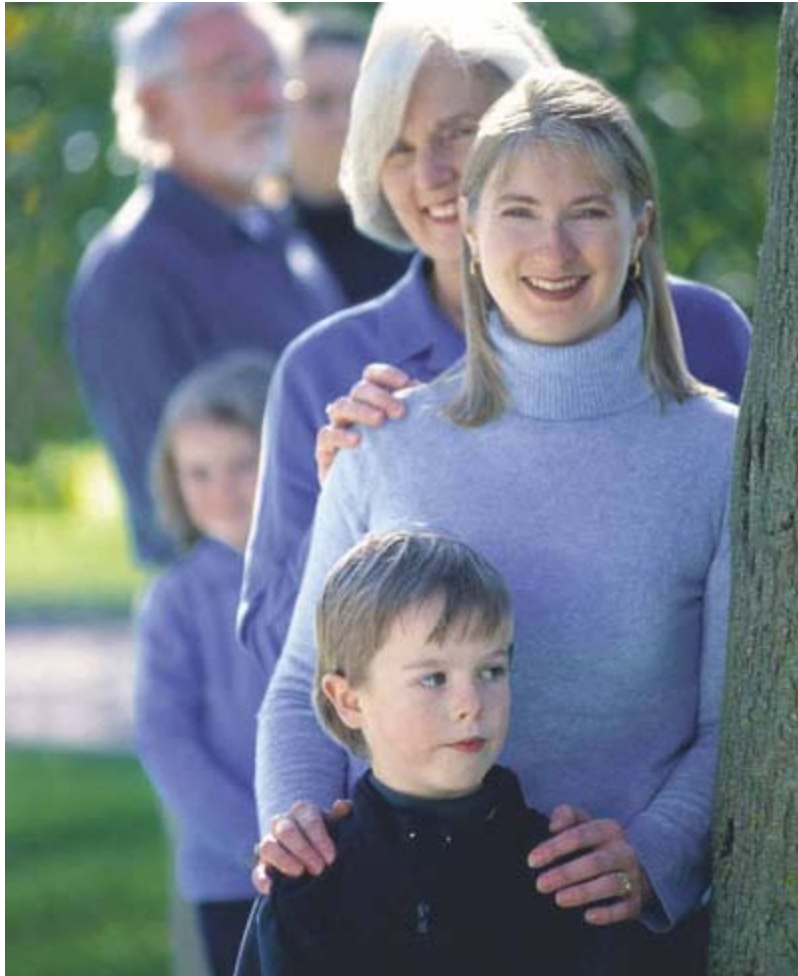


Some of the results in this report have been found to be inaccurate. New results for both the Personal and National Index are available in the appendix to Chapter 2 for Report 30.0. Other results from Survey 1.0 need to be recalculated from the data provided in the accompanying Survey 1.0 raw data file. If you are intending to do this, please note the recommended data cleaning procedures that accompany the appendix to Chapter 2 for Report 30.0.



The Australian Unity Wellbeing Index

Survey 1
Report 1
June 2001

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Australian Unity Well-being Index

Survey 1: Report 1

June 2001

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| Contents | Page |
|--------------------------------------------------------------------|-------------|
| Executive Summary | 1 |
| Introduction | 2 |
| The Well-Being Index | 3 |
| Results of the First Survey | 4 |
| 1. Overview | 4 |
| Demographic Differences | 6 |
| 2. Personal Well-Being | 6 |
| 2.1 Gender Effects | 6 |
| 2.2 Age Effects | 6 |
| 2.3 Gender/Age Effects | 7 |
| 2.4 Geographic Comparisons based on Accessibility/Remoteness | 8 |
| 3. National Well-Being | 9 |
| 3.1 Gender Effects | 9 |
| 3.2 Age Effects | 10 |
| 3.3 Gender/Age Effects | 10 |
| 3.4 Geographic Comparisons based on Accessibility/Remoteness | 11 |
| 4. Trends | 11 |
| 4.1 Gender Effects | 11 |
| 4.2 Age Effects | 12 |

Figures

Personal Well-Being

| | | |
|---------------------------------------------------------------------|-------------------------------------------|---|
| Figure 1 (Gender Effects) | Personal well-being | 6 |
| Figure 2 | Satisfaction with Future Security | 6 |
| Figure 3 (Age Effects) | Satisfaction with Community Connectedness | 6 |
| Figure 4 | Satisfaction with Relationships | 7 |
| Figure 5 (Age Effects) | Satisfaction with Health | 7 |
| Figure 6 (Gender/Age Effect) | Satisfaction with Health | 7 |
| Figure 7 | Satisfaction with Productivity | 8 |
| Figure 8 (Gender/Age Effect) | Satisfaction with Community Connectedness | 8 |
| Figure 9 (Geographic Comparisons Based on Accessibility/Remoteness) | Personal Well-Being | 9 |

National Well-Being

| | | |
|----------------------------------------------------------------------|------------------------------------------|----|
| Figure 10 (Gender Effects) | Satisfaction with the Economic Situation | 9 |
| Figure 11 (Age Effects) | Satisfaction with Health Services | 10 |
| Figure 12 (Gender/Age Effects) | Satisfaction with Health Services | 10 |
| Figure 13 (Geographic Comparisons Based on Accessibility/Remoteness) | Satisfaction with the Economic Situation | 11 |

Trends

| | | |
|-----------|-----------------------------------|----|
| Figure 14 | Australia Changing for the Better | 11 |
| Figure 15 | Own Life Changing for the Better | 12 |

| | | |
|-------------------|--|-----------|
| Appendix A | | 13 |
|-------------------|--|-----------|

| | | |
|-------------------|--|-----------|
| Appendix B | | 16 |
|-------------------|--|-----------|

| | | |
|-------------------|--|-----------|
| Appendix C | | 17 |
|-------------------|--|-----------|

EXECUTIVE SUMMARY

The Australian Unity Well-being Index is a new barometer of Australians' satisfaction with their lives and life in Australia. Unlike most official indicators of quality of life and well-being, it is subjective – it measures how Australians feel about life, and whether it is getting better or worse. But unlike most measures of life satisfaction, it incorporates both personal and national perspectives, and it will show how satisfaction with various aspects of life – both personal and national – affects overall satisfaction.

The development of the Index reflects growing public, political and scientific interest in new measures of progress and well-being as a result of a modern paradox: strong, sustained economic performance, but persistent public concerns about quality of life.

The Index was devised by an expert scientific group and is, for now, experimental. It will explore what works best in measuring subjective well-being. The Index consists of two numbers. The personal well-being index is the average level of satisfaction across seven aspects of personal life - health, personal relationships, safety, standard of living, achievements, community belonging, and future security. The national well-being index is the average satisfaction score across three aspects of national life – social conditions, the economy and the environment.

Research around the world shows that being satisfied with your own life is the norm. In Western nations, the average score is about 75%; even globally, nations average about 70%.

The results of the first index survey, covering 2,000 adults from all parts of Australia, show that, overall, Australians are about 73% satisfied with their lives. They were most satisfied with their personal relationships (78%), and least satisfied about being part of their communities (69%). They were less satisfied with life in Australia, even ambivalent: the national well-being score is 57%.

Australians were also ambivalent about several more specific aspects of national life, including the distribution of wealth and income (48%), trust in people (57%), health services (58%), and family support (59%). Asked about changes in life, Australians thought their own lives were getting a little better (with a score of 64%), but that life in Australia was staying much the same (score 53%)

Differences between groups were generally not large, but were sometimes statistically significant. Women tended to be more satisfied than men about their own lives. Older ages groups tended to be more satisfied than younger groups with their future security, being part of the community, and personal relationships, but less satisfied with their health. Younger people were more likely than older people to think their own lives were getting better, and women more likely than men to think life in Australia was getting better. People in country areas were more satisfied with their personal lives than city-dwellers, but less satisfied about the national situation.

INTRODUCTION

How can we better measure quality of life and well-being?

These days, many people – politicians, researchers, even the public - are asking this question. The past few years have seen growing efforts to develop and put in place new indicators of how well Australians are faring as a nation. This development reflects a global trend, which stems from the realization that economic measures such as growth in GDP (Gross Domestic Product) are no longer good enough for judging a nation's performance – compared either to the past or to other countries. Nor are economic indicators enough for regions and cities.

In Australia, local governments are probably leading the push to establish sets of quality of life indicators. States are also moving to report performance across a wider policy front. And at the national level, the Australian Bureau of Statistics is working on an experimental publication, *Measuring Australia's Progress*, which will report on national performance according to about 15 headline indicators and a range of background indicators.

Private groups are also becoming active in the area. One of the best known is the Australia Institute, which has constructed a *Genuine Progress Indicator* (GPI) for Australia. This composite index adjusts GDP for a range of economic, social and environmental factors which GDP either ignores or treats inappropriately. The Centre for Independent Studies publishes a biennial *State of the Nation* report, covering a wide range of statistical indicators of Australia's well-being.

Most, if not all, of this effort is focused on objective indicators – things that can be measured in material terms. But quality of life is subjective as well as objective - a matter of how people feel about their lives as well as the social conditions in which they live. Perceptions can often matter more than realities, and how people relate to one another can matter more than what they have.

So interest in subjective measures is also growing, especially measures of happiness and life satisfaction. Market research companies have become the most active in this area in Australia. But this research has not been done in a systematic way to create a comprehensive national index of subjective well-being.

The Australian Unity Well-being Index may be the first national index in the world which attempts to map and track people's life satisfaction in a scientifically rigorous way. It has the potential to become an important barometer of how Australians are feeling about life, and whether it is getting better or worse.

THE WELL-BEING INDEX

The Australian Unity Index is based on a model, or theory, derived from past research. It describes the measurement of people's satisfaction with both their own lives and life in Australia more generally. The model predicts that:

- overall personal life satisfaction will be high and remain relatively stable.
- satisfaction with various aspects of life will be more responsive to changing circumstances and so be more variable than overall life satisfaction, both over time and between groups.
- the more specific the question about aspects of life, the more variable the response.
- personal life satisfaction will be linked with satisfaction with national or societal life.
- national satisfaction will be lower than personal satisfaction and also more variable.
- as with personal satisfaction, satisfaction with specific aspects of life at the national level will be more sensitive to changing social conditions, and so more variable, than satisfaction with national life overall.

In order to detect changes in life satisfaction at both levels over time, the Index will provisionally comprise two measures:

- a personal well-being index: the average satisfaction score for seven aspects of personal life.
- a national well-being index: the average satisfaction score for three aspects of national life.

The Index is experimental, designed to test and develop the model we have created. However, the data obtained in our surveys will be useful from the outset in informing public debate about the sort of society Australians want to live in.

The Index was conceived by Professor Robert A. Cummins, from the School of Psychology at Deakin University, and Richard Eckersley, a social analyst at the Australian National University, in response to an approach from Australian Unity, which is funding the project. The index was developed and implemented with the help of an expert team, including Julie Pallant, from Swinburne University, Jackie Van Vugt, from Australian Unity, Julia Shelley, at the Victorian Health Promotion Foundation, Michael Pusey, at the University of NSW, and RoseAnne Misajon, at Deakin University. Deakin University managed the survey, which was conducted using Australian Unity call facilities.

The Index will be based on twice yearly surveys. The same core index questions will be asked in each survey so that the Index can be reported regularly. However, each survey will also include additional questions to allow specific aspects of life – either personal or national – to be explored in finer detail, or to examine other issues. These questions will change from survey to survey.

In the first survey, the additional questions related to perceptions of trust in other people (a common measure of social capital), the distribution of wealth and income, health services and support for families. People were also asked whether they thought life - their own and in Australia generally – was getting better or worse.

For all but the last two questions, respondents were asked to rate their satisfaction on a scale of 0 (very dissatisfied) to 10 (very satisfied). For the final two trend questions, they were also asked to respond on a 0-10 scale, but one in which 0 meant much worse and 10 much better.

The survey (Appendix C) was conducted by telephone with 2000 people aged 18 or over, in all States and from metropolitan and country areas. The interviews took place between April 23 and May 11 this year. The respondents were randomly selected, and the results weighted according to the population distribution across Statistical Divisions.



RESULTS OF THE FIRST SURVEY

1. Overview

The results of the first survey are summarized below:

Categorical percentages

| Question | Mean (%) | SD ¹ (%) | Dissatisfied (0-3.9) | Neutral (4-6.9) | Satisfied (7-10) |
|------------------------------------|--------------|---------------------|----------------------|-----------------|------------------|
| <u>Personal Well-Being</u> | | | | | |
| Life as a whole | 75.48 | 19.67 | 4.2 | 16.8 | 79.0 |
| Aspects of life | | | | | |
| - standard of living | 74.78 | 19.50 | 4.1 | 19.8 | 76.1 |
| - health | 73.97 | 21.38 | 5.8 | 22.2 | 72.0 |
| - achievements in life | 73.48 | 18.51 | 3.1 | 24.2 | 72.7 |
| - personal relationships | 78.44 | 21.22 | 4.5 | 16.2 | 79.3 |
| - how safe you feel | 75.40 | 20.25 | 4.5 | 20.6 | 74.9 |
| - community connectedness | 68.98 | 20.84 | 5.6 | 32.0 | 62.4 |
| - future security | 69.29 | 21.24 | 6.8 | 28.9 | 64.3 |
| Personal well-being index | 73.48 | 13.57 | 2.3 | 29.5 | 68.2 |
| <u>National Well-Being</u> | | | | | |
| Life in Australia | 69.79 | 21.02 | 6.2 | 28.9 | 64.9 |
| Aspects of life | | | | | |
| - economic situation | 53.80 | 20.36 | 16.4 | 52.7 | 30.9 |
| - state of the environment | 58.17 | 19.56 | 11.6 | 50.4 | 38.0 |
| - social conditions | 59.44 | 20.03 | 11.0 | 46.4 | 42.6 |
| National well-being index | 57.14 | 16.52 | 12.4 | 62.5 | 25.1 |
| <u>Specific issues</u> | | | | | |
| - wealth / income distribution | 48.07 | 23.00 | 27.3 | 49.0 | 23.7 |
| - health services | 58.10 | 22.23 | 16.0 | 42.7 | 41.3 |
| - family support | 59.32 | 20.38 | 10.7 | 49.4 | 39.9 |
| - trust in people | 56.84 | 20.50 | 14.5 | 46.3 | 39.2 |
| <u>Trends</u> | | | | | |
| - own life changing for the better | 64.00 | 19.34 | 6.1 | 44.1 | 49.8 |
| - Australia for the better | 53.02 | 19.95 | 15.7 | 56.1 | 28.2 |

○

¹ SD = Standard Deviation

Generally speaking, the first round results fit the model, so far as a single set of results can. The score of 75.5% for satisfaction with life as a whole indicates most people are fairly satisfied (not that 75.5% of Australians are satisfied). It matches the 'gold standard' of 75% for Western countries. The score appears to have changed little over the past 20 years: David Jones, a Sydney market researcher, obtained scores for an almost identical question of 76.0% in 1981, 76.4% in 1988 and 75.9% in 1998.

The results support the view that life satisfaction is held relatively constant, rather like blood pressure or body temperature, and only changes significantly under particularly adverse circumstances. People recalibrate – they adjust goals and expectations and rationalize things to stay contented.

The scores for various aspects of life show more variability, with a ten percentage point difference between the highest and lowest scores. Only future surveys will show how these change over time, but David Jones' scores on similar questions indicate they do change, and have generally declined between 1981 and 1998.

The score for satisfaction with life in Australia of 69.8% is lower than that for personal life satisfaction, as the model predicts. In response to a similar question, Jones obtained scores of 67.9% in 1981, 70.3% in 1988 and 68.6% in 1998, suggesting that this score, too, may exhibit a high degree of stability over time.

The scores for specific aspects of national life appear to show a higher degree of variability, as the model suggests, although this can only be confirmed over time. These scores are also much lower than the overall satisfaction result, suggesting that other factors, such as national pride, may be influencing the overall score.

Personal and national life satisfaction scores were correlated ($r = .44$). This means that those who were more satisfied with their own lives were also likely to be more satisfied with life in Australia. Again this supports the model.

While not an integral part of the model, both personal and national trend results were what was expected: better for the personal than social, but both lower than for the corresponding satisfaction scores. They suggest that, on average, people think their own lives are getting slightly better, but that life in Australia is staying about the same.

While the primary purpose of the surveys is to provide the two sub-indices that make up the Australian Unity Well-being Index, a secondary purpose is to allow the exploration of how satisfaction varies between different groups of Australians - different genders, ages, incomes, places of residence etc.

An important finding is that, generally speaking, the differences are not large. On most aspects of life, Australians are not polarized in their satisfaction levels. This is an important legitimization of an index based on average scores, which would have less meaning and value if it disguised large differences in the community.

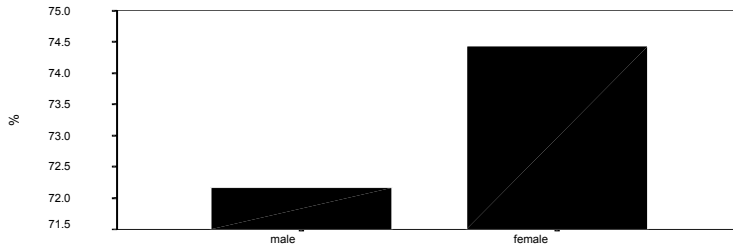
Nevertheless, there are interesting and statistically significant differences between groups on some measures. Some of these, such as the age differences in health satisfaction, are to be expected, reflecting the effect on satisfaction of different stages of life. The demographic findings are outlined in the next section. The processing of results is continuing.

DEMOGRAPHIC DIFFERENCES

2. Personal Well-Being

2.1 Gender Effects

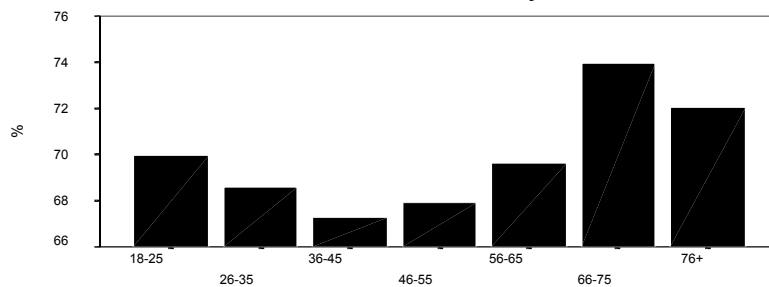
Figure 1: Personal Well-Being



The above graph, depicts a significant 2.2 percentage point advantage to females in personal well-being. A similar margin of difference extends to most of the constituent aspects of life (the maximum difference is in ‘achievements in life’: 3.3 percentage points). However, no significant gender differences were found in the aspects of satisfaction with health or safety.

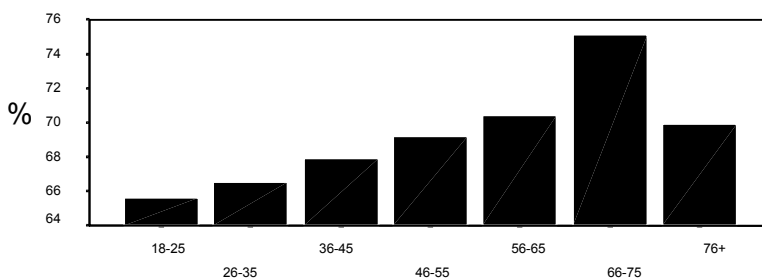
2.2 Age Effects

Figure 2: Satisfaction with Future Security



Personal well-being, as an average of the seven life aspects, showed no differences between age groupings. However, some individual life aspects did show such a difference. The first pattern, shown in Figure 2 above, applied to future security. Here, the 66-75 years group is significantly more satisfied than the 36-45 years group (6.7 percentage points).

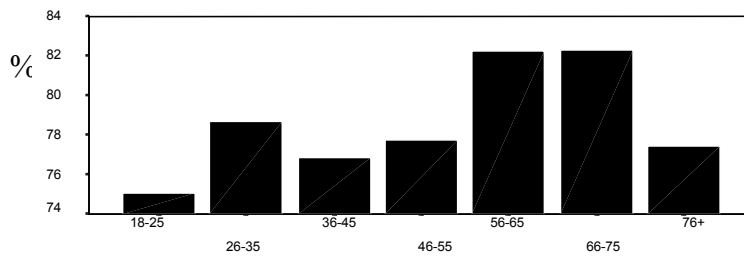
Figure 3: Satisfaction with Community Connectedness



The second pattern of difference is found in terms of satisfaction with productivity and community connectedness. This pattern is shown in Figure 3 above for community connectedness. Here, the 66-75 years group is more satisfied than all three groups aged between 18 and 45 years, with an

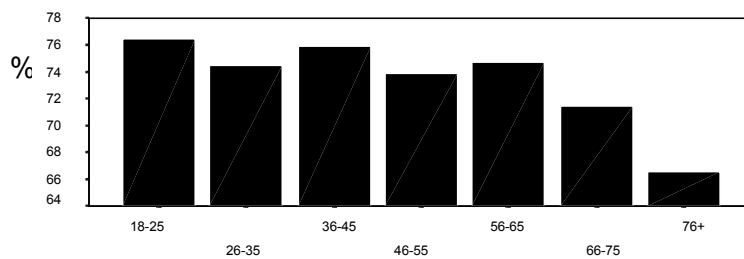
average 8.4 percentage point difference.

Figure 4: Satisfaction with Relationships



A third pattern of difference is found in relation to satisfaction with relationships, as shown in Figure 4 above. Here, both groups aged between 56 and 75 years show higher satisfaction than the youngest 18-25 years group (7.2 percentage point difference).

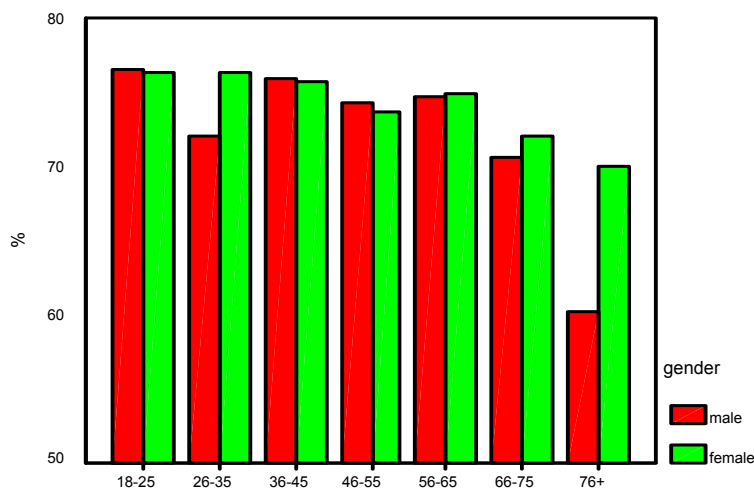
Figure 5: Satisfaction with Health



A final pattern of difference is shown in relation to satisfaction with health (Figure 5 above). Here, all groups aged between 18-75 years show higher levels than the oldest 76+ years group. The maximum level of difference is 9.8 percentage points with the youngest 18-25 years group.

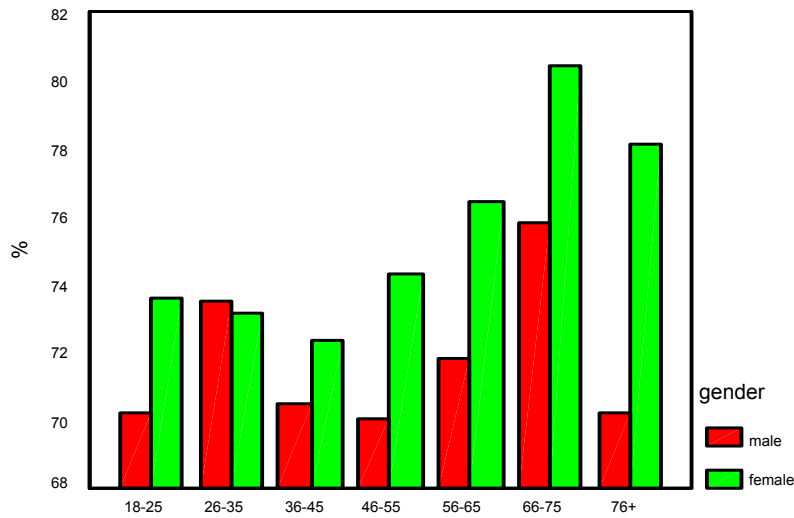
2.3 Gender/Age Effect

Figure 6: Satisfaction with Health



The age and gender differences, when examined together, yield a few new insights. One comparison that reached significance was in relation to health (above) where satisfaction is lowest for the oldest group of males, but not for the oldest group of females.

Figure 7: Satisfaction with Productivity



In terms of satisfaction with productivity (above) the lowest satisfaction was recorded by males 46-55 years who were significantly below females 66-75 years (10.3 percentage points).

Figure 8: Satisfaction with Community Connectedness

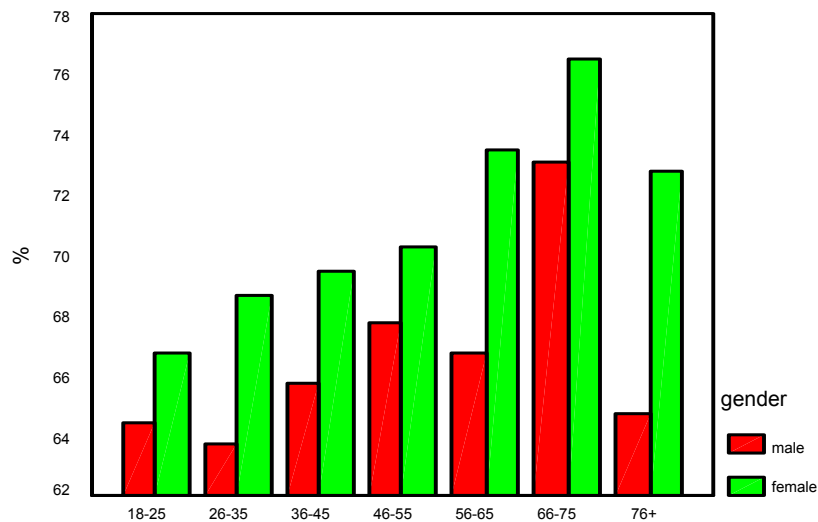
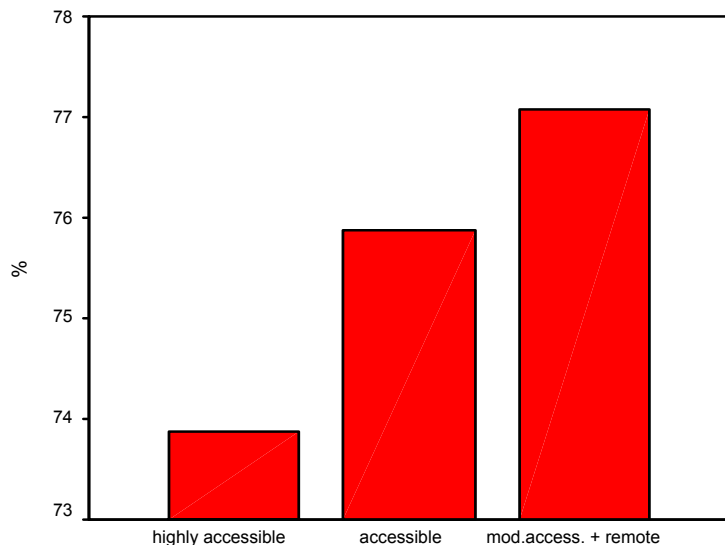


Figure 8 indicates the generally lower levels of male satisfaction with their community. However, it also shows the particularly low levels for young males and, again, the high levels for older females. The difference between males 26-35 years and females 66-75 years is significant with a 12.7 percentage point difference

2.4 Geographic Comparisons Based on Accessibility/Remoteness

The presentation of personal well-being in Figure 9 is based on just three groups. These are highly accessible, accessible, and a composite group comprising moderate/remote/very remote accessibility. The reason for generating this composite is to create comparison groups of sufficient size to allow a reliable comparison between them. A detailed description of this method is present in Appendix B.

Figure 9: Personal Well-being



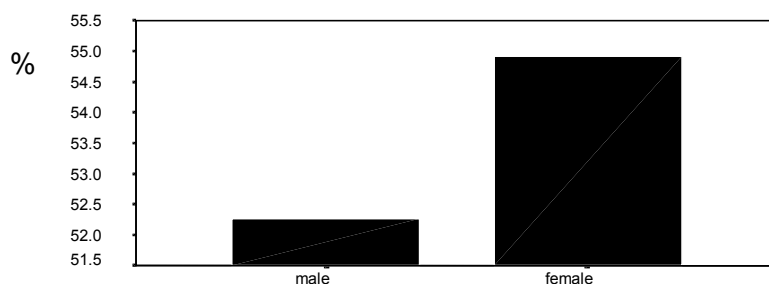
The difference between groups in personal well-being was significant (see Figure 9). The remote composite group expressed a 3.2 percentage point higher level of well-being than the high access (city) group.

The areas of life that most strongly contributed to this difference were relationships (a 5.7 percentage point difference) and community connectedness (a 9.8 percentage point difference). For further details see Appendix A.

3 National Well-being

3.1 Gender Effects

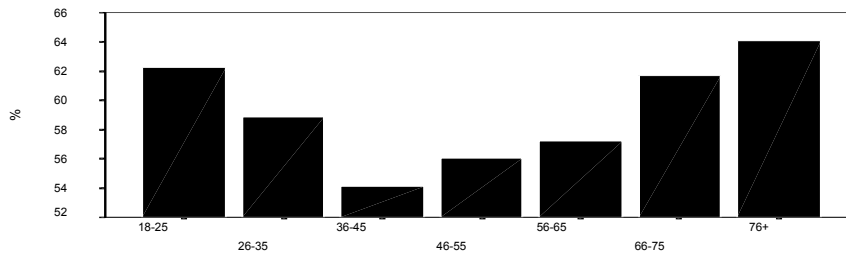
Figure 10: Satisfaction with the Economic Situation



The average level of national well-being did not differ between males and females. However females were significantly more satisfied with the economic situation in Australia (2.6 percentage points) than males (see Figure 10).

3.2 Age Effects

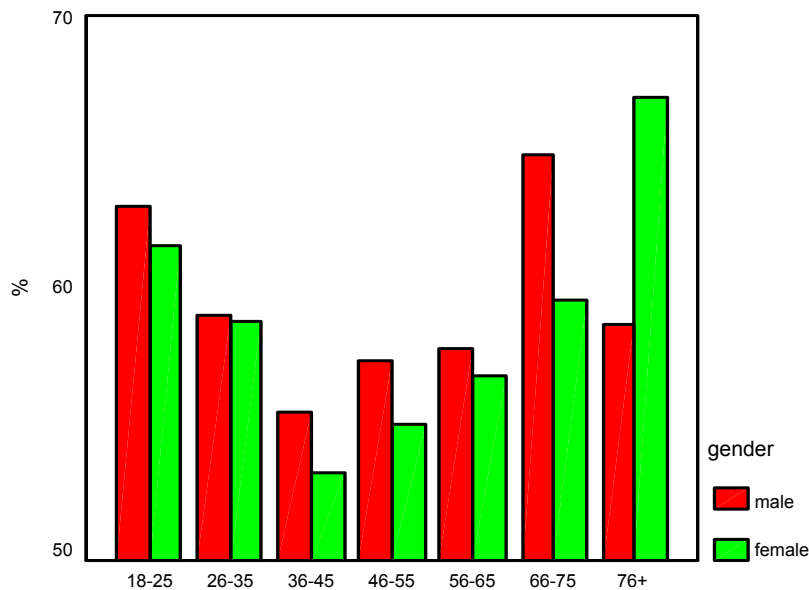
Figure 11: Satisfaction with Health Services



Differences between the age groupings in terms of national well-being failed to reach significance. However, satisfaction with health services revealed that the youngest (18-25) and oldest groups (66-75 and 76+) were more satisfied than the middle-age groups (36-45 and 46-55). The largest margin of difference is between the 76+ and 36-45 years groups (10.0 percentage points).

3.3 Gender/Age Effects

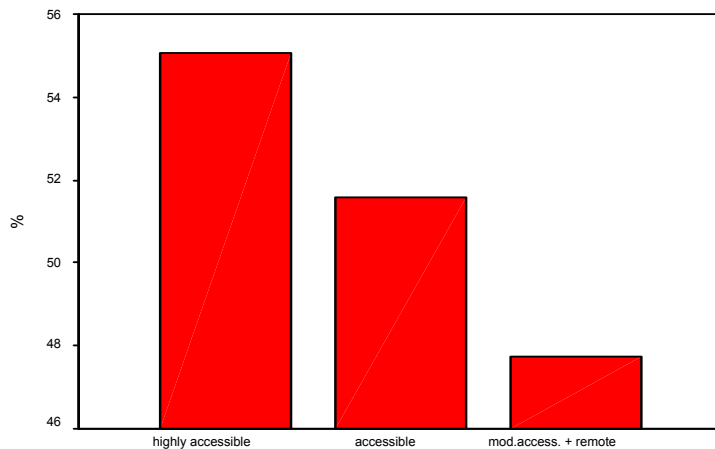
Figure 12: Satisfaction with Health Services



Within the particular national aspects, the only age vs. gender difference is in relation to satisfaction with health services (above). Here the significant difference is within the female group, where those aged 76+ were more satisfied than those aged 36-45, a 13.8 percentage point difference. However, it should also be noted that the level of satisfaction is generally low, ranging from 53.2% to 67.0% for all groups.

3.4 Geographic Comparisons based on Accessibility/Remoteness

Figure 13: Satisfaction With the Economic Situation



As can be seen from Figure 13 above, the people in the high accessibility group had a significantly higher level of satisfaction with the national economic situation than people living in more remote areas (for a description of these groups see Section 3.5 and Appendix B). This constitutes a 7.3 percentage point difference.

A similar trend was found for wealth/income distribution, and own life changing for the better (see Appendix A). Thus, on both of these measures, people living in the city were significantly more satisfied than people living in more remote areas

4. Trends

4.1 Gender Effects

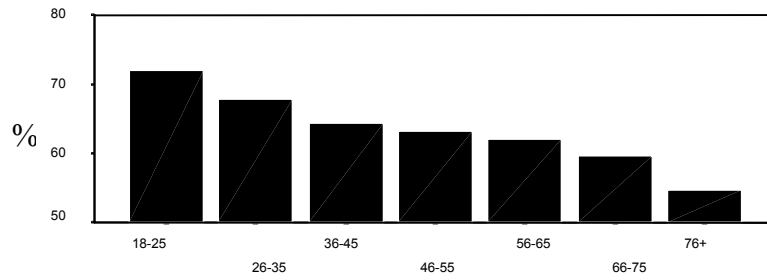
Figure 14: Australia Changing for the Better



No gender differences were found in the extent to which one's own life is changing for the better. However, females felt life in Australia is changing for the better to the extent of a 2.1 percentage point advantage. (Figure 14).

4.2 Age Effects

Figure 15: Own Life Changing for the Better



The perception that one's own life is changing for the better showed a strong age-related effect as depicted below. This shows a consistent decrease that is significant between many of the age groups. The difference between the youngest (18-25) and oldest (76+) groups is 17.4 percentage points.

APPENDIX A

Gender Differences

| Variable | GENDER DIFFERENCES | | |
|-----------------------------------|--------------------|--------------------|------|
| | Male (N=841) | Female (N=1158) | P= |
| <u>PERSONAL WELL-BEING</u> | | | |
| Life as a whole | 73.6 ± 20.3 | 76.8 ± 19.1 | .000 |
| Personal well-being index | 72.2 ± 14.3 | 74.4 ± 12.6 | .000 |
| Aspects of personal well-being | | | |
| - standard of living | 73.0 ± 20.5 | 76.1 ± 18.6 | .001 |
| - achievements in life | 71.6 ± 19.6 | 74.9 ± 17.5 | .000 |
| - personal relationships | 77.3 ± 21.4 | 79.3 ± 21.1 | .036 |
| - community connectedness | 66.5 ± 22.3 | 70.8 ± 19.5 | .000 |
| - future security | 68.0 ± 22.3 | 70.3 ± 20.4 | .016 |
| <u>NATIONAL WELL-BEING</u> | | | |
| Aspects of national well-being | | | |
| - economic situation in Australia | 52.3 ± 21.3 | 54.9 ± 19.6 | .004 |
| <u>TRENDS</u> | | | |
| Australia changing for the better | 51.8 ± 20.2 | 53.9 ± 19.7 | .018 |

Age

AGE DIFFERENCES

| Variable | 18-25 | 26-35 | 36-45 | 46-55 | 56-65 | 66-75 | 76+ | P= |
|--------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|------|
| N= | 211 | 318 | 438 | 412 | 242 | 225 | 152 | |
| <u>PERSONAL WELL-BEING</u> | | | | | | | | |
| Aspects of personal well-being | | | | | | | | |
| - health | 76.4 ± 20.0 | 74.5 ± 19.9 | 75.9 ± 20.8 | 73.9 ± 20.5 | 74.8 ± 21.8 | 71.5 ± 23.6 | 66.6 ± 24.6 | .000 |
| - achievements in life | 72.0 ± 18.8 | 73.3 ± 17.6 | 71.6 ± 18.4 | 72.5 ± 17.7 | 74.3 ± 17.8 | 78.5 ± 18.4 | 75.3 ± 22.1 | .000 |
| - personal relationships | 75.1 ± 20.8 | 78.7 ± 21.0 | 76.8 ± 22.5 | 77.7 ± 21.5 | 82.3 ± 18.4 | 82.3 ± 18.7 | 77.4 ± 23.7 | .001 |
| - community connectedness | 65.6 ± 21.2 | 66.6 ± 19.9 | 67.9 ± 21.0 | 69.2 ± 20.3 | 70.4 ± 20.4 | 75.1 ± 20.0 | 69.9 ± 23.2 | .000 |
| - future security | 70.0 ± 19.6 | 68.6 ± 20.3 | 67.3 ± 20.2 | 67.9 ± 22.5 | 69.6 ± 22.2 | 74.0 ± 20.4 | 72.0 ± 23.3 | .003 |
| <u>NATIONAL WELL-BEING</u> | | | | | | | | |
| Specific Issues | | | | | | | | |
| - health services | 62.2 ± 20.9 | 58.9 ± 21.9 | 54.1 ± 23.1 | 56.0 ± 22.5 | 57.2 ± 24.0 | 61.7 ± 24.5 | 64.1 ± 25.6 | .000 |
| <u>TRENDS</u> | | | | | | | | |
| Own life changing for better | 72.1 ± 17.4 | 67.9 ± 17.8 | 64.4 ± 18.7 | 63.3 ± 19.7 | 62.1 ± 18.6 | 59.7 ± 18.4 | 54.7 ± 22.3 | .000 |

Accessibility

| Variable | ACCESSIBILITY | | | P= |
|--------------------------------|---------------|-------------|---------------------------|------|
| | High | Accessible | Moderate Remote v. Remote | |
| <u>PERSONAL WELL-BEING</u> | (N=250) | (N=205) | (N=152) | |
| Personal well-being index | 73.9 ± 12.9 | 75.9 ± 12.3 | 77.1 ± 13.8 | .05 |
| Aspects of personal well-being | | | | |
| - personal relationships | 76.1 ± 22.5 | 82.1 ± 18.8 | 81.8 ± 20.8 | .003 |
| - community connectedness | 67.0 ± 20.9 | 73.3 ± 19.4 | 76.8 ± 21.3 | .000 |
| <u>NATIONAL WELL-BEING</u> | | | | |
| Aspects of national well-being | | | | |
| - economic situation | 55.1 ± 20.0 | 51.6 ± 20.0 | 47.8 ± 20.0 | .002 |
| Specific Issues | | | | |
| - wealth/income distribution | 50.0 ± 22.4 | 46.7 ± 21.0 | 44.1 ± 22.7 | .03 |
| <u>TRENDS</u> | | | | |
| Own life change for better | 65.7 ± 19.4 | 63.2 ± 18.4 | 60.5 ± 22.1 | .04 |

APPENDIX B

Comparisons based on Accessibility/Remoteness.

The Accessibility/Remoteness Index of Australia (ARIA) was used. It was designed as a geographical approach to remoteness, excluding socio-economic, urban/rural, and population size factors. ARIA interprets remoteness as accessibility to 201 service centers. Remoteness values are derived from the road distance to services centers. A continuous variable from 0 (high accessibility) to 12 (high remoteness) is produced.

These values are grouped into 5 categories:

1. **Highly Accessible** (ARIA score 0-1.84) – relatively unrestricted accessibility to a wide range of goods and services and opportunities for social interaction.
2. **Accessible** (ARIA score >1.84-3.51) – some restrictions to accessibility of some goods, services and opportunities for social interaction.
3. **Moderately Accessible** (ARIA score > 3.51-5.86) – significantly restricted accessibility of goods, services and opportunities for social interaction.
4. **Remote** (ARIA score >5.86-9.08) – very restricted accessibility of goods, services and opportunities for social interaction.
5. **Very Remote** (ARIA score > 9.08-12.0) – very little accessibility of goods, services and opportunities for social interaction.

For further information: <http://www.health.gov.au/pubs/hfsocc/ocpanew6a.htm>

For the purpose of this report, a single accessibility category has been constructed combining Moderately Accessible, Remote, and Very Remote. This has been necessary due to the small number of respondents in these categories

The number of respondents falling into each of the original groupings is as follows: Highly accessible (1,642), Accessible (205), Moderately accessible (112), Remote (19), Very remote (21). The composite group thus comprised 152 respondents. In order to allow statistical comparisons to be reliably made between the three groups, the number of respondents in the Accessible group needed to be reduced such that the maximum difference in group size was no more than about 60%. Thus, a random sample of 250 respondents was drawn from the Accessible group for the purpose of representing this group in the statistical analyses to follow. As a check on the representativeness of the random sample, the difference in the mean scores between the total and random sample for personal well-being was 0.9 percentage points (73.0 vs 73.9% respectively). The equivalent differences between the domains all lay between .2 to .9 with the exception of Relationships, which was 1.6 percentage points (77.7 vs. 76.1 respectively).

APPENDIX C

THE SURVEY QUESTIONNAIRE

Hello, my name is.....I'm from Deakin University and your telephone number has been obtained from the White Pages. We are doing a survey on how people feel about life in Australia.

The survey will take less than ten minutes. Do you have the time to help us?

First, are you aged 18 or over? (If under 18, ask to speak to someone else in household, aged 18 or over).

Thank you.

I am going to ask how satisfied you feel, on a scale from zero to 10.

Zero means you feel very dissatisfied. 10 means you feel very satisfied. And the middle of the scale is 5, which means you feel neutral.

Would you like me to go over this again for you?

In that case I will start by asking how satisfied you feel with various aspects of your life.

(Personal well-being)

(Abstract – personal)

1. 'Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?'

(Personal domains)

2. 'How satisfied are you with.....?'
2. Your standard of living?
3. Your health?
4. What you achieve in life?
5. Your personal relationships?
6. How safe you feel?
7. Feeling part of your community?
8. Your future security?
9. Your own happiness?

(Societal well-being)

(Societal – Abstract)

10. 'Thinking now NOT about your own life, but about the situation in Australia generally, how satisfied are you with life in Australia.?'

(Societal domains)

11. 'How satisfied are you with?'
 - 11 The economic situation in Australia?
 12. The state of the Australian environment?
 13. The social conditions in Australia?
- (Societal sub-domains)
- 'How satisfied are you.....?'

14. That the distribution of wealth and income in Australia is fair?

15. With the health services in Australia?



16. With support for families in Australia?

(Social capital)

‘How satisfied are you.....?’

17. That most people can be trusted?

(Trend questions)

18. Now I am going to ask you whether life is getting worse or getting better.

Again there is a scale from zero to 10.

Zero means it is getting much worse, 5 means it is not changing, and 10 means it is getting much better.

Would you like me to go over this scale again for you?

So, on a scale from zero to 10, how do you feel your own life is changing?

19. Now I am going to ask you to think NOT about your own life, but about Australia in general.

On the scale from zero to 10, how do you feel life in Australia is changing?

(Recent life events)

20. Has anything happened to you recently causing you to feel happier or sadder than normal?

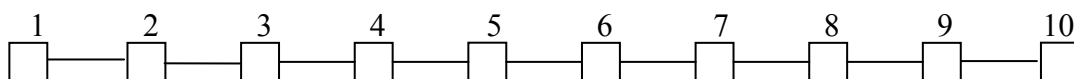
- | | |
|--------------------------|--------------|
| <input type="checkbox"/> | Yes, happier |
| <input type="checkbox"/> | Yes, sadder |
| <input type="checkbox"/> | No |

If ‘yes’, how strong would you rate this influence?

Very

Weak

Very
Strong



Now, just a couple more questions about yourself.

21. Interviewer – record the sex of the respondent

22. Can you tell me your age?

22. We are going to carry out another study like this in about six months. Would you be willing to help us again?

(IF YES) Thank you. Can you please tell me your name?

(IF NO or YES) Thank you for helping us with this survey.