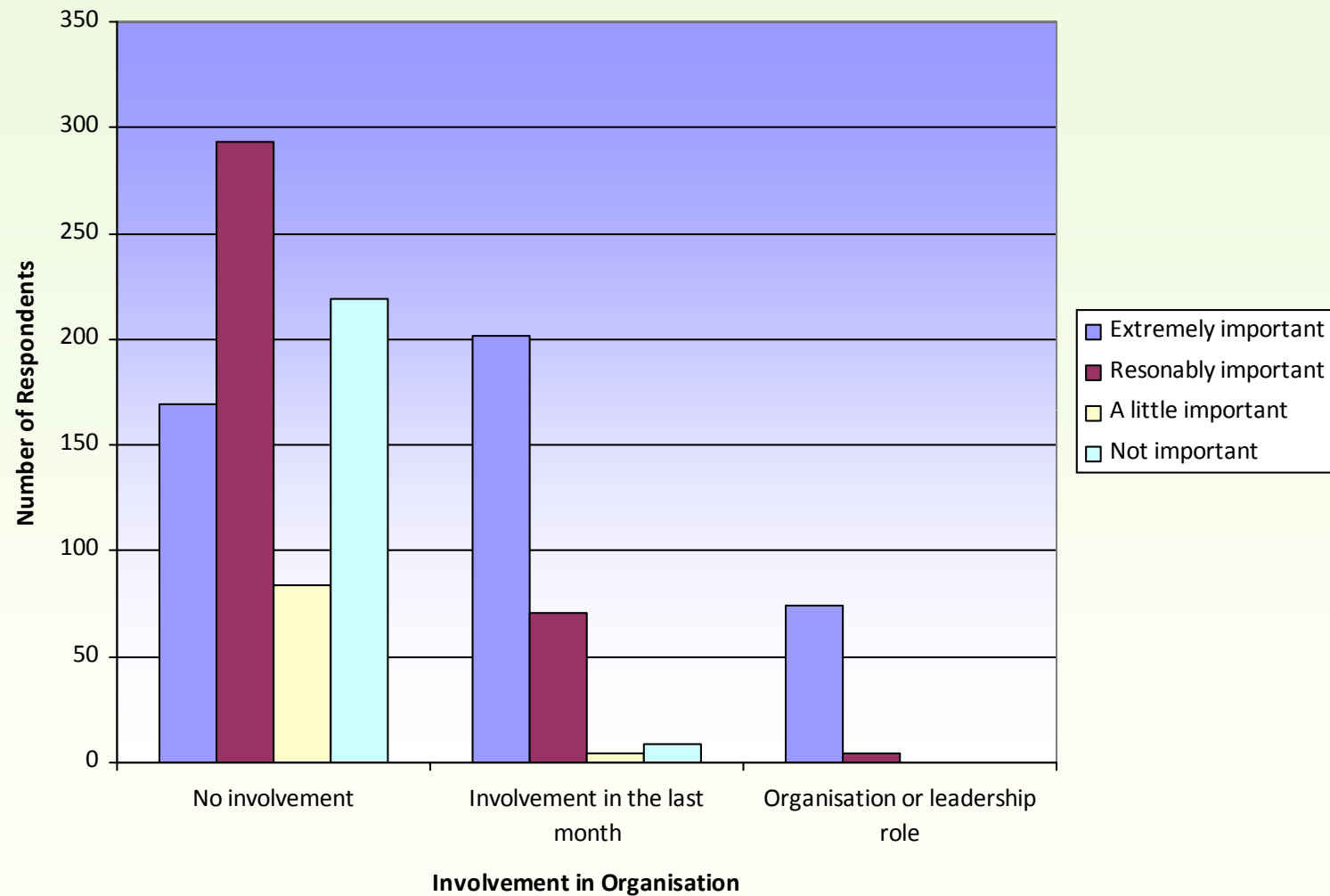




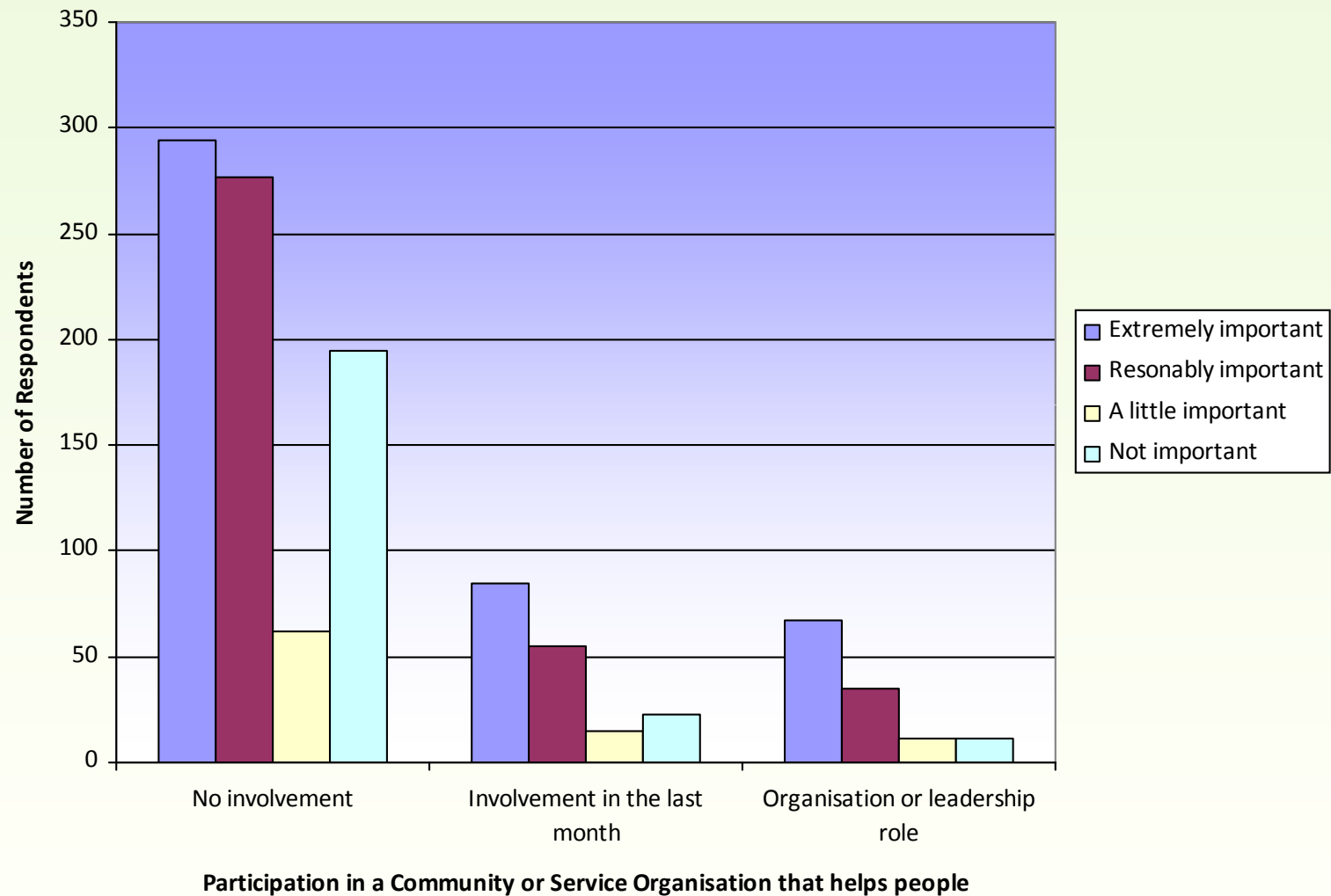
## Midlife Importance of Faith by Overall Wellbeing (n)



## Midlife Importance of Faith by Participation in a Religious Organisation (n)



## Midlife Importance of Faith by Participation in a Community or Service Organisation that helps people (n)



## Importance of Faith in both Surveys

Importance of Faith	65-84	40-64
Extremely important	40.3	39.1
Reasonably important	36.3	32.6
A little or not important	23.4	28.3

Response Rates	65-84	40-64
percent	74.2	59.3

Importance of Faith by Overall Wellbeing	65-84	40-64
Statistical Significance Chi square statistic p-value	<0.01	0.011



# **EWAS Case Studies**

## **Seven case studies:**

- Wellington Tenths Trust**
- Te Hoe Nuku Roa**
- Afeafe O Vaetoefaga I Vaialua**
- Age Concern, Elder Abuse**
- St James Church Aged Care**
- Asian Case Study**
- Rural Case Study**



# ST JAMES CHURCH ELDER CARE SERVICES CASE STUDY

## The Objectives of the Case Study

- to find how the people concerned see the role the church plays in their sense of wellbeing;
- to understand the degree of their involvement in parish activities by enquiring into what contact they have with church events and activities;
- to identify the particular services and activities that they consider help them continue to live well in their community.



## METHOD

- **An Initial Overview.** The views of senior parish staff were sought on the role of the church in the lives of parishioners aged 65 and over, occasions on which St James has contact with their elderly, and the role of the parish in their lives. This helped inform the questionnaire design.
- **Questionnaire.** A simple, accessible questionnaire suitable for the target population was constructed and trialed on three parishioners who were then excluded from further questioning. The questionnaire was handed out at church services on one Sunday in June 2006. It was also handed out to others at all church events in the ensuing week where the seniors were expected.
- **Focus Groups.** Four focus groups, two drawing on those from the younger age bracket (65-74) and two drawn from the older group (75-92), were held and discussion followed a short question line that was developed from the analysis of data derived from the questionnaire responses to probe a little deeper.



## Participants: Gender by Age Group

Age	Men	Women	Number
65-74	9 (33%)	18 (66%)	27
75+	8 (24%)	26 (76%)	34
Total	17 (28%)	44 (72%)	61





## ***What would you say are the main reasons you are involved at St James now?***

- Spiritual and worship need fulfilment - 28 (46%)
- Many of my friends are parishioners - 23 (38%)
- Historic or personal story - 17 (28%)
- A sense of belonging - I feel comfortable at St James – 11 (18%)
- Anglican community – 10 (16%)
- The choral music. – 8 (13%)
- Clerical focus – 8 (13%)
- Putting something back - 5 (8%)
- Proximity to home - 4 (6%)



## Think about your own wellbeing/happiness, what are the most significant aspects of life at St James' for you?

### **Fellowship and friendship** (thirty-two)

*Thursday service for oldies, friendly, caring, relaxed. An opportunity to see and chat to others not seen at other times. I always feel welcome by clergy and staff and enjoy my church in many ways.*

### **focus groups**

*We have the grounding in religion from childhood and when one moves from town to town it is a place where we automatically belong.*

### **The Services** (twenty four)

It is not clear what it is about the services that makes them important to the respondents. The responses indicate a high degree of satisfaction:

*The services are interesting, not too long.*

*Services are lovely and music wonderful, all conducted so professionally.*

*I don't go to church on Sunday but to study group during the week. It's something I really enjoy. My friendships are from church.*

### **Support/comfort** (eight)

*We see the church as a family, isn't it, we see it as a family and that's how we like to feel comfortable as you would within a family.*

*I don't know, I'm getting old I'm nearing death I suppose as is happening to all of us, and I think about religious things.*



# What are the three most important things for your wellbeing?

## Responses in Order of Frequency

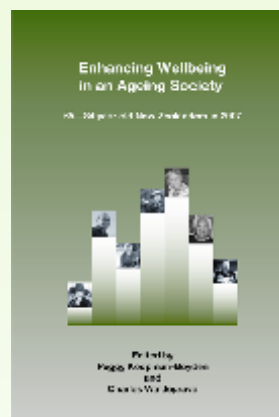
- **first choice**, church or faith, family, physical activities or health, friends and then music.
- **second choice**, faith, physical activity, music and then family and friends were equally ranked.
- **third choice** the picture changes and friends come first, physical activity next then music, and faith and family are ranked equally.



## Summary of the most frequently occurring topics related to wellbeing

	Option	65-74 years	75-92 years	Total
<b>Faith</b>	<i>1st</i>	17	20	37
	<i>2nd</i>	3	5	8
	<i>3rd</i>	1	3	4
<b>Family</b>	<i>1st</i>	6	4	10
	<i>2nd</i>	2	2	4
	<i>3rd</i>	1	2	3
<b>Health/Physical</b>	<i>1st</i>	1	4	5
	<i>2nd</i>	4	4	8
	<i>3rd</i>	8	3	11
<b>Friends</b>	<i>1st</i>	0	1	1
	<i>2nd</i>	2	2	4
	<i>3rd</i>	5	9	14
<b>Music</b>	<i>1st</i>	1	0	1
	<i>2nd</i>	3	2	5
	<i>3rd</i>	1	4	5





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