

Australian Unity Wellbeing Index  
Survey 4 August 2002

Report 4.0  
September 2002

*“The Wellbeing of Australians –*

*1. Work and Leisure*

*2. The Impact of September 11 One Year Later”*

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Acknowledgement: We thank Ann-Marie James for her assistance with the production of this report.

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## Executive summary

Volunteers stand out from other workers in having the highest levels of wellbeing. Mostly aged over 55, they enjoy high levels of satisfaction with their lives, work and leisure, health, sense of community connection and religion or spirituality.

This is one of the key findings of the fourth survey of the Australian Unity Wellbeing Index, based on telephone interviews with more than 2,000 adult Australians in August 2002. The Index consists of two main values: the Personal Wellbeing Index (PWI), which is the average level of satisfaction with seven aspects (or domains) of people's personal lives; and the National Wellbeing Index (NWI), the average level of satisfaction with six aspects of national life. The values are expressed as a percentage of the maximum possible score, so representing varying degrees of satisfaction (not the proportion satisfied).

Overall, Australians' satisfaction with personal and national life fell slightly in August – the PWI by 0.8 percentage points to 74.4% and the NWI by 0.5 percentage points to 60.2% - after rises in September 2001 and March 2002. The rise in wellbeing was attributed to the September 11 terrorist attacks in America, which may have made people appreciate life more (while also saddening them); this effect may now be dissipating.

The fourth survey focused on work and leisure and included additional questions on what people considered to be their main area of work, how many hours a week they spent on this work, their satisfaction with their work and the hours they worked, and their satisfaction with the amount of leisure time they had and how they spent it. People were moderately satisfied with their area of main work (74.3%) and how they spent their leisure (71%), but less so with their work hours (68.9%) and amount of leisure time (66.7%).

The five work categories were: paid employment, family and household care, voluntary work, study and no work. The survey found that those in voluntary work – 6.5% of the sample – were mostly aged over 55, more likely to be female, and worked for 20 hours or less a week. They had the highest PWI (77.4%), and scored highest in satisfaction with life as a whole (80.5%), standard of living (78.9%), achievements in life (78%), community connectedness (79.9%) and religion or spirituality (79.7%). They also scored significantly higher than other groups in satisfaction with work (85.1%) and work hours (82.5%), and how they spent their leisure (79.4%). They were more satisfied with their health than the other predominantly older category, those who did no work (74.1% vs 65.2%).

The survey does not show the direction of cause and effect: whether volunteers are more satisfied because they do voluntary work; they do voluntary work because they have higher wellbeing; or the personal qualities that promote wellbeing also make it more likely they will do voluntary work. All three factors are likely to be involved in the associations.



Among the other work-related findings:

- Those in paid employment – 51.5% of the sample – were fairly evenly split between those who worked 40 hours or less (52%) and over 41 hours (48%), and were mostly aged 26-55. Overall, their PWI was 75.1%, but they had the lowest satisfaction with work (72.5%), leisure quality (68.5%) and leisure time (61.4%). Satisfaction with work hours was 68.9%, similar to that of students.
- Those in family care – 17.5% of the sample – were mainly women, aged between 26 and 75 (with a peak in the 36-45 age group), and often worked very long hours (almost half said they worked over 60 hours a week). Nevertheless, they had a reasonable PWI (74.9%) and the most satisfaction with their personal relationships (83.5%). Satisfaction with work was 75.1%, work hours 69.4%, leisure quality 70.3% and leisure time 65.1%.
- Students – 6.5% of the sample – were mostly aged 18-25, and almost two-thirds (62%) worked 20 hours or less. Their PWI was lower (73%) and, characteristic of this age group, they showed a low level of satisfaction with their community connection (62.7%). Satisfaction with work was 75.5%, work hours 68.7%, leisure quality 71.4%, and leisure time 69.8%.
- The ‘no work’ group – 18% of the sample – was mainly aged over 55 and presumably comprised people who were retired, disabled or unemployed. They had the lowest PWI of 72.5% and the lowest satisfaction with their health (65.2%). Compared with volunteers, they had a similar level of satisfaction with their leisure time (80.4%), but a lower level of satisfaction with leisure quality (74.3%).
- Work hours had little impact on overall wellbeing, but those working 20 hours or less and over 60 hours showed higher satisfaction with work, and those working 41-60 hours less satisfaction with work hours. Longer work hours also impacted on satisfaction with leisure, especially leisure time.
- Those aged 26-55 were much less satisfied with work and leisure than both younger and older people, probably reflecting the work and family pressures experienced by this age group. This was especially so for satisfaction with work hours, where the scores ranged from 65.2% (age 26-35) to 81% (66-75), and leisure time, where scores ranged from 57.9% (26-35) to 84.5% (66-75).

Other key findings from the latest survey were:

- The proportion of people who said they felt saddened now by the September 11 terrorist attacks fell to 50% from 90.4% in September 2001 and 62.7% in March 2002. However, for those affected, the intensity of the distress had not declined.
- The September attacks also appear to have affected people’s experience of recent happy and sad events in their lives: they are experiencing fewer happy events and are now more likely to report a sad event than a happy one; and sad events (but not happy ones) are now experienced with more intensity.

- Satisfaction with standard of living fell 1.2 percentage points and that with financial security 2.6 percentage points in August compared to March, reflecting the poor performance of investment funds and stock markets.
- Satisfaction with government, while up slightly (0.5 percentage points to 53.3%), remained low, suggesting continuing disaffection with government since March 2002, when it fell almost six percentage points from the September 2001 level – its stocks probably boosted then by the terrorist attacks.
- Ethnicity – surveyed for the first time for the Australian Unity Wellbeing Index – revealed few differences in wellbeing. There were no significant differences between those born in Australia, in other mainly English-speaking countries and in non-English-speaking countries for the PWI, personal domains, work, leisure quality, the effects of September 11 and life events. However, those born in non-English-speaking countries did show higher satisfaction with life in Australia than those born in Australia – NWI = 63.8% vs 59.9% - and with the national domains of environment, social conditions and national security.
- Asked about ethnic origins as well as country of birth, only 53% of those born in Australia regarded their ethnic origin as Australian.

## **1.1 Introduction**

The Australian Unity Wellbeing Index is a new barometer of Australians' satisfaction with their lives and life in Australia. Unlike most official indicators of quality of life and wellbeing, it is subjective – it measures how Australians feel about life, and incorporates both personal and national perspectives. The Index shows how satisfaction with various aspects of life – both personal and national – affects overall life satisfaction.

The Wellbeing Index is an alternative measure of population wellbeing to such economic indicators as Gross Domestic Product and other objective indicators such as population health, literacy and crime statistics. The Wellbeing Index measures quality of life as experienced by the average Australian.

The Index comprises two numbers. The Personal Wellbeing Index is the average level of satisfaction across seven aspects of personal life – health, personal relationships, safety, standard of living, achievements, community connectedness, and future security. The National Wellbeing Index is the average satisfaction score across six aspects of national life – the economy, the environment, social conditions, governance, business, and national security.

A considerable body of research has demonstrated that most people are satisfied with their own life. In Western nations, the average value for population samples is about 75%, with a normal range from 70% to 80%. We thus expect the Personal Wellbeing Index to fall within this range. However, satisfaction with aspects of national life are normally lower, falling in the range 55 to 65% in Australia.

The results of the first index survey of 2,000 adults from all parts of Australia, was conducted in April 2001. Since then three survey have been conducted, in late September 2001, March 2002, and this most recent survey in August 2002. Copies of earlier reports can be obtained either from the Australian Unity website ([www.australianunity.com.au](http://www.australianunity.com.au)) or from the Australian Centre on Quality of Life website at Deakin University ([acqol.deakin.edu.au](http://acqol.deakin.edu.au)). This report concerns the most recent fourth survey.

The same core index questions, forming the Personal and the National Wellbeing Index, are asked within each survey. In addition we ask two highly general questions. One of these is 'Satisfaction with Life as a Whole'. This abstract, personal measure of wellbeing has a very long history within the survey literature and its measurement allows a direct companion with such data. The second is intended as an analogous 'national' item. It is 'Satisfaction With Life in Australia'.

Each survey also includes demographic questions and a small number of additional items that change from one survey to the next. These explore specific issues of interest, either personal or national. Such data have several purposes. They allow validation of the Index, the creation of new population sub-groups, and permit further exploration of the wellbeing construct.

The theory behind the Index, and other Australian indices of population wellbeing can be found in Appendix 8.

## **1.2 Understanding Personal Wellbeing**

The major measurement instrument used in our surveys is the Personal Wellbeing Index (PWI). This comprises seven questions relating to life domains, such as 'health' and 'standard of living'. Each question is answered on a 0-10 scale of satisfaction. The scores are then combined across the seven domains to yield an overall Index score, which is adjusted to have a range of 0-100.

On a population basis the scores that we derive from this PWI are quite remarkably stable. Appendix AI presents these values, each derived from a geographically representative sample of 2,000 randomly selected adults across Australia. As can be seen, these values range from 74.0 to 75.2, a fluctuation of only 1.2%. How can such stability be achieved?

We hypothesize that personal wellbeing is not simply free to vary over the theoretical 0-100 range. Rather, it is held fairly constant for each individual in a manner analogous to blood pressure or body temperature. This implies an active management system for personal wellbeing that has the task of maintaining wellbeing, which averages about 75%, at reasonably high level. We call this process Subjective Wellbeing Homeostasis.

The proper functioning of this homeostatic system is essential to life. At normal levels of wellbeing, which for group average scores lies in the range of 70-80%, people feel good about themselves, are well motivated to conduct their lives, and have a strong sense of optimism. When this homeostatic system fails, however, these essential qualities are severely compromised, and people are at risk of depression. This can come about through such circumstances as exposure to chronic stress, chronic pain, failed personal relationships, etc.

Having said this, the homeostatic system is remarkably robust. Many people live in difficult personal circumstances which may involve low income or medical problems, and yet manage to maintain normal levels of wellbeing. This is why the Index is so stable when averaged across the population. But as with any human attribute, some homeostatic systems are more robust than others. Or, put around the other way, some people have fragile systems which are prone to failure.

Homeostatic fragility, in these terms, can be caused by two different influences. The first of these is genetic. Some people have a constitutional weakness in their ability to maintain wellbeing within the normal range. The second influence is the experience of life. Here, as has been mentioned, some experiences such as chronic stress can challenge homeostasis. Other influences, such as intimate personal relationships, can strengthen homeostasis.

In summary personal wellbeing is under active management and most people are able to maintain normal levels of wellbeing even when challenged by negative life experiences. A minority of people, however, have weaker homeostatic systems as a result of either constitutional or experiential influences. These people are vulnerable to their environment and constitute various population sub-groups. The identification of these sub-groups is an important feature of our survey analyses.

### **1.3 The Survey Methodology**

A geographically representative national sample of 2,003 people, aged 18 years or over and fluent in English, were surveyed by telephone over the period 31st of July to 26th of August 2002. Interviewers asked to speak to the person in the house who had the most recent birthday and was at least 18 years old to assist the collection of a wide sample of ages and gender. A total of 16,411 calls were made. Of these, 8283 connected with a respondent, 2025 agreed to complete the survey and, of these, 2,003 completed the entire survey with 22 respondents withdrawing during the telephone interview. This gives a response rate of 24%. An additional 421 people had agreed to be called back at a later date when they would have been invited to complete the survey but time limitations prevented completion of the call backs. This nominated call back procedure was implemented when the target respondent was unavailable or had been contacted at an inconvenient time. If this occurred, an interviewer called back at a later nominated time and date to invite survey participation.

All responses are made on a 0 to 10 scale. The satisfaction responses are anchored by 0 (very dissatisfied) and 10 (very satisfied).

Initial data screening was completed before data analysis. Of the original 2,003 respondents, 16 cases (0.8%) were removed where respondents scored the maximum of 10 on all personal wellbeing domains and 1 case (0.05%) removed where respondent scored 10 on all national wellbeing domains.

### **1.4 Presentation of results**

In the presentation of results to follow, the trends that are described in the Figures are all statistically significant at  $p < .01$ . More detailed analyses are presented as appendices. These are arranged in sections that correspond numerically with sections in the main report. All Appendix Tables and Figures have the designation 'A' in addition to their numerical identifier (e.g. Table A4.2).

All satisfaction values are expressed as the strength of satisfaction on a scale that ranges from 0% to 100%.

## 2. Overview and Trends

### 2.1 Overview

Table 2.1: Means and standard deviations of the fourth survey

Question	Mean	SD	% Change from March 2002	t-test p value
<b>PERSONAL WELLBEING INDEX</b>				
Personal domains	74.41	12.27	-0.78	.06
1. Standard of living	76.48	17.39	-1.17	.04
2. Health	74.93	19.77	-0.42	.52
3. Achievements in life	73.98	17.21	-0.85	.13
4. Personal relationships	78.98	21.07	-0.24	.72
5. How safe you feel	77.18	18.50	+0.36	.56
6. Community connect	69.54	19.71	-1.14	.07
7. Future security	69.35	20.18	-1.65	<b>.01</b>
Life as a whole	77.15	17.15	-0.99	.07
<b>Survey-specific personal Aspects</b>				
- Spiritual/religious	71.58	23.35	--	--
- work as a whole	74.31	19.10	--	--
- working hours	68.93	21.64	--	--
- amount of leisure	66.72	24.83	--	--
- way spend leisure	70.96	21.08	--	--
- Financial security	66.49	20.83	-2.62	<b>.00</b>
<b>NATIONAL WELLBEING INDEX</b>				
National domains	60.23	15.17	-0.49	.35
1. Economic situation	63.91	19.32	-0.10	.88
2. State of the environment	59.08	19.54	-1.83	<b>.00</b>
3. Social conditions	61.99	18.89	-0.77	.20
4. Government	53.26	24.50	+0.46	.56
5. Business	59.31	18.62	-0.57	.36
6. National security	62.93	20.21	-0.40	.54
Life in Australia	83.83	16.76	-0.96	.07
<b>Survey-specific national Aspects</b>				
- C/w games success	60.96	29.56	--	--

The Personal and National Wellbeing Indexes have fallen slightly, but not significantly, after rising in the previous two surveys. This is interesting since it indicates that the extraordinary success Australia achieved at the Commonwealth Games, which were running for the first week or so of data collection, did not affect general wellbeing in the population. We can speculate that the situation was probably very different after the last Olympic Games in Sydney.

In general the domains also went down. While in most cases this was too small to be significantly different from Survey 3, three domains did show a statistically significant decrease. Two of these involved personal wellbeing (Future Security and Financial Security) and one involved national wellbeing (Environment). In the analyses to follow, the results from this most recent survey are presented in comparison with the results from the preceding three surveys to allow an overview of the data patterns that have so far emerged.

## 2.2 The Major Indices

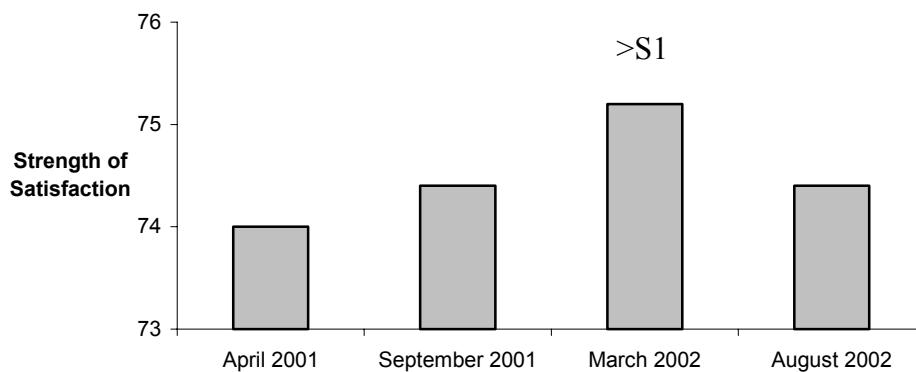


Figure 2.1: Personal Wellbeing Index

As can be seen from Figure 2.1, the only change so far recorded for the PWI was in March 2002, when the index rose higher than in April (S1) the previous year by 1.2%. This is a highly stable index of wellbeing.

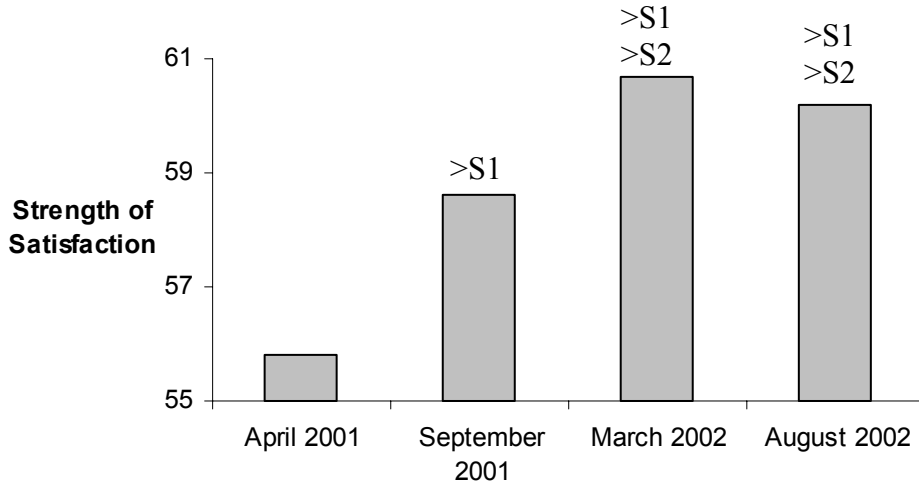


Figure 2.2: National Wellbeing Index

The NWI rose consistently over the second and third surveys and has now stabilised at this higher level. The range of scores is 4.9% between April 2001 and March 2002.

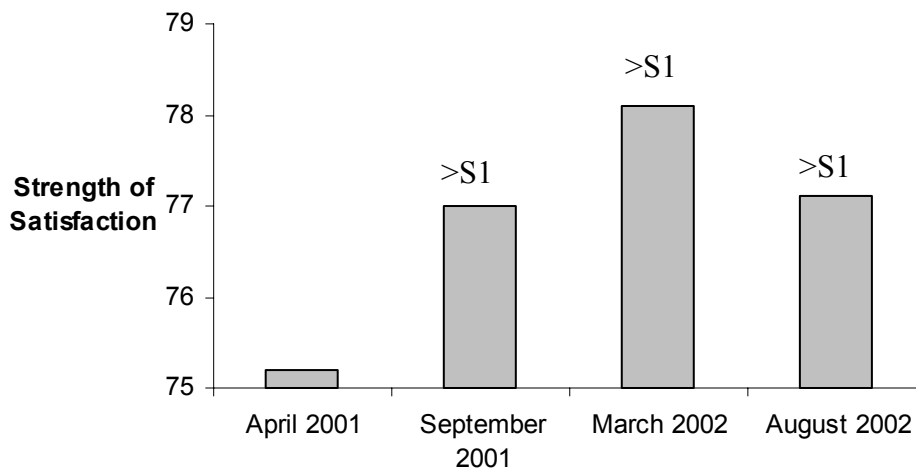


Figure 2.3: Satisfaction with Life as a Whole

After an initial rise in September 2001 this measure has remained higher and steady. The range of scores is 3.0% between April 2001 and March 2002.



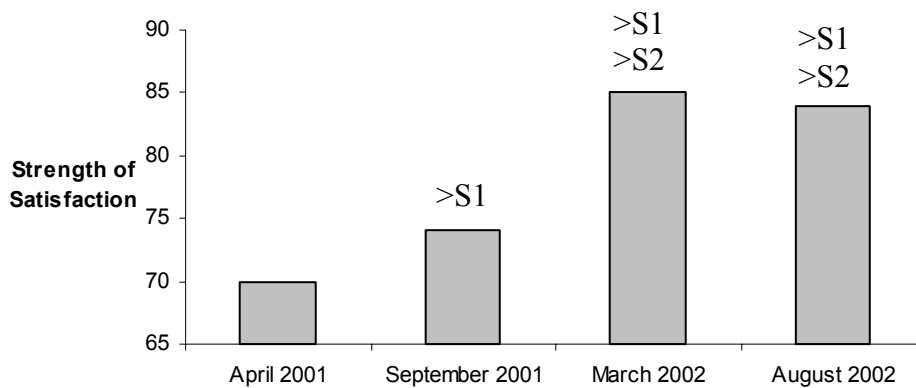


Figure 2.4: Satisfaction with Life in Australia

This is our most volatile measure of wellbeing. The range of scores is 15.2% between April 2001 and March 2002. While the measure rose significantly from April 2001 to September 2001, the major increase occurred between S2 and S3, where the strength of satisfaction rose by 10.9%

### 2.3 Personal Index Domains

Only those domains that have changed over the four surveys are shown below. No significant differences have yet been found in satisfaction with health, what you achieve in life, and personal relationships.

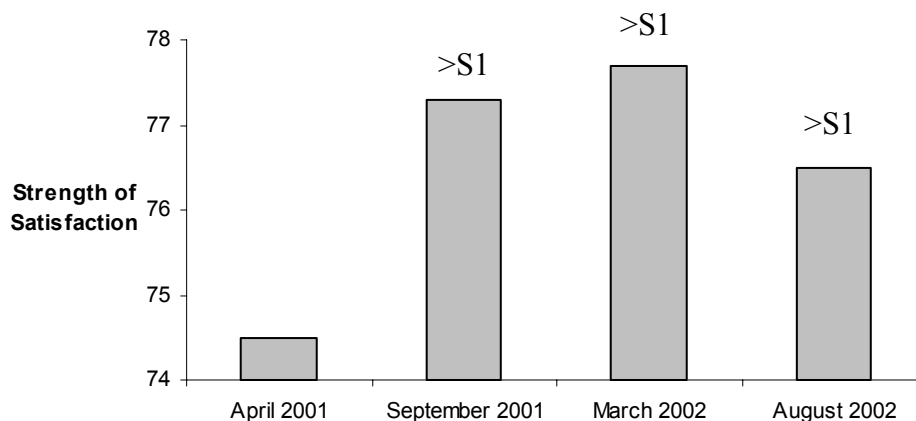


Figure 2.5: Satisfaction with Standard of Living

The early rise in satisfaction with Standard of Living from April 2001 to September 2001 has been maintained. The range of scores is 3.2% between April 2001 and March 2002.

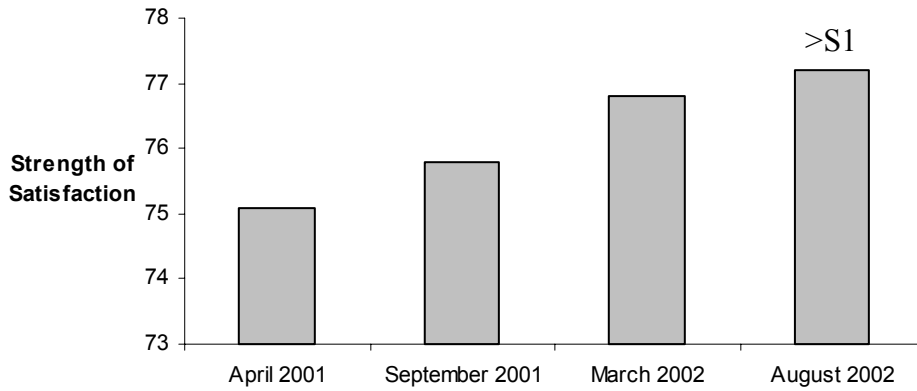


Figure 2.6: Satisfaction With How Safe you feel

This steady, but mainly non-significant rise in Satisfaction with Safety, has finally reached significance. The range of scores is 2.1%

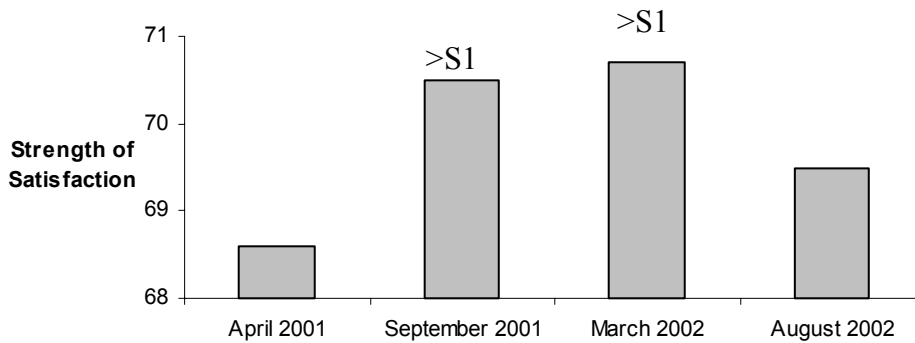


Figure 2.7: Satisfaction with Feeling Part of Your Community

The initial rise from April 2001 to September 2001 was sustained only until the following March. The level of satisfaction with community connectedness is now no different from what it was in April 2001. The range of scores is 2.1% between April 2001 and March 2002.

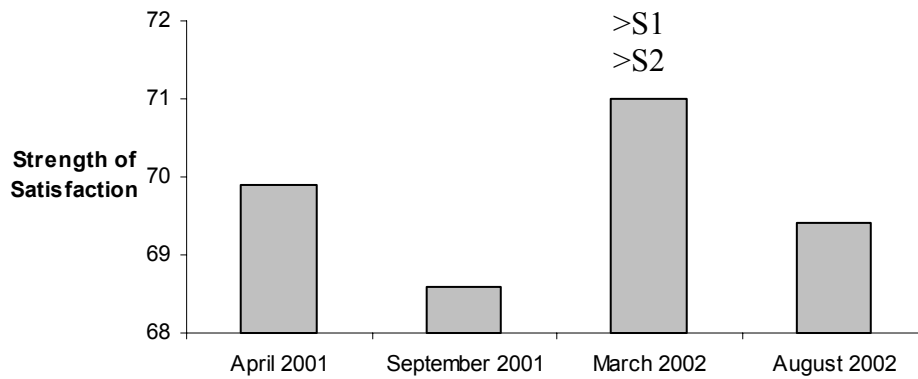


Figure 2.8: Satisfaction with Future Security

The only difference to appear was in March 2002 when the satisfaction with figure security rose higher than it had previously been. This has now reverted to its previous level. The range of scores is 2.4% between September 2001 and March 2002.

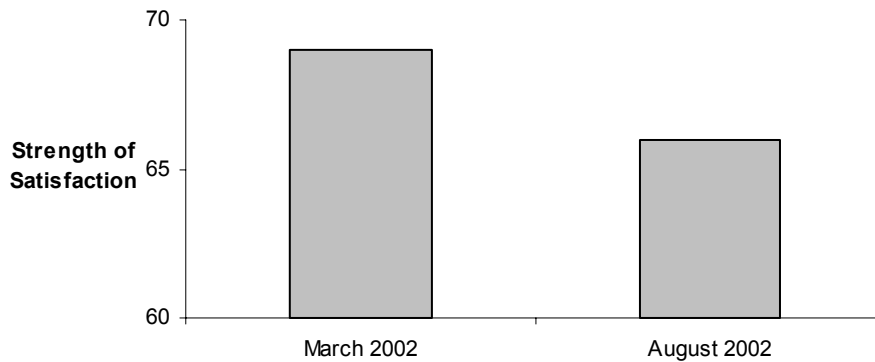


Figure 2.9: Satisfaction with Financial Security

As can be seen from Table 2.1, satisfaction with financial security has fallen 2.6% since the March survey. Unfortunately, this was not measured in the first two surveys, so we have no other comparative data. However, the extent of this change is large in terms of personal wellbeing indicators. The only larger change between adjacent surveys was a rise of 2.8% for Standard of Living between surveys 1 and 2.

## 2.4 National Index Domains

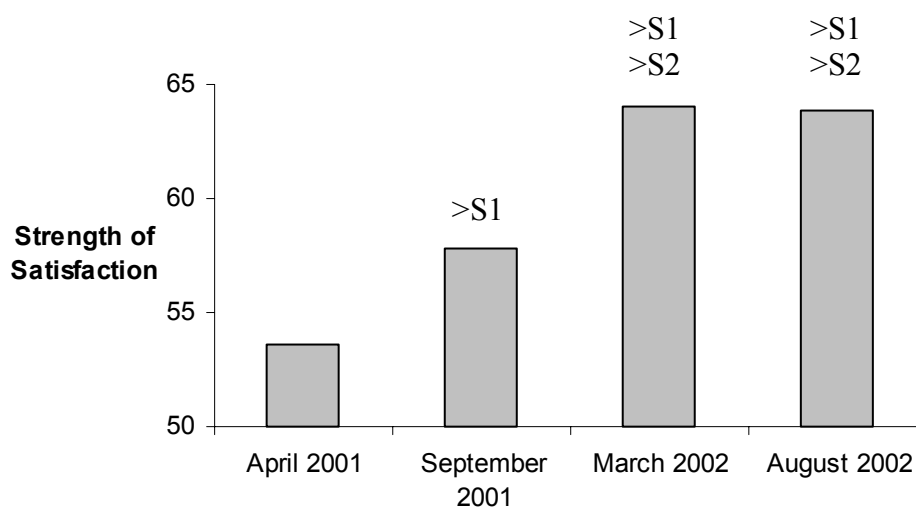


Figure 2.10: Satisfaction With the Economic Situation in Australia

The rise in satisfaction with the economic situation, evidenced over the first three surveys, has been sustained. The range of values is 10.4% being between April 2001 and March 2002.

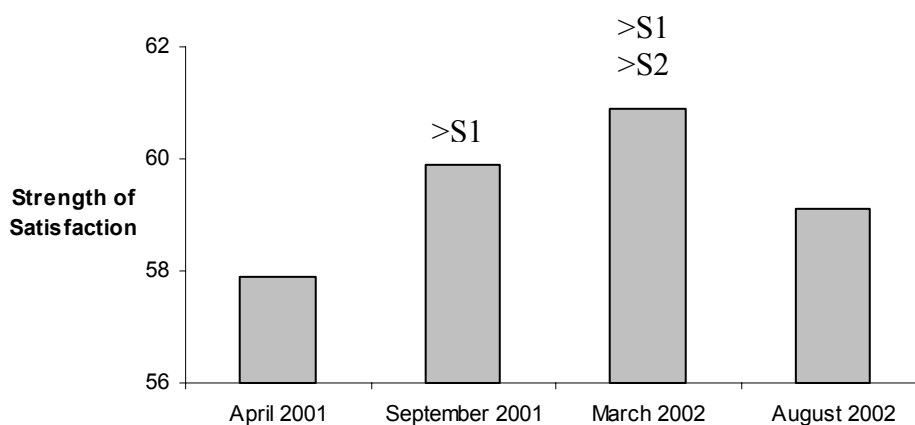


Figure 2.11: Satisfaction with the State of the Natural Environment in Australia

Satisfaction with the state of the natural environment shows a different pattern from the other measures of wellbeing. The rise in satisfaction evident over the first three surveys has not been sustained, and current levels are no different from those in April 2001. The range is 3.0% between April 2001 and March 2002.

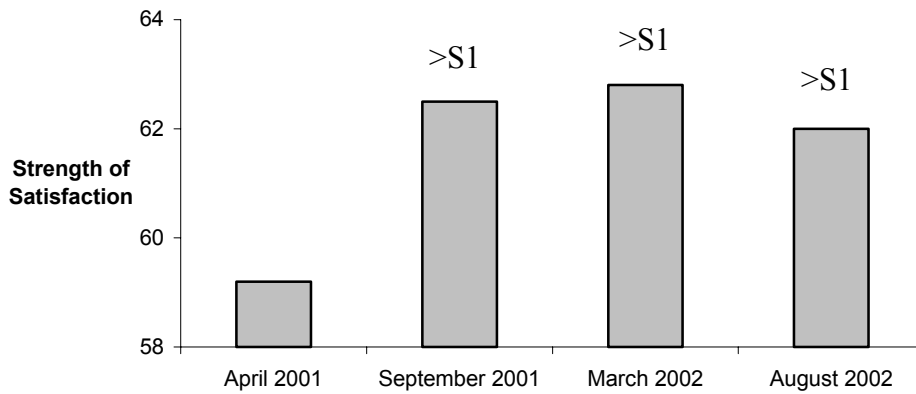


Figure 2.12: Satisfaction with the Social Conditions in Australia

The rise in satisfaction with social conditions evident between April 2001 and September 2001 has been sustained. The range of values is 3.6% being between April 2001 and March 2002.

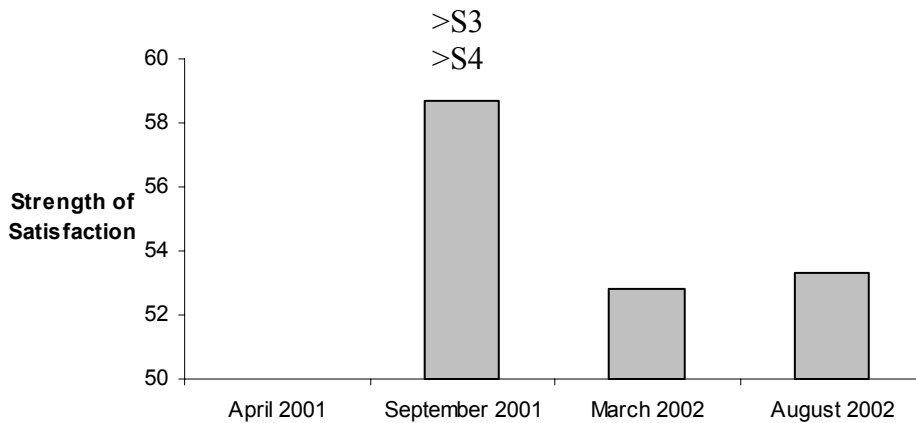


Figure 2.13: Satisfaction with Government in Australia

Only three records are available for this and the next two domains since they were only added to the Index in September 2001. At that time satisfaction with Government was higher than at the two subsequent times. The range is 5.9% between September 2001 and March 2002.

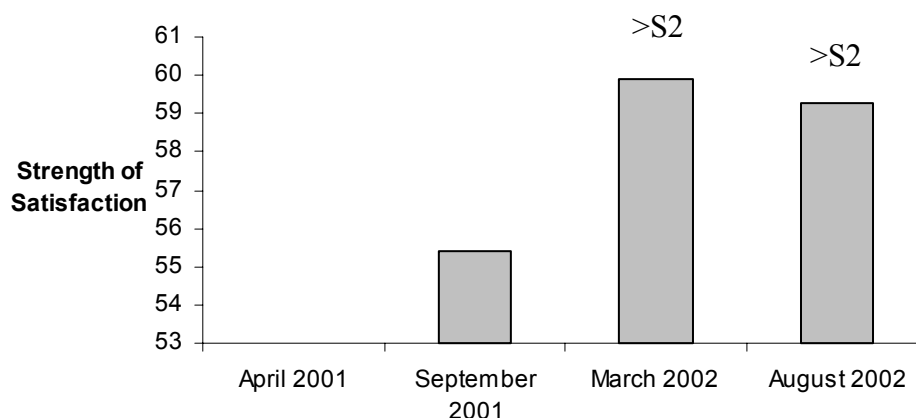


Figure 2.14: Satisfaction with Business in Australia

Satisfaction with Business in Australia showed an increase from September 2001 to March 2002. This has been sustained. The range of values is 4.5% between September 2001 and March 2002.

Satisfaction with National Security shows the same pattern of response as Figure 2.14. The range of values is 6.0%.

## 2.5 Corrections for Gender Imbalance

All of the comparisons made in this section have been potentially compromised because our sample has a different gender composition from previous surveys. Instead of the usual 33% males we have 49%. This can be expected to lower the average scores somewhat, since females generally score higher than males.

In order to investigate the extent to which gender composition has influenced the between-survey comparisons, values for the major indices were weighted according to the number of females in each sample. These weighted values for the two Indexes and their domains, Life as a whole, and Life in Australia, are presented in Appendix Table A1.2. The summary of these comparisons is shown in Table 2.2 below.

Table 2.2: Number of significant difference between survey indices using original or gender-weighted values

Variable	Original values	Weighted values
Number of significant comparisons		
Total	37	42
PWI	1	1
NWI	2	3
Life as a whole	3	3
Life in Australia	5	5
Significant in one but not in the other		
Total	3	8
Within PWI domains	2	7

An examination of Table 2.2 indicates no major differences in the outcomes of comparisons using either the original or the weighted data. Exactly the same trends were apparent in both data sets, and exactly the same number of significant comparisons was found within the PWI, Life as a whole, and Life in Australia. However, the weighted values produced 5 more significant comparisons overall (a 9% advantage) than the original scores, so this requires further analysis.

As can be seen through an examination of Table A1.2, all of these differences involved comparisons with Survey 1. In other words, even though Surveys 2 and 3 comprised a very different proportion of males/females from Survey 4, the weighting procedure had no impact on the number of significant comparisons found between these surveys.

The differences were therefore restricted to one comparison involving the NWI and nine involving the PWI domains. Of these, two were found only by using the original data (both within Standard of living) and seven were found only by using the weighted data. These were within the four domains of Health, Achievements, Relationships, and Safety.

Conclusion: The gender weighting has had no major impact on the data comparisons. All of the major significant trends are evident in both data sets and, within the PWI domains, each form of data has produced some uniquely significant comparisons. Moreover, the weighting method has the disadvantages of being more cumbersome and yielding values that are more difficult to interpret at face value. We therefore conclude that the advantages of using gender-weighted data are not sufficiently apparent to warrant this approach within the context of our survey comparisons.

## 2.6 Discussion

1. All of these wellbeing measures attest to the remarkable stability of the indicators over the past 16 months. The Personal Wellbeing Index has varied by only 1.2% and the National Wellbeing Index by 4.9%. In general, as has been summarised in Table A7.1, the national indicators show more variability than the personal indicators. The greatest variation has been shown by the abstract national indicator 'Life in Australia' which has varied by 15.2% over the four surveys.
2. The variations that have been recorded show a coherent pattern, which supports the conclusion that variation within the indicators is representing some underlying force for change rather than random fluctuations. The most obvious of these patterns is the general upward swings following September 11. While some change was evident immediately following the attacks, the peak occurred five months later in the March 2002 survey, at which time both the Personal and National Wellbeing Index were significantly higher than in the April 2001 survey. Since that time the indicators have tended to fall back towards their April 2001 levels, although several have maintained their elevated status.
3. The attribution of causation is a fraught process when interpreting data patterns such as these. Numerous other events have taken place which could influence

these trends. Nevertheless, the data patterns do appear to bear a reasonable relationship to the largest of these events and do not seem to reflect some other events, such as the corporate collapses that occurred prior to the March 2002 survey. While there is no doubt that multiple influences are at work to cause variation in these indices, we hypothesise that the major pattern reflects the influence in September 11. We believe S11 increased wellbeing by making people appreciate more what they have in life, while at the same time saddening them. This effect is discussed in detail in Section 8.

4. Some of the indices have shown other patterns of change which deserve comment. Foremost amongst these is satisfaction with Financial Security. While the direction of movement was in the same downward direction as most other domains, the degree of fall was remarkable for a personal indicator at – 2.6%. It is notable that, in the month or so prior to the survey, almost all investment schemes and even superannuation funds had announced a negative return for the previous year.
5. Satisfaction with personal safety is curious, being the only domain to show a further gain over the March 2001 survey, and so to continue a gently rising trend that has finally achieved significance over the level in April 2001. The reason for this continued rise is not clear.
6. Finally, satisfaction with Government is interesting since the fall in satisfaction strength from September 2001 to March 2002 was unique among the indices, and this low level has been retained. We speculate that the September 2001 levels were bolstered by the anxiety caused by the attacks, and their conservatizing and cohesive influence on the Australian population. These effects evaporated quickly, however, not lasting six months to the March 2002 survey.

## **2.7 Dot Point Summary**

- The Personal wellbeing Index is very stable. Over the past four surveys conducted during the past 16 months it has varied by only 1.2%.
- The increased levels of personal and national wellbeing evidenced following the September 11 attacks are starting to dissipate.
- Satisfaction with Financial Security has fallen 2.6% during the past three months. It is notable that, in the month or so prior to the survey, almost all investment schemes and even superannuation funds had announced a negative return for the previous year.
- Satisfaction with Government continues to be the lowest of all six National Wellbeing domains.



### 3. Work Status

#### 3.1 Work Status Frequencies

People were asked “thinking about the work that you do, what do you consider to be your main area of work?” This received no further prompts from the interviewer.

In the classification below, self-employed are combined with paid-employed.

Table 3.1: Work Status Frequencies

Work Status	N	% of total
Paid employment	1,022	51.5
Family and household care	347	17.5
Voluntary work	129	6.5
Study	129	6.5
No work	339	17.1
Retired	17	0.9
Total	1,983	100.0

It is interesting that 17% of the sample did not indicate any area of work for themselves. This percentage is substantially higher than the unemployment rate in Australia (about 6%). It is also evident that our ‘Retired’ group contains far fewer people than we would expect in this category. It thus seems likely that, due to the non-categorical nature of the question that was asked, some people who have retired are included within the ‘No work’ category. Indeed, this category may also contain home-carers and volunteers who interpreted ‘work’ as paid employment, as well as people on pensions. Thus, the ‘No work’ group likely comprises a mixture of people many of which would not be classified as ‘unemployed’. A better wording for this question for future surveys would be “thinking about the activities that you do in a normal week what do you consider to be your main area of activity or work?”

As a consequence of the small number of respondents in the “Retired’ group, they have been eliminated from most of the further analysis.

#### 3.2 Work Status and Wellbeing

For these analyses, the size of the large groups was reduced through random sampling to create groups that differed no more than double the smallest group. The Tables, however, present the mean scores from the intact groups. Of the four major measures of wellbeing, no differences were found for the National Wellbeing Index, ‘Life as a Whole’, or ‘Life in Australia as a Whole’. Differences were, however, found for the Personal Wellbeing Index ( $F(4,976)=3.740, p=.005$ ).

Table 3.2: Work Status and the Personal Wellbeing Index

	Mean	SD
Paid	74.67	11.31
Care	74.64	12.61
Volunteer	77.39	12.89
Study	73.04	10.85
No work	72.41	14.71

Post hoc tests revealed that the only difference is caused by the volunteers who have higher levels of wellbeing than people who have no work.

The low scores of the ‘no work’ group are interesting in the context of the discussion above. It can be assumed that this group does not contain large numbers of people who failed to recognise their status as a volunteer since volunteers scored such high levels of wellbeing. In other respects, however, all of these work status groups have a level of wellbeing that falls comfortably within the normal range of 70-80.

An examination of PWI domains revealed three domains and religion/spirituality to yield work-status differences at  $p < .01$ . These are:

Health:  $F(4,1032) = 15.234, p = .000$

Personal relationships:  $F(4,1028) = 3.965, p = .003$

Community Connectedness:  $F(4,1019) = 13.381, p = .000$

Religion/Spirituality:  $F(4,780) = 3.622, p = .006$

The details of these three domains are presented in Table 3.3 below.

Table 3.3: Work Status Differences in Personal Satisfaction

	Health			Personal Relationships			Community Connectedness			Religion/Spiritual		
	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD
Paid	1022	77.51	16.90	1022	78.73	19.38	1016	68.09	19.13	744	69.33	23.32
Care	346	75.98	19.88	346	83.50	16.92	343	71.02	19.77	280	73.64	21.68
Volunteer	129	74.11	19.63	129	79.92	20.83	127	79.92	17.71	110	79.73	23.13
Study	129	76.90	18.74	129	76.17	19.77	127	62.68	18.28	99	70.91	24.62
No Work	339	66.19	24.54	339	77.36	25.96	335	70.51	20.97	239	72.51	24.17
Retired	17	60.00	26.46	17	78.34	20.43	17	77.65	17.86	14	75.00	21.75
Total	1982	74.90	19.77	1982			1965	69.51	19.70	1486	71.58	23.37

Post hoc tests revealed the following differences:

Health: Paid, Care, Study > Retired, No Work

Community: All other groups > Study  
Volunteer > Paid, Care, Study, No Work

Religion/Spiritual: Volunteer > Paid, Study, No Work

Relationships: Care > Study, No Work

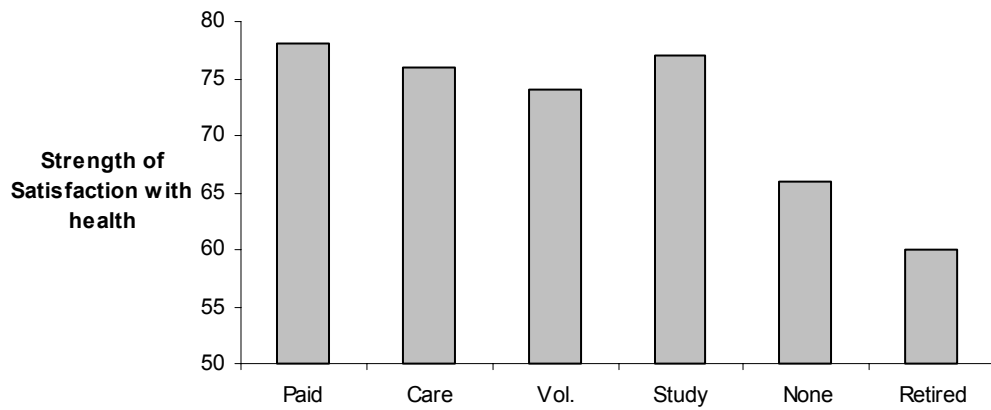


Figure 3.1: Work Status Differences in Satisfaction with Health

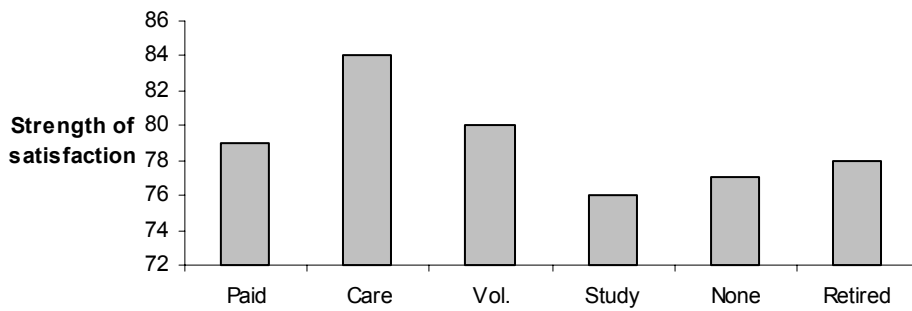


Figure 3.2: Work Status Differences in Satisfaction with Personal Relationships

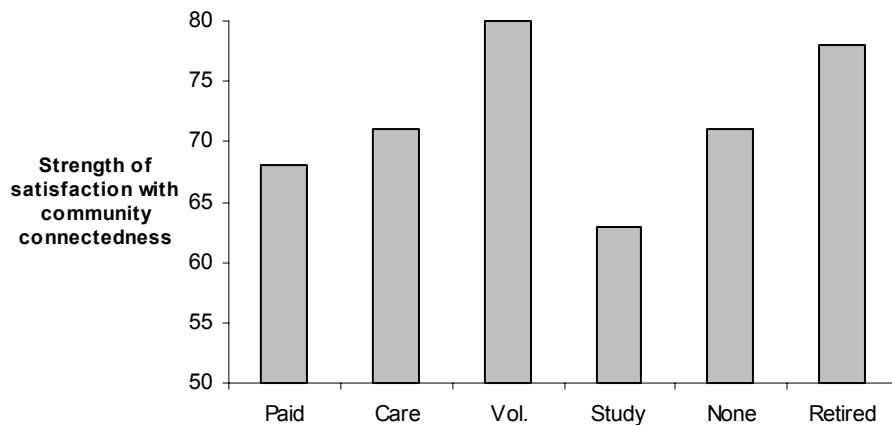


Figure 3.3: Work Status Differences in Satisfaction with Community Connectedness

## Conclusions:

The most striking group to emerge from this analysis is the Volunteer group. Despite the fact that the majority of these people are elderly and with a consequentially higher than average incidence of medical disorders, their health satisfaction is not statistically diminished and their satisfaction with community connectedness is matched only by the people who have 'Retired', some of whom may also perform voluntary work. The higher religious/spiritual satisfaction of the volunteer group may be more the reason for their volunteer status than an outcome.

The other notable group are the 'No work' who recorded the lowest level of health satisfaction (apart from Retired). It is notable that the standard deviation is also very high indicating that some people in this group recorded very low scores. It seems likely that this No Work group includes some people in poor health, as would be expected.

Finally, it appears that students have a sense of alienation from their community, since they scored lower on satisfaction with community connectedness than all other groups. There may be several causes. Foremost amongst these is likely to be a simple age effect. Young adults naturally experience general dissatisfaction with the community in which they live. In addition, study is an isolating activity and the processes of instruction take place in venues, schools or universities, which have little interaction with their surrounding community. This is recognised by the phrase 'Ivory Tower' which denotes such detachment.

### 3.3 Work Status and Work Satisfaction

We asked, following the work status and number of work hours questions:

- a. How satisfied are you with this work as a whole?
- b. How satisfied are you with the number of hours you spend on this work each week?

For this analysis both the Retired and No work groups were eliminated.

Table 3.4: Work Status and Work Satisfaction

	Satisfied with work			Satisfied with work hours		
	N	Mean	SD	N	Mean	SD
Paid	260	72.54	19.12	1020	67.22	21.68
Care	258	75.12	19.27	341	68.83	21.76
Volunteer	128	85.08	15.32	127	82.52	18.60
Study	128	75.47	16.21	127	68.66	18.19

Satisfied with work:  $F(3,770)=14.08$ ,  $p=.000$

Satisfaction with work hours:  $F(3,1611)=19.596$ ,  $p=.000$

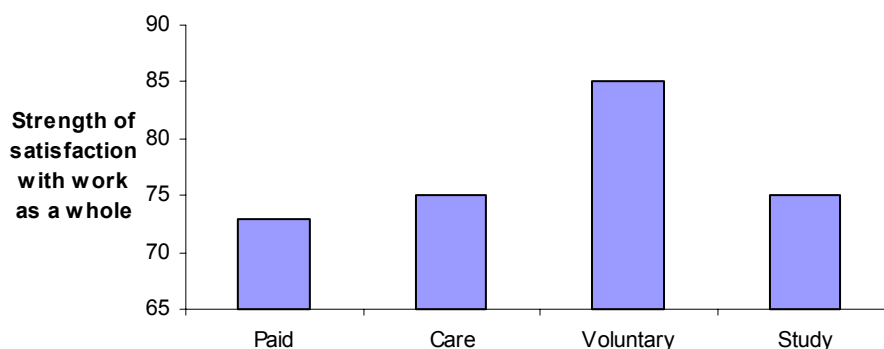


Figure 3.4: Work Status and Satisfaction with Work as a Whole

Post hoc tests indicated Voluntary > all other groups.

The same pattern as shown in Figure 3.3 was found for satisfaction with the number of work hours. It is notable, however, that for all groups, satisfaction with the number of work hours was lower than satisfaction with the work itself.

These comparisons clearly indicate the reason volunteering is such a popular activity for people not engaged in other full-time occupations. It engages the volunteer in a meaningful and useful activity, connects them to their community and like-minded colleagues, and in many cases either draws on skills already acquired or teaches how to perform novel tasks. This list of qualities includes the most essential elements of personal wellbeing, assuming that these volunteers also have sufficient material resources to support themselves in reasonable comfort.

### 3.4 Work Status and Age

Table 3.5: Work Status and Age

	18-25	26-35	36-45	46-55	56-65	66-75	76+	Total
<b>Paid</b>								
N	27	49	68	77	27	5	2	255
% of paid	10.6	19.2	26.7	30.2	10.6	2.0	0.8	100
% of age group	22.3	42.6	39.1	43.8	16.2	3.4	1.8	25.2
<b>Care</b>								
N	10	41	69	44	36	31	14	245
% of care	4.1	16.7	28.2	18.0	14.7	12.7	5.7	100
% of age group	8.3	35.7	39.7	25.0	21.6	20.9	12.8	24.3
<b>Volunteer</b>								
N	3	2	7	17	32	40	24	125
% of volunteer	2.4	1.6	5.6	13.6	25.6	32.0	19.2	100
% of age group	2.5	1.7	4.0	9.7	19.2	27.0	22.0	12.4
<b>Study</b>								
N	75	14	11	10	4	3	1	118
% of study	63.6	11.9	9.3	8.5	3.4	2.5	0.8	100
% of age group	62.0	12.2	6.3	5.7	2.4	2.0	0.9	11.7

No Work								
N	6	9	19	27	62	63	67	253
% of no work	2.4	3.6	7.5	10.7	24.5	24.9	26.5	100
% of age group	5.0	7.8	10.9	15.3	37.1	42.6	61.5	25.0
Retired								
N	0	0	0	1	6	6	1	14
% of retired	-	-	-	7.1	42.9	42.9	7.1	100
% of age group	-	-	-	0.6	3.6	4.1	0.9	1.4
Total								
N	121	115	174	176	167	148	109	1010
% of work status	12.0	11.4	17.2	17.4	16.5	14.7	10.8	100
% of age group	100	100	100	100	100	100	100	100

The larger groups have been reduced through random sampling to create approximately equal size groups, with the exception of the retired group.

One feature of this Table is the progressive age-rise in the percentage of people with 'no work'. This almost certainly indicates an increase in people engaged in home care or some other form of non-work. In future surveys the people who are unemployed and looking for paid work should be separated from other people.

### 3.5 Work Status, Leisure and Commonwealth Games

Table 3.6: Work Status, Leisure, and Importance of Commonwealth Games

	Leisure Time			Leisure Quality			Importance Commonwealth Games		
	N	Mean	SD	N	Mean	SD	N	Mean	SD
Paid	1021	61.03	23.45	1022	69.04	20.14	1015	56.36	29.68
Care	346	64.13	26.52	347	69.54	23.19	343	65.28	28.22
Volunteer	129	79.77	22.06	128	79.38	19.87	128	68.98	27.29
Study	129	69.77	22.69	129	71.40	21.02	125	53.12	29.82
No Work	335	79.58	22.07	337	73.98	20.96	336	70.48	27.12
Retired	15	84.00	18.44	15	88.67	14.07	17	54.71	38.75
Total	1975	66.69	24.84	1978	70.94	21.08	1964	60.94	29.56

Differences are present within each of these variables as:

- Leisure Time:  $F(4,764) = 29.462, p=.000$
- Leisure Quality:  $F(4,1030) = 6.791, p=.000$
- Comm. Games:  $F(4,1022) = 12.466, p=.000$

Post hoc tests within each of these analyses revealed the following differences:

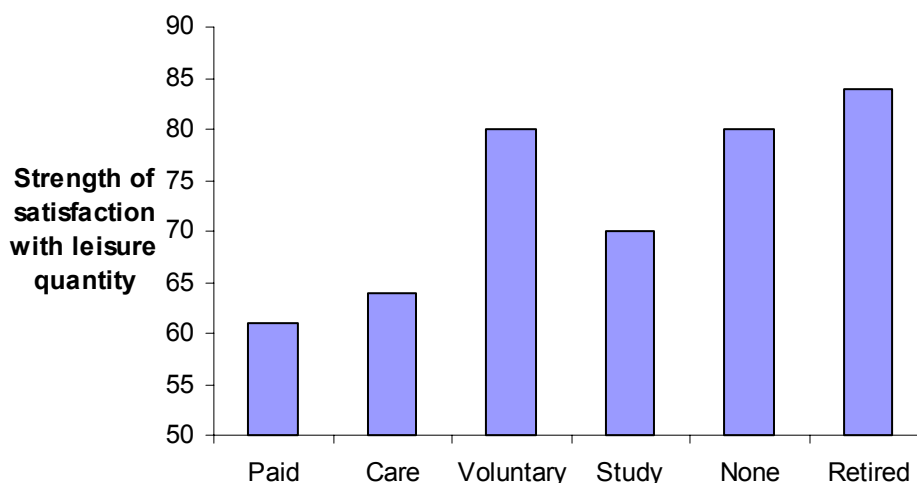


Figure 3.5: Work Status Differences in Satisfaction with Leisure Quantity

Leisure Time: Volunteer, No Work, Retired > Paid, Care, Study

Leisure Quality: Retired > Paid, Care, Study, No Work  
 Volunteer > Paid, Care, Study  
 No Work > Paid

This pattern of data for leisure quality is similar to Figure 3.4 but with the differences less marked.

Comm. Games: Care, Volunteer, No Work > Paid, Study

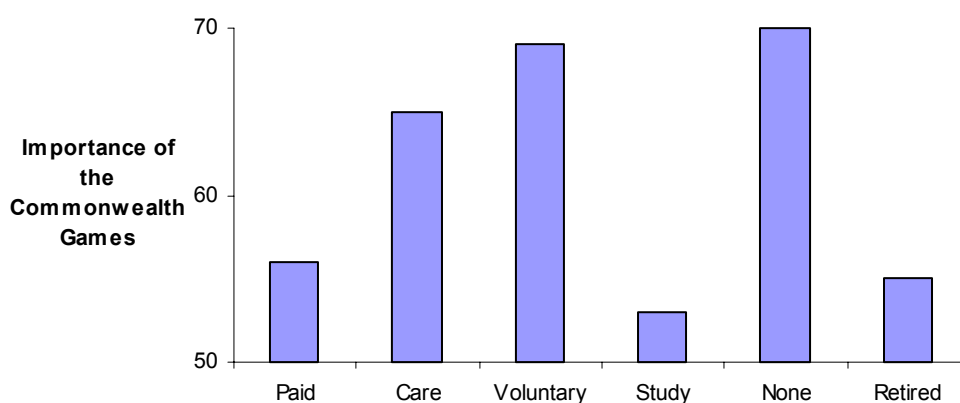


Figure 3.6: Work Status Differences in the Importance of the Commonwealth Games

It is somewhat surprising to find the highest satisfaction with leisure within those groups who have large amounts of discretionary time. It might be imagined that people in full-time employment, for example, would anticipate and plan for high-quality leisure time to form a counterpoint to work routines. Clearly, however, this does not generally happen, and we can only speculate as to the reason. Most likely, perhaps, is that the leisure quality for people engaged in a full-time activity is

diminished by personal tiredness, other responsibilities that limit the kinds of leisure activities in which they can engage, and the continuing stress of the full-time activity to which they must return.

### 3.6 Correlations of Work and Leisure

Retired and No Work are excluded from this analysis.

Table 3.7: Correlations Between Work and Leisure

	1	2	3	4
1. Satisfaction work				
2. Satisfaction work hours	.58			
3. Satisfaction leisure quantity	.35	.53		
4. Satisfaction leisure quality	.32	.35	.49	
N	1622	1615	1625	1626
Mean	74.41	68.87	63.87	70.15
SD	18.85	21.58	24.53	21.04

All correlations are significant at  $p < .01$ .

These relationships are quite strong and most probably indicate the operation of personality traits. Those people who love life, are satisfied with their major activity, are also satisfied with their leisure.

### 3.7 Correlation of Leisure Quantity and Quality

Table 3.8: Correlation Between Leisure Quantity and Quality

Group	N	R
Paid	1021	.40
Care	347	.63
Volunteer	128	.63
Study	129	.45
No work	337	.56
Retired	15	.49

All work status groups show a strong correlation between satisfaction with leisure quantity and quality.



### 3.8 Work Status, Gender, and Wellbeing

Table 3.9: Work Status, Gender, and Wellbeing

		PWI			NWI			Life as a Whole			Life in Australia		
		N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD
PAID													
	Male	152	75.09	11.32	145	59.78	15.09	158	77.28	15.00	158	81.33	17.34
	Female	96	75.04	10.57	94	60.53	14.98	102	78.82	13.88	102	83.43	15.19
CARE													
	Male	34	73.32	14.11	33	58.79	16.67	36	74.72	21.97	36	80.56	18.81
	Female	216	75.09	11.92	191	60.80	13.88	224	79.60	16.68	222	86.31	15.39
VOLUNTEER													
	Male	52	75.74	12.35	47	60.60	17.49	55	78.73	18.26	55	82.18	18.53
	Female	70	78.61	13.23	58	62.56	15.53	74	81.89	19.77	73	88.49	18.00
STUDY													
	Male	66	72.79	11.31	59	61.19	16.63	68	75.29	14.09	67	81.64	15.92
	Female	58	73.33	10.39	58	57.70	14.80	61	76.56	15.04	61	84.26	14.08
NO WORK													
	Male	139	72.56	15.16	125	60.72	15.95	145	76.83	20.81	144	85.76	19.20
	Female	98	72.33	14.75	86	59.40	17.19	115	75.22	23.07	115	85.91	17.81

In Table 3.9 above and for the following analyses, the maximum N for any work status group is 260, such that the small groups are no less than 50% the size of the larger groups. Group size reduction was achieved through random selection of retained cases.

Personal Wellbeing Index: Analysis of variance showed a significant main effect for work status ( $F(4,981)=3.3$ ,  $p=.01$ ), but no main effect for gender, and no significant interaction.

National Wellbeing Index: Not significant.

Life as a Whole: Non-significant.

Life in Australia: A main effect for gender ( $F(1,1033)=7.824$ ,  $p=.005$ ), but no main effect for work status and no significant interaction. Females ( $N=573$ ,  $85.78\pm 16.11$ ) rated their satisfaction with life in Australia higher than males ( $N=460$ ,  $82.80\pm 18.05$ ).

#### **Conclusion:**

These analyses show that the work status differences in wellbeing documented in Section 3.2 are not different for males and females.

## Summary:

Perhaps the most important result to emerge here is shown in Table 3.2, where it can be seen that all of these work status groups have a level of personal wellbeing that lies within the normative 70-80 range. Clearly, however, some work status groups are doing better than others, and the volunteers seem to head this list. They have the highest satisfaction with the personal domains of Community Connectedness and Religious/Spiritual wellbeing. They are also the most satisfied group in terms of their work (both quality and quantity) and share, with people who have retired from work, the highest levels of satisfaction with the quantity and quality of their leisure.

In order to be a volunteer, most people need a reasonable level of personal wellbeing in the first place. They need to be fairly comfortable, in their own eyes, with their standard of living and personal safety, while not being overly concerned with issue of personal health. Appendix Table A4 indicates that they fulfil these requirements. Volunteering, then, is a positive adjunct to their life. It is an activity that engages them in a meaningful and useful activity, connects them to their community and other like-minded people, and commonly draws on previously acquired skills or teaches them how to perform new tasks. Inter-personal relationships and purpose in life are essential elements within a life of high quality.

It does not necessarily follow, however, that providing voluntary labour will automatically provide a higher life quality. If people lack the basic necessities of life, if they are fearful for their own safety or are experiencing chronic pain, their self-preoccupation may make volunteering unattractive. Moreover, since most voluntary activities are inherently social, this aspect may be unattractive to some people, especially some males. It is, indeed, notable, that the number of female volunteers greatly exceeds the number of males.

The other interesting aspect of volunteering is that people may, on the whole, decide the number of hours they wish to engage in this activity each week. Table 4.7 in the following section indicates that 87% of volunteers work from 1-20 hours per week. This information must be tempered in any extrapolation to the general population due to the elderly nature of the volunteers. But it can be used as the basis for an idea, that many people engaged in full-time paid employment or home care would prefer to work shorter hours if other factors such as income and dependent child wellbeing were held constant. This may be the reason that people who work 41-60 hours each week have relatively low levels of wellbeing (see Section 4.2). If people would prefer to work less than a regular 40 hour week, and they are being required to work even longer hours due to financial or work-place circumstances, then their personal wellbeing is likely to suffer, in just the way we have found.

In summary, the positive aspects of work, the sense of purpose it imbues, and the social connectedness it encourages, can be achieved in less time than 40 hours each week. As the number of hours increases from the minimum required to meet these personal needs, no greater sense of purpose will be achieved and more interpersonal contact may start to be aversive. At this point the work becomes routine, tedious, tiring, and ever more unenjoyable. It is notable, in this context, that the number of work-hours has generally increased over the past few decades. Such trends are unlikely to enhance wellbeing.

The exceptions to this argument, of course, are the people who work very long hours either through choice or through family care which provides, for some people, a continuing sense of fulfilment. The personal wellbeing of such people is high, as shown in Section 4.2, but they constitute a distinct minority of the population.

Related to these speculations, on the effects of working for longer hours than would be freely chosen, is our finding that the highest levels of leisure satisfaction occur within those groups with the lowest number of work hours.

This finding seems counter-intuitive. If people are engaged in long hours of work from which they wish they could escape, it might be expected this would enhance the enjoyment of their leisure. It might be supposed that their leisure would increase in value because it is a scarce resource and because it represents a contrast to work, in being able to engage freely in chosen activities rather than being constantly engaged in an imposed activity. However this is not what we have found.

The explanation for the lower leisure satisfaction among people who are engaged in paid employment, home-care, or study is not entirely clear. It may be that the experience of leisure is diminished for such people due to tiredness caused by their major activity, the fact that other or continuing responsibilities prevent their free-choice of leisure activities, or the knowledge that their leisure time is a fleeting period after which they must return to their major activity. Whatever the reason, this finding is further evidence that many people are overly engaged in their major activity to the detriment of their enjoyment of life.

### **Summary points:**

- People who engage in volunteer work have high levels of personal wellbeing and enjoy life.
- The 40 hour week may involve a longer engagement in a single activity than is optimal for personal wellbeing.
- People engaged in paid employment, home care, or study, enjoy their leisure less than people who do not have such responsibilities.
- Students engaged in higher education have a tendency to feel alienated from the rest of society.

## 4. Number of Work Hours

### 4.1 Distribution of Work Hours

The number of working hours per week was divided into five groups: 0, 1-20, 21-40, 41-60, and 61+ hours. The breakdown of the reduced-size sample to create comparative size groups is as follows:

Table 4.1: Distribution of Work Hours

Hours	N	% of Total	% of those with work
0	352	22.4	
1-20	315	20.1	25.9
21-40	360	22.9	29.6
41-60	360	22.9	29.6
61+	183	11.7	15.0
Total	1570	100.00	100.00

From Table 4.1 it can be seen that people with no work hours constituted about 22% of the sample, and that about 12% stated they worked more than a 60hour week.

## 4.2 Wellbeing vs Work Hours

None of the major indexes were significant between these work-hour groups. The one that came nearest was Life as a Whole ( $F(3,1214)=2.452$ ,  $p=.062$ ). The survey variables that did exhibit differences are presented in Table 4.2 and summarised below.

Table 4.2: Work Hours and Wellbeing

	Number of Work Hours							
	1-20 N=315		21-40 N=360		41-60 N=360		61+ N=183	
	Mean	SD	Mean	SD	Mean	SD	Mean	SD
PWI Domain								
Health	73.21	20.85	77.58	17.23	76.75	17.70	78.19	18.58
Survey Specific								
Religion/Spiritual	73.72	23.41	72.51	22.38	68.35	24.40	75.14	21.79
Satisfied with work	77.08	18.84	73.57	18.10	73.03	18.85	77.98	19.15
Satisfied work hours	73.33	22.73	72.25	18.99	62.25	21.10	66.76	24.81
Leisure quantity	76.29	22.40	65.04	22.62	56.14	22.11	56.39	29.30
Leisure quality	73.63	22.03	68.89	20.09	70.42	18.65	68.31	27.19
Commonwealth games	64.68	29.82	58.24	28.63	55.99	28.55	61.72	29.64

### Post-hoc Tests

Health	$F(3,1213) = 4.186$ , $p=.006$	21-40, 60+ > 1-20
Religion/Spiritual	$F(3,918) = 3.530$ , $p=.015$	1-20, 60+ > 41-60
Satisfied with work	$F(3,1210)=4.889$ , $p=.002$	1-20, 61+ > 41-60 61+ > 21-40
Satisfied work hours	$F(3,1203)=19.231$ , $p=.000$	1-20, 21-40 > 31-60, 60+
Leisure quantity	$F(3,1213)=48.564$ , $p=.000$	1-20 > rest 21-40 > 41-60, 60+
Leisure quality	$F(3,1213)=3.558$ , $p=.014$	1-20 > 21-40, 60+
Commonwealth Games	$F(3,1203)=5.571$ , $p=.001$	1-20 > 21-40, 41-60

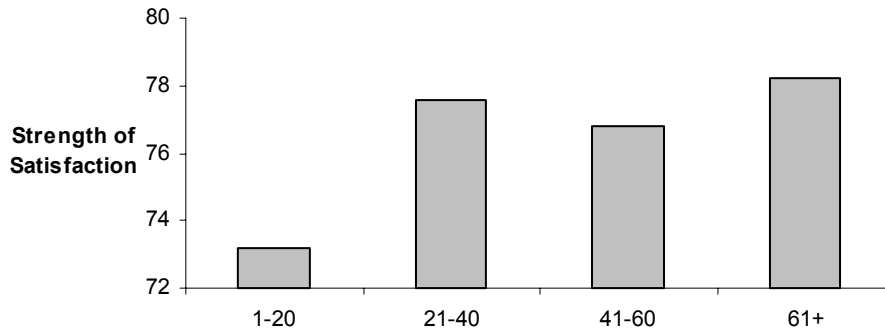


Figure 4.1: Satisfaction With Health

Here it can be seen that people working 1-20 hours are least satisfied with their health.

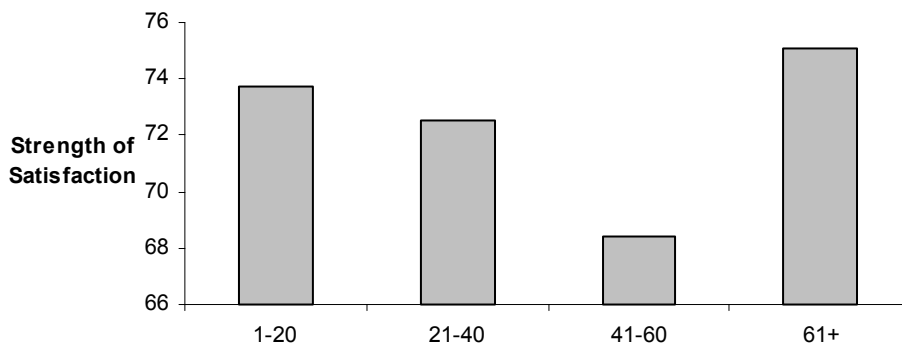


Figure 4.2: Satisfaction with Religion or Spirituality

For some reason, not understood, people working just in excess of the 40 hour week have the lowest satisfaction with their religion/spirituality. This does not apply to people working more than 60 hours each week.

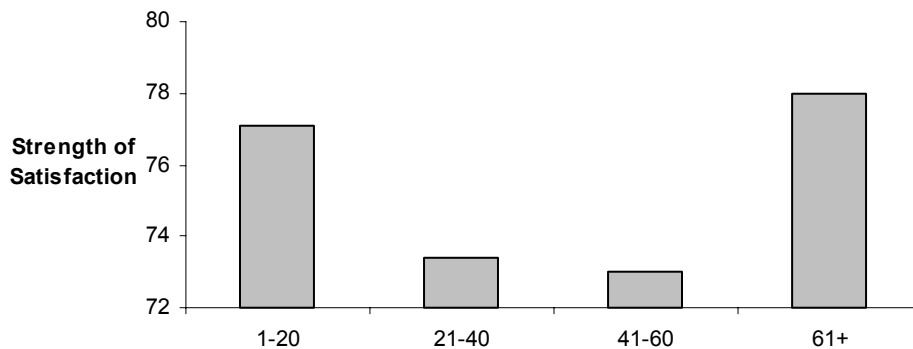


Figure 4.3: Satisfaction with Work as a Whole

The two extreme groups (1-20 and 61+) have the greatest work satisfaction.

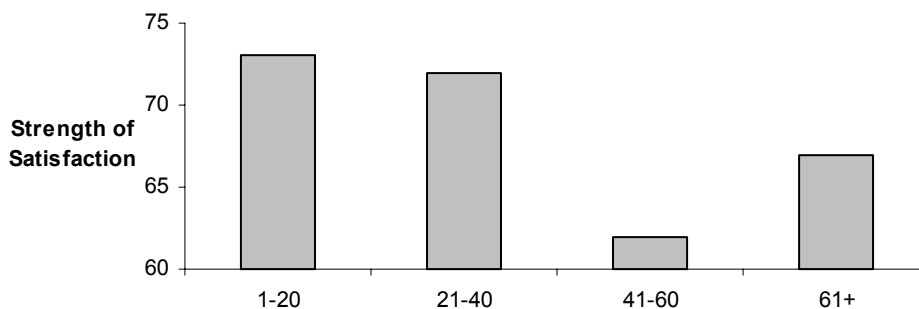


Figure 4.4: Satisfaction with the Number of Work Hours

Clearly here, people working just over the 40-hour week are the least satisfied with the number of hours they work. There is an 11 percentage point difference between this group and the group working 1-20 hours.

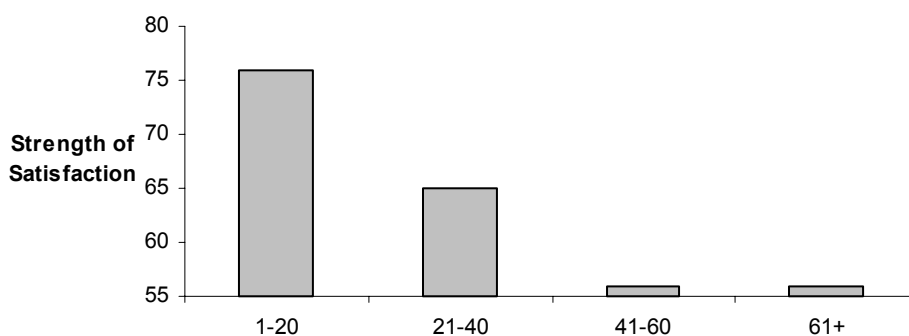


Figure 4.5: Satisfaction with the Amount of Leisure Time

The longer hours people work, the less satisfied they are with the amount of time they have for their leisure. This trend stops at 41-60 hours since there is no difference between this group and people working 61+ hours. The difference between the 1-20 and 41-60 hour groups is 20 percentage points, which is one of the largest differences we have recorded. This confirms the third summary point in Section 3.

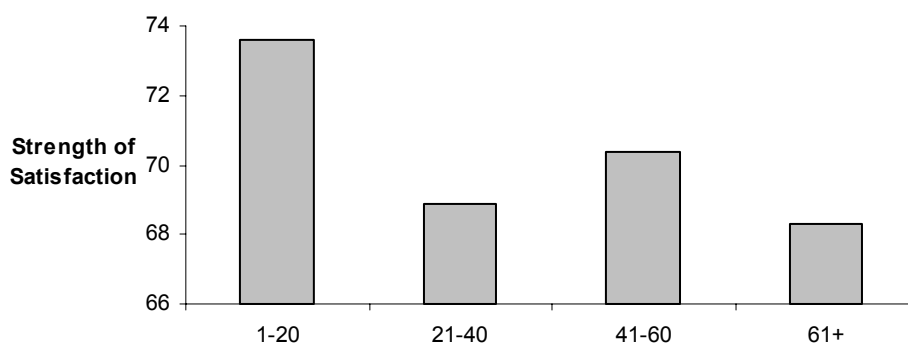


Figure 4.6: Satisfaction with Leisure Quality

The only difference here is the higher scores by the 1-20 group. These differences are far less than those for satisfaction with the amount of leisure, being just 5 percentage points between 1-20 and 61+.

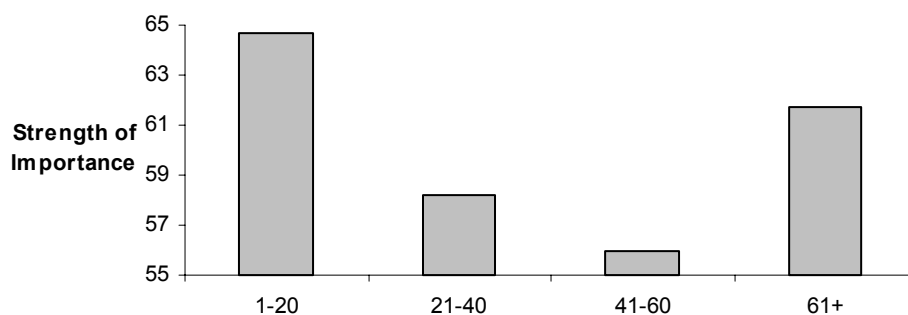


Figure 4.7: Importance of the Commonwealth Games

The differences here are between the 1-20 group and the two middle groups (21-40, 41-60).

#### 4.2.1 The 61+ Hours Group

In order to examine in more detail the 183 people who recorded a 61+ hour working week, they were divided into five groups as shown in Table 4.2.1 below.

Table 4.2.1: The 61+ Hours of Work Group

Hours worked	N	Work status		Gender		Age <sup>1</sup>	Personal Wellbeing Index	
		Paid	Care	M	F		Mean	SD
61-70	50	25	25	23	25	36-55	76.60	9.77
71-80	51	15	35	19	31	26-45	73.91	12.88
81-90	28	1	27	2	26	36-45	78.32	10.79
91-100	33	3	29	2	30	26-45	76.06	14.33
100+	21	1	20	3	18	26-45	74.35	16.31
Total	183							



Note (1): Age range capturing >50% of the group.

Table 4.2.1 indicates the following:

- (a) None of the participants engaged in study and only one person engaged in volunteer work recorded 61+ hours of work.
- (b) In the lowest category of 61-70 hours, people are equally split between paid employment and home care. However, as the number of work hours increased further, the dominant activity is home care.
- (c) In the lowest category of 61-70 hours, there is an approximate gender balance. As the number of work hours increases further, the work groups contain greater numbers of females.
- (d) The majority of people constituting these work groups are aged 26-45 years. This is consistent with the activity involving the care of dependant children.
- (e) The levels of personal wellbeing are normal and do not differ from one another ( $F(4,173) = 0.677$ ). Moreover, an analysis of the Personal Wellbeing Index domains also failed to detect any differences between these work groups.

### **Conclusion:**

People working 61+ hours are predominately females aged 26-45 years engaged in home care. Their level of personal wellbeing lies within the normal range.

1. There is little evidence that people working more than 60 hours each week are suffering in terms of their personal wellbeing. None of our major indicators have them as different from the other work groups and the only decrement was in the quantity and quality of their leisure time. This, however, is compensated by them having greater satisfaction than at least some of the lower work-hour groups in terms of satisfaction with their job, their health, and their religion/spirituality. Overall, this group seems to be putting a huge effort into their work and getting suitably rewarded. The majority (74%) of the people in this work-hours category are home carers.
2. The other exceptional group are those working 1-20 hours. While these people are the least satisfied with their health, they are more satisfied than at least one other group with their religion/spirituality, their work and their leisure (both quality and quantity). They also regarded Australia's success at the Commonwealth Games as important. Of all the work-hour groups, these people seem the most advantaged in terms of their personal wellbeing. Table 4.2 indicates that 33% of this group are Volunteers and 32% are in paid employment. It seems likely that most people in both of these groups are working from 1-20 hours by choice.
3. The group doing least well on several measures of wellbeing are those working 41-60 hours, and Table 4.2 shows that 83%, of this group are in paid employment. The people in this group are lower than at least one other group in their satisfaction with their religion/spirituality, work and leisure quantity and

quality, and did not regard Australia's success in the Commonwealth Games as important. It seems likely that many people in this group are working over the 40 hour week for additional money or work-place requirements, rather than through choice.

### **Summary**

The people working either very long hours (mainly home carers) or very short hours (volunteers or part-time paid employment) are doing best in terms of their personal wellbeing. The group doing least well in this regard are those people in paid employment who are working over the 40 hour week.

### 4.3 Work Hours and Age

Table 4.3: Work Hours and Age

	Work Hours				Total
	1-20	21-40	41-60	61+	
<b>18-25</b>					
N	43	46	24	10	123
% within work hours	14.4	13.3	6.9	5.8	10.5
% within 18-25	35.0	37.4	19.5	8.1	100
<b>26-35</b>					
N	30	62	73	43	208
% within work hours	10.0	17.9	20.9	25.0	17.8
% within 26-35	14.4	29.8	35.1	20.7	100
<b>36-45</b>					
N	35	96	99	60	290
% within work hours	11.7	27.7	28.4	34.9	24.9
% within 36-45	12.1	33.1	34.1	20.7	100
<b>46-55</b>					
N	41	97	104	29	271
% within hour works	13.7	28.0	29.8	16.9	23.2
% within 46-55	15.1	35.8	38.4	10.7	100
<b>56-65</b>					
N	66	29	39	22	156
% within work hours	22.1	8.4	11.2	12.8	13.4
% within 56-69	42.3	18.6	25.2	14.1	100
<b>66-75</b>					
N	52	12	8	6	78
% within work hours	17.4	3.5	2.3	3.5	6.7
% within 66-75	66.7	15.4	10.3	7.7	100
<b>76+</b>					
N	32	5	2	2	41
% within work hours	10.7	1.4	0.6	1.2	3.5
% within 76+	78.0	12.2	4.9	4.9	100
<b>Total</b>					
N	299	347	349	172	1167
% within work hours	100	100	100	100	100
% within age	25.6	29.7	29.9	14.7	100

#### Observations:

1. The majority of people who work 61+ hours are in the 26-45 year age group (60%). This corresponds to households with young children, where the worker is engaged in their care.

2. The majority of people aged 66-76+ who work, do so for 1-20 hours (71%). This is consistent with work as a volunteer.
3. The people who work 1-20 hours each week are fairly evenly distributed throughout the age ranges. However, these people are over-represented in the 56-65 year old group (22%). This may represent active people who have retired early, and who are now engaged in voluntary or part-time work.
4. The majority of people working 41-60 hours are aged 36-55 (58%).
5. Within the 18-25 group the most common number of work-hours is 21-40. Within all older groups up to the traditional retirement age, the most common number of hours worked is 41-60.

**Conclusion:**

It is interesting that the most common number of work-hours for people aged 26-65 is 41-60 hours per week. This is consistent with a broad understanding that the 40 hour week is less common than it used to be.

It is also notable that the age group who most commonly work the 41-60 hour week are aged 36-55 years. We have previously identified this age group as having the lowest levels of personal wellbeing in groupings based on age. Similarly, the 41-60 hour working week is the duration with the lowest level of wellbeing (see Section 4.2). These data converge to identify a group of people with heavy family and financial responsibilities who are working longer hours than they would otherwise prefer.

#### 4.4 Work Hours and Income

Table 4.4: Work Hours and Income

	Work Hours				Total
	1-20	21-40	41-60	61+	
<b>&lt;\$15,000</b>					
N	86	29	11	23	149
% within work hours	35.4	9.3	3.5	14.6	14.5
% within 15K	57.7	19.5	7.4	15.4	100
<b>\$15-\$30K</b>					
N	76	53	36	31	196
% within work hours	31.3	17.0	11.4	19.7	19.1
% within 15-30	38.8	27.0	18.4	15.8	100
<b>\$30-\$60K</b>					
N	47	120	138	51	356
% within work hours	19.3	38.5	43.8	32.5	34.7
% within 30-60K	13.2	33.7	38.8	14.3	100
<b>\$60-\$90K</b>					
N	20	71	84	29	204
% within work hours	8.2	22.8	26.7	18.5	19.9
% within 60-90K	9.8	34.8	41.2	14.2	100
<b>\$90K+</b>					
N	14	39	46	23	122
% within work hours	5.8	12.5	14.6	14.6	11.9
% within 90K	11.5	32.0	37.7	18.9	100
<b>TOTAL</b>					
N	243	312	315	157	1027
% within work hours	100	100	100	100	100
% within income	23.7	30.4	30.7	15.3	100

#### **Comments:**

1. The most common household income for people working 61+ hours is \$30-\$60K. This is consistent with single-income households.
2. The majority of people (70%) earning \$90K+ work from 21-60 hours each week, while 38% work 41-60 hours.
3. Of those people earning <\$15K, 23% work 41 or more hours each week.
4. The most common income range for people working 41-60 hours is \$30-\$60K (44%).

## Conclusion:

These distributions are much as expected. The most common household income for people working 41-60 hours is consistent with a group of middle age (see 4.3) people battling to meet the financial demands of their family situation.

## 4.5 Gender Differences in Work Hours and Income

Table 4.5: Gender, Work Hours, and Income (% within work hours)

		1-20		21-40		Work Hours 41-60		61+		TOTAL	
\$15,000											
Male	(N)	(3)	10.0	(7)	5.3	(3)	1.5	(3)	8.6	(16)	4.0
Female	(N)	(10)	20.4	(4)	3.5	-	-	(1)	20.0	(15)	6.5
\$15-\$30K											
Male	(N)	(12)	40.0	(17)	12.9	(18)	8.8	(5)	14.3	(52)	13.0
Female	(N)	(16)	32.7	(20)	17.4	(4)	6.3	(1)	20.0	(41)	17.7
\$30-\$60K											
Male	(N)	(9)	5.5	(46)	34.8	(94)	46.1	(14)	40.0	(163)	40.6
Female	(N)	(9)	18.4	(52)	45.2	(27)	42.9	(2)	40.0	(90)	38.8
\$60-\$90K											
Male	(N)	(1)	3.3	(43)	32.6	(57)	27.9	(6)	17.1	(107)	26.7
Female	(N)	(8)	16.3	(24)	20.9	(20)	31.7	-	-	(52)	22.4
\$90K+											
Male	(N)	(5)	16.7	(19)	14.4	(32)	15.7	(7)	20.0	(63)	15.7
Female	(N)	(6)	12.2	(15)	13.0	(12)	19.0	(1)	20.0	(34)	14.7
TOTAL											
Male	(N)	(30)	100	(132)	100	(204)	100	(35)	100	(401)	100
Female	(N)	(49)	100	(115)	100	(63)	100	(5)	100	(232)	100

## Observation:

Within those cells that contain >10 participants there do not appear to be gross discrepancies. Thus, broadly speaking, there is no major gender difference in the relationship between the number of hours worked and household income.

Table 4.6: Gender Differences in Work Hours and Income (% within income)

		Work Hours									
		1-20		21-40		41-60		61+		TOTAL	
\$15,000											
Male	(N)	(3)	18.8	(7)	43.8	(3)	18.8	(3)	18.8	(16)	100
Female	(N)	(10)	66.7	(4)	26.7	-	-	(1)	6.7	(15)	100
\$15-\$30K											
Male	(N)	(12)	23.1	(17)	32.7	(18)	34.6	(5)	9.6	(52)	100
Female	(N)	(16)	39.0	(20)	48.8	(4)	9.8	(1)	2.4	(41)	100
\$30-\$60K											
Male	(N)	(9)	5.5	(46)	28.2	(94)	57.7	(14)	8.6	(163)	100
Female	(N)	(9)	10.0	(52)	57.8	(27)	30.0	(2)	2.2	(90)	100
\$60-\$90K											
Male	(N)	(1)	0.9	(43)	40.2	(57)	53.3	(6)	5.6	(107)	100
Female	(N)	(8)	15.4	(24)	46.2	(20)	38.5	-	-	(52)	100
\$90K+											
Male	(N)	(5)	7.9	(19)	30.2	(32)	50.8	(7)	11.1	(63)	100
Female	(N)	(6)	17.6	(15)	44.1	(12)	35.3	(1)	2.9	(34)	100
TOTAL											
Male	(N)	(30)	7.5	(132)	32.9	(204)	50.9	(35)	8.7	(401)	100
Female	(N)	(49)	21.1	(115)	49.6	(63)	27.2	(5)	2.2	(232)	100

**Observations:**

1. For each income range, fewer females work 61+ hours and more work 1-20 hours. In order to interpret this it must be recalled that the work hours question is directed to the single experience of the respondent, while the income is collective, referring to the household. Moreover, across the whole sample, far more females than males are engaged in 61+ hours of home-care. Thus, in each income category, there are more females than males who say they work 61+ hours because their work is home care. Consequently their household income is likely derived from a single source. Males, on the other hand, who work 61+ hours, may or may not have a partner who is also in paid employment.

So males are more likely to live in higher income households, given their number of work hours and personal earning capacity. In other words, full-time home care reduces household income.

#### 4.6 Work Hours and Work Status

Table 4.7: Work Hours and Work Status

Work Status	Number of Work Hours				Total
	1-20	21-40	41-60	61+	
<b>PAID</b>	<b>(N) 100</b>	<b>275</b>	<b>300</b>	<b>45</b>	<b>720</b>
% within paid	13.9	38.2	41.7	6.3	100
% within hours	31.9	76.6	83.3	24.6	59.3
<b>CARE</b>	<b>(N) 55</b>	<b>48</b>	<b>50</b>	<b>136</b>	<b>289</b>
% within care	19.0	16.6	17.3	47.1	100
% within hours	17.6	13.4	13.9	74.3	23.8
<b>VOLUNTARY</b>	<b>(N) 102</b>	<b>12</b>	<b>2</b>	<b>1</b>	<b>117</b>
% within voluntary	87.2	10.3	1.7	0.9	100
% within hours	32.6	3.3	0.6	0.5	9.6
<b>STUDY</b>	<b>(N) 53</b>	<b>24</b>	<b>8</b>	<b>1</b>	<b>86</b>
% within study	61.6	27.9	9.3	1.2	100
% within hours	16.9	6.7	2.2	0.5	7.1
<b>TOTAL</b>	<b>(N) 310</b>	<b>359</b>	<b>360</b>	<b>183</b>	<b>1215</b>
% within work status	25.6	29.5	29.6	15.1	100
% within hours	100	100	100	100	100

1. For people in paid employment, 52% work a 40 hour week or less.
2. For people in full-time employment, defined here as working 21+ hours each week, 56% work 41 hours or more, and 7% work 61 hours or more.
3. For people engaged in home care 47% work 61 or more hours each week.
4. For people engaged in voluntary work, 87% work 20 hours or less.
5. For people who study, 90% are engaged 40 hours or less.
6. Of the people who work 21-60 hours each week, 80% are in paid employment.



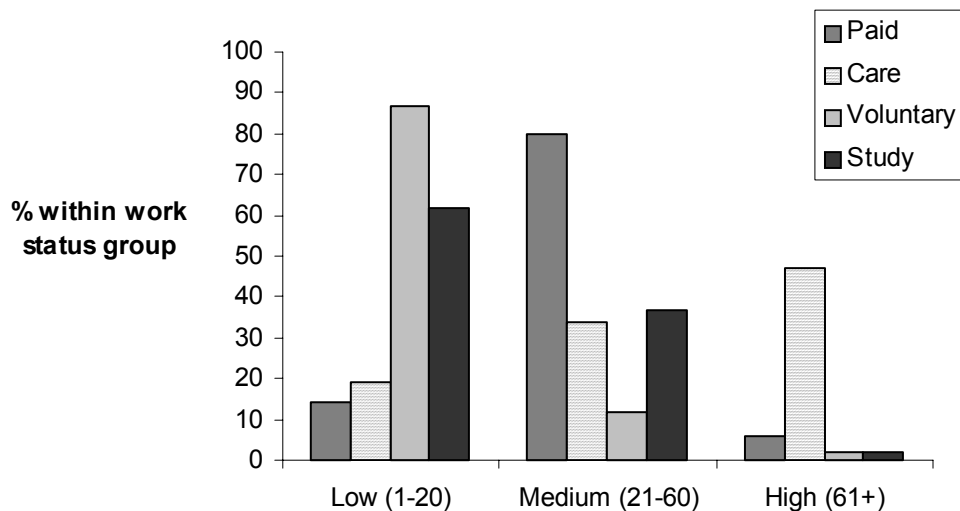


Figure 4.8: Most Common % of Work Hours for Each Work Status Groups

### Conclusions:

1. The group working the longest hours are home carers, where 47% work 61+ hours each week.
2. The groups working the shortest hours are volunteers (87% work 1-20 hours) and students (62% work 1-20 hours).
3. The middle-range group are those in paid employment where 80% work 21-60 hours.

### General Summary:

1. In general these data show an unsurprising relationship to other variables. This provides confirmation of the integrity of these data.
2. There is no evidence that people comprising any of the four sub-groups of work hours have lower than normal general wellbeing.
3. There is no overall evidence that the wellbeing of people working more than 60 hours each week is lower than normal. Within this group 74% are home carers. One of the strengths of this group is very high satisfaction with personal relationships (Figure 3.2).
4. The majority (71%) of people aged 66 years and older, who work, do so for 1-20 hours. This is consistent with majority engagement in volunteer work.
5. People working for 41-60 hours each week have a relatively low personal wellbeing. The majority of people (58%) in this group are aged 36-55 years and 83% are in paid employment. It seems likely that many people in this group are working such hours for additional money or conforming to work-place requirements, both of which diminish their life quality.

**Summary Dot Points:**

- People working from 1-20 hours each week have the highest levels of personal wellbeing.
- People working from 41-60 hours per week have the lowest levels of wellbeing. Most are in paid employment and aged 36-55 years.
- People working 61+ hours per week have normative levels of personal wellbeing. They are predominantly females aged 26-45 years caring for their family, and have very high levels of satisfaction with their personal relationships.

## 5. Leisure

Two survey items enquired about satisfaction with the quantity and quality of leisure as follows:

“How satisfied are you with the amount of leisure time you have?”

“How satisfied are you with the way you spend your leisure time?”

The first analysis concerns the relationship between these two measures of leisure and the other survey variables.

### 5.1 Correlations with Other Variations

Table 5.1: Correlations with Other Variations

	Satisfaction with leisure quantity		satisfaction with leisure quality
	N	r	r
PWI	1893	.31	.47
Standard	1978	.26	.35
Health	1977	.12	.25
Achievements	1967	.25	.36
Relationships	1970	.16	.28
Safe	1969	.14	.23
Community	1960	.21	.32
Future	1930	.25	.33
Life as a Whole	1977	.25	.35
Religion/Spiritual	1481	.15	.19
Financial	1967	.27	.34
Work	1630	.35	.31
Work hours	1623	.53	.35
Leisure time	-	-	-
Way leisure spent	1975	.51	-
NWI	1726	.26	.25
Economic	1931	.22	.23
Environment	1941	.17	.17
Social	1921	.21	.21
Governed	1952	.18	.18
Business	1873	.21	.23
National security	1885	.18	.12
Australia as a Whole	1969	.20	.27

### Observations:

1. All correlations are positive and significant.
2. The Personal Index domains are more strongly related to 'how leisure is spent' (i.e. quality) than with 'leisure time' (i.e. quantity).
3. Correlations with the national domains did not distinguish between quantity and quality of leisure.
4. The highest correlations are:
  - Work quantity vs. leisure quantity: .53
  - PWI vs. leisure quality: .47

### Comment:

While all of these correlations are positive, as expected, they are generally weak. This is true of all the personal wellbeing domains, where the maximum correlation is between leisure quality and Achievements (.36). Correlations with the national domains are even lower. This indicates a weak relationship between leisure satisfaction and the wellbeing domains. However, the Personal Wellbeing Index exhibits a solid .47 correlation with leisure quality, indicating that this aggregate measure of personal wellbeing has greater predictive capacity in this respect than any of the individual domains.

The other strong correlation was between leisure quantity and the number of work hours (.53). It seems intuitive that the degree of satisfaction with either one of these would be related to satisfaction with the other.

## 5.2 Leisure and Income

Table 5.2: Leisure and Income

	Satisfaction with time for leisure			Satisfaction with leisure quality	
	N	Mean	SD	Mean	SD
<\$15	311	72.57	25.67	71.93	24.03
\$15-\$30	348	68.51	26.12	72.41	20.18
\$30-\$60	534	63.18	23.49	69.16	21.37
\$60-\$90	284	62.18	22.64	70.18	18.22
\$90+	183	61.37	25.80	69.56	20.10

The decreasing satisfaction with leisure time as income rises is significant ( $F(4,1655)=11.470$ ,  $p=.000$ ). These differences, however, are restricted to the lower income ranges. <\$15,000 has higher satisfaction with leisure time than all higher income groups, and \$15-\$30 is also higher than all higher income groups. Thus, from these data, no further decrease in satisfaction with the quantity of leisure occurs above

\$30,000. It is also notable that the correlation between leisure quantity and satisfaction with work hours is .53.

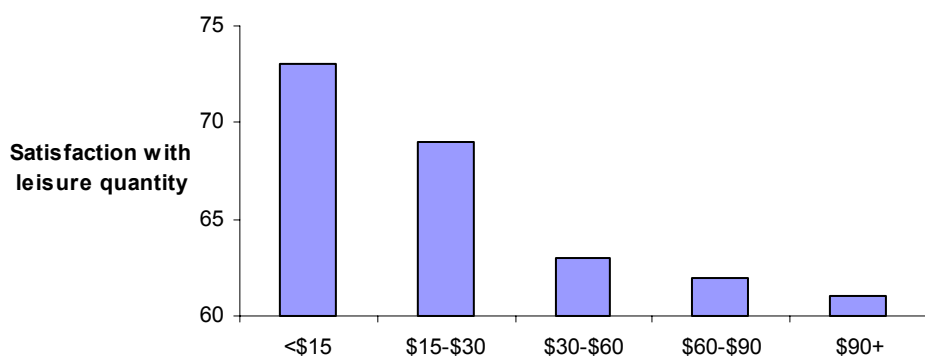


Figure 5.1: Satisfaction with Leisure Quantity and Income

In contrast with the above, satisfaction with how leisure is spent (leisure quality) did not differ between the income groups ( $F(4,1657)=1.727, p=.141$ ).

**Comment:**

The downside of a high income is less satisfaction with the time that is available for leisure. And the degree to which this loss occurs over the income range is substantial (11.2 percent). However, satisfaction with leisure quality does not show the same decline, which may seem surprising since people in high incomes can spend so much more on their leisure pursuits. What this emphasizes, however, is that the quality of leisure bears little relationship to the money spent in its pursuit. People adapt to most of the material aspects of a leisure experience, while the enduring determinants of satisfaction will relate to such income-neutral factors as personal choice of activity, and interpersonal sharing of the experience.

**5.3 Leisure and Age**

Table 5.3: Leisure and Age

	Leisure Time			Leisure Spent	
	N	mean	SD	mean	SD
18-25	211	66.35	24.97	71.61	21.67
26-35	295	57.86	23.76	67.25	21.72
36-45	409	58.95	24.95	65.76	22.04
46-55	390	62.41	21.92	67.84	20.13
56-65	277	74.73	23.15	76.44	18.36
66-75	181	84.48	17.84	81.15	17.63
76+	134	82.09	20.78	78.37	18.29

The changes in leisure time satisfaction with age are highly significant ( $F(6,1890)=50.879, p=.000$ ). Post-hoc tests indicate the following differences:

- 66-75, 76+ > all younger groups
- 56-65 > all younger groups
- 46-55, 36-45, 26-35 do not differ from one another

- 18-25 > 26-35, 36-45

From this it is clear that satisfaction with leisure quantity drops beyond 25 years and remains low until 55 years. It then increases markedly to 66 years after which it remains stable. This pattern is probably linked to competing demands from employment and family responsibilities.

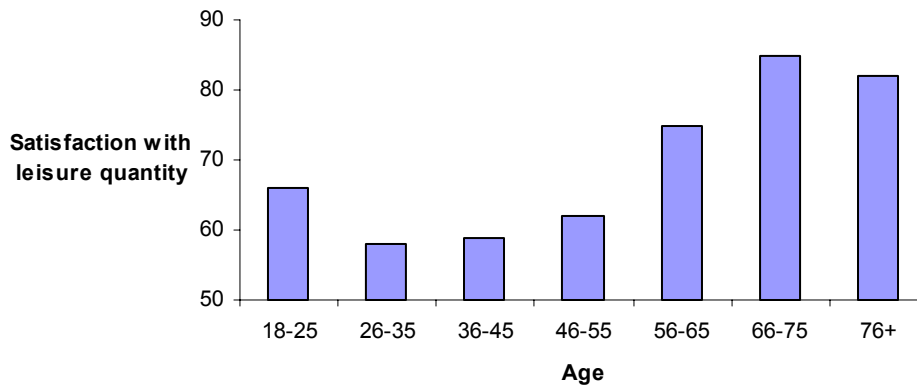


Figure 5.2: Satisfaction with Leisure Quantity

The changes in satisfaction with leisure quality are also significantly influenced by age ( $F(6,1893)=21.510, p=.000$ ). The pattern of differences is much as before:

- 66-75, 76+ > all younger groups
- 56-65 > 46-55, 36-45, 26-35
- 46-55, 36-45, 26-35 do not differ from one another
- 18-25 > 36-45

Time and again our investigations identify people aged 26-55 as the age group with the lowest life quality. So it is with leisure satisfaction both in terms of leisure quantity and quality. It seems likely that the burden of family reduces the availability of leisure time. Families are also likely to engage in shared leisure, which means a restricted choice of activities and the enforced company of family members.

#### 5.4 Leisure and Gender

There were no gender differences in leisure satisfaction and no leisure by gender interactions. This also applied to leisure quantity.

There were also no significant gender interactions between leisure quantity or quality and age or income.

#### **Summary:**

While, in general, the experience of leisure seems not to be strongly linked to other sources of satisfaction, it can clearly be modified by income and age.

The income effect causes people in high-income households to be less satisfied with the amount of time they can devote to leisure pursuits. Income does not, however, relate to the satisfaction of engaging in leisure. We propose this is because the enduring satisfaction with leisure is far more determined by personal choice of activity and the shared interpersonal experience than the amount of money spent on creating the experience.

The age effect seems to revolve around the decrease in leisure satisfaction experienced by people who have a dependent family. The reasons may include the limitations of leisure activity choice and the enforced company of other family members during leisure periods.

**Summary Dot Points:**

- Within the range up to \$90,000 per year, household income is unrelated to the satisfaction derived from leisure.
- Family responsibilities generally decrease leisure satisfaction for the parents.



## 6. Ethnicity

### A. Ethnicity by Birth

In this survey people were asked two questions in relation to their ethnicity. The first of these was “Let me ask about your ancestry. In which Country were you born? The data have been aggregated into three groups, in line with ABS census data as:

1. AUS: Australia.
2. MES: Mainly English speaking countries (New Zealand, South Africa, United Kingdom, United States of America).
3. NES: Non-English speaking countries, including all others.

Within the larger samples, random selection has been used to create comparable sample sizes for statistical analyses.

The number of people in each classification is:

	N	%
AUS	350	40.6
MES	280	32.5
NES	232	26.9

### 6.1 Personal Wellbeing Index

A comparison between the three groups was not significant.

$F(2,822)=1.314, p=.269$

### 6.2 Personal Wellbeing Index Domains

None of the comparisons were significant at  $p<.01$ .

### 6.3 National Wellbeing Index

Table 6.1: National Wellbeing Index by Place of Birth

	AUS	MES	NES
N	315	240	202
<b>Mean</b>	<b>59.92</b>	<b>61.11</b>	<b>63.75</b>
SD	14.75	14.91	13.87

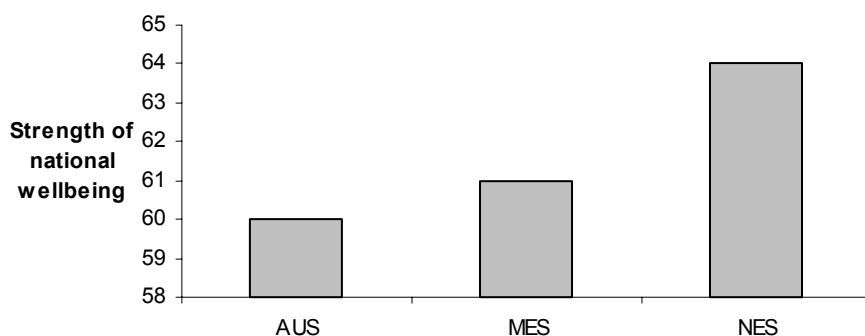


Figure 6.1: National Wellbeing Index and Place of Birth

In this comparison,  $F(2,754)=4.276$ ,  $p=.014$ . Post-hoc Tukey test indicates the difference is restricted to the comparison between AUS and NES.

#### 6.4 National Wellbeing Index Domains

Table 6.2: National Domains

		AUS	MES	NES	F	p=
Environment	N	346	277	233		
	<b>Mean</b>	<b>57.92</b>	<b>58.66</b>	<b>65.87</b>	12.793	.000
	SD	18.50	19.82	20.22		
Social Conditions	N	341	273	227		
	<b>Mean</b>	<b>61.23</b>	<b>63.00</b>	<b>66.39</b>	5.292	.005
	SD	18.59	18.82	18.12		
National Security	N	337	263	224		
	<b>Mean</b>	<b>62.17</b>	<b>63.27</b>	<b>67.68</b>	5.120	.006
	SD	19.86	22.26	19.27		

In each case, the pattern of these data is similar to that shown in Figure 6.1.

#### 6.5 Other Single Item Variables

Life as a whole, Life in Australia, Future security, and Religion/Spirituality all showed no differences by place of birth. The importance of Australia's success at the Commonwealth Games was as follows:

- AUS: N=347, 61.59±28.23;
- MES: N=276, 59.24±30.71;
- NES: N=225, 66.31±29.36.

These scores are marginally different ( $F=3.679$ ,  $p=0.26$ ) and again reflect the pattern in Figure 6.1.

## 6.6 Work

Neither satisfaction with work nor satisfaction with work hours differed in relation to the place of birth.

## 6.7 Leisure

No differences linked to place of birth were found in satisfaction with leisure quality, but differences were found in satisfaction with the amount of leisure time.

	AUS	MES	NES	
N	348	280	231	$F(2,856)=5.438$ , $p=.004$
Mean	67.30	70.46	63.33	
SD	24.01	24.96	24.02	

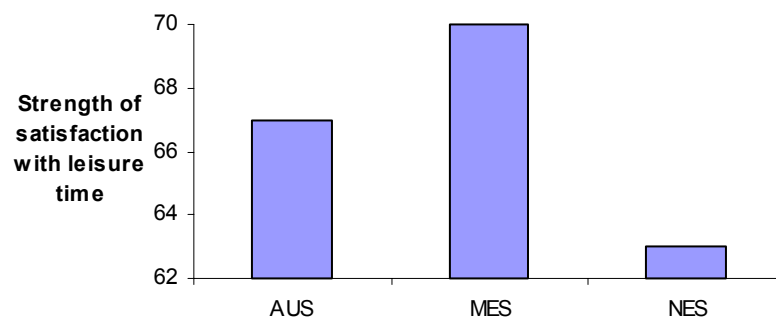


Figure 6.2: Ethnic group differences in satisfaction with leisure quantity.

The significant difference is between MES and NES. It is possible this is due to the older age of the MES sample (see 6.10).

## 6.8 Life Events and S11

Neither the perceived strength of life events nor the degree of sadness experienced in relation to S11 was significantly influenced by place of birth.

## 6.9 Gender Effects

There were no significant gender differences in the Personal Wellbeing Index associated with country of birth, and no significant interactions. This applied also to groups formed on the basis of Ethnic Origin.

## 6.10 Age Effects

Table 6.3: Percentage of Age Groupings by Country of Birth

		18-25	26-35	36-45	46-55	56-65	66-75	76+	TOTAL
AUS	N	43	54	67	68	47	31	25	335
% of AUS		12.8	16.1	20.0	20.3	14.0	9.3	7.5	100.0
MES	N	7	22	61	56	62	33	24	265
% of MES		2.6	8.3	23.0	21.1	23.4	12.5	9.1	100.0
NES	N	31	34	55	43	28	16	11	218
% of NES		14.2	15.6	25.2	19.7	12.8	7.3	5.0	100.0

These age-group distributions are different between places of birth (Chi-square = 47.126, df=12, p=.000). It is evident that the MES is relatively older than the other two groups.

## 6.11 Income Effects

No differences in household income could be linked to country of birth.

## 6.12 Summary

Ethnicity by birth has exerted relatively little influence on the data. Importantly, the Personal Wellbeing Index is unaffected. This is interesting since a common finding in the literature relating to other countries is lower levels of personal wellbeing among migrants compared with the host culture. The lack of any difference in Australia speaks to the relatively accepting attitude of our culture to new arrivals, as has been noted by other authors. It is also notable that the NES people have a higher sense of National Wellbeing than AUS, and also consider Australia's success at the Commonwealth Games to be more important to them. The MES have higher satisfaction with leisure, but this may be due to the fact that this group is significantly older than the other two groups.

## B. Ethnicity by Culture

Following the question concerning Country of Birth, people were asked “What is your ethnic origin?” Table 6.11 below, shows these data using the same classification system as before. This Table also provides the previous percentages for comparative purposes.

Table 6.4: Ethnicity classification by Country of birth and Ethnic origin

	Country of Birth %	Ethnic Origin %
AUS	40.6	36.5
MES	26.9	27.0
NES	26.9	27.0

This Table shows a very close correspondence between what people regard as their ethnic origin and their place of birth, as might be expected. These comparisons are examined more closely in Section 6.15.

### 6.13 Ethnic origin vs. the other survey variables

The same comparisons were made between the three ethnic groupings on all survey variables as had been made for Place of Birth, but this time using the groups formed by Ethnic Origin. The results were very similar. In fact, the only difference was for the NWI domain of Economic Situation. While this had not been previously significant, it was significant between the groups formed by Ethnic Origin  $F(2,1332)=4.454, P=.012$ .

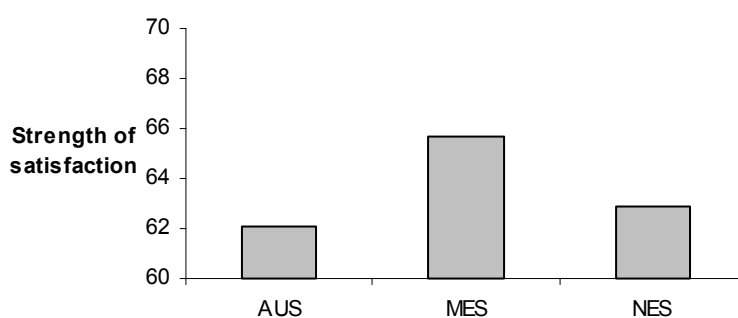


Figure 6.3: Ethnic group differences in satisfaction with Economic Situation

As can be seen from Figure 6.3 above, the Mainly English Speaking group had higher satisfaction with the national economic situation than either of the other two groups.

## 6.14 Ethnic origin and income

Whereas ethnic origin through birth did not exert an influence on household income, ethnic origin through cultural origin did exert a significant influence (Chi-square (8)= 19.927, p=.011). The values are provided below.

Table 6.5: Ethnic origin and income

		<\$15,000	15-30	30-60	60-90	90+	Total
NES	N	43	81	98	52	27	301
	% within NES	14.3	26.9	32.6	17.3	9.0	100
AUS	N	79	77	161	79	42	438
	% within AUS	18.0	17.6	36.8	18.0	9.6	100
MES	N	85	91	116	75	55	422
	% within MES	20.1	21.6	27.5	17.8	13.0	100
TOTAL	N	207	249	375	206	124	1161
	% within cult.	17.8	21.4	32.3	17.7	10.7	100

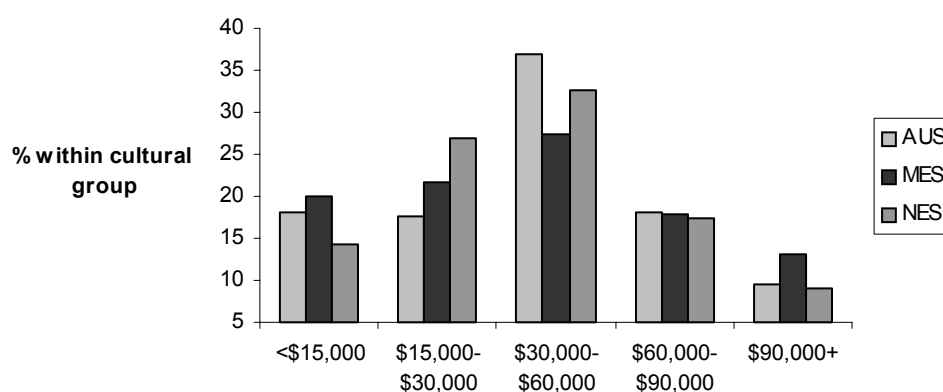


Figure 6.4: Ethnic origin and income

Figure 6.4 indicates an interesting pattern of household income such that the people from non-English speaking cultural groups are less represented in both the highest and the lowest income groups. This is consistent with a stronger level of employment among people from non-English speaking cultures, but also a great number of lower paying jobs than people from the other groups. However, as can be seen, these the extent of these differences is generally small.

## 6.15 Birth group x Culture group crosstabulation

Table 6.6: Birth group x Culture group crosstabulation

		Ethnic origin group			Total
		NES	AUS	MES	
Birth group NES	N	196	26	10	231
% within birth group		84.8	10.8	4.3	100
% within ethnic group		53.1	3.1	1.3	11.9
Birth group AUS	N	164	759	509	1432
% within birth group		11.5	53.0	35.5	100
% within ethnic group		44.4	93.7	67.2	73.9
Birth group MES	N	9	26	239	174
% within birth group		3.3	9.5	87.2	100
% within ethnic group		2.4	3.2	31.5	14.1
Total	N	369	810	758	1937
% within birth group		19.1	41.8	39.1	100
% within ethnic group		100	100	100	100

### Observations:

1. Of the 231 migrants born in a non-English speaking country, 11% regarded their ethnic origin as Australian.
2. Of the 274 migrants born in a mainly-English speaking country, 10% regarded their ethnic origin as Australian.
3. Of the 1,432 people born in Australia, 53% regarded their ethnic origin as Australian.
4. Over the whole sample 42% regarded their ethnic origin as Australian.
5. Of the 810 people who considered their ethnic origin to be Australian, 94% were born in Australia.

### Summary in Dot Points:

- People who are migrants have a personal wellbeing that is no different from that of native born Australians.
- People who are migrants from non-English speaking countries evidence greater satisfaction with Australia, and consider Australia's sporting performance more important than native-born Australians.

- There is no differential gender difference in wellbeing between the cultural groups.
- Only 53% of the people born in Australia regard their ethnic origin as Australian.
- There appears to be a somewhat stronger level of employment among people from non-English speaking cultures, but also a lower proportion of high income households.



## 7. SEPTEMBER 11

The second survey conducted over the period 19<sup>th</sup>–30<sup>th</sup> September, included questions about the impact of the US terrorist attacks on Australians. People were asked “What about the September 11 terrorist attack in America? Does this make you feel sadder than usual now? (If ‘yes’) How strong would you rate this influence?”

These questions showed that, in the September 2001 Survey 90% of the Australians surveyed felt sadder than usual when they recalled the attacks, with almost 70% of these ranking their level of sadness at 7-10 on a 0-10 scale (about 20% scored the effect a 10). Young men were less likely to say they were saddened (80%) than either elderly men (90%) or women of all ages (92-94%).

Despite these expressions of sadness at a terrible event in another land, the wellbeing indicators for Australians generally moved up to indicate higher levels of satisfaction. This was most evident in people’s appraisals of their satisfaction at the national level. Thus, the National Wellbeing Index rose by 2.8% and three of the constituent domains also rose (Economic Situation +4.2%, Environment +2.0%, Social Conditions +3.4%). The strength of satisfaction with ‘Life in Australia’ also showed a strong rise of +4.3%.

These changes were more muted at the level of personal wellbeing. The change in the Personal Wellbeing Index of +0.4% was not significant. However, two of the constituent domains did increase significantly (Standard of Living +2.8%, Community Connectedness +2.0%), as did also satisfaction with Life as a Whole (+1.8%).

These increases are consistent with a large literature which indicates that disasters, and the saturation media coverage given to them, can lead to increased psychological disturbance, but also to a national rallying and a greater sense of community and comradeship, which are good for wellbeing. It seems, then, that the attacks may have boosted both personal and national wellbeing by triggering a surge of patriotism and community spirit, and jolting people out of the rut of everyday life - making them more aware of what they have and the preciousness of life.

At the same time, however, such changes were being opposed by two other factors as follows:

- (i) This period was a time of major corporate collapses in Australia, most notably HIH and Ansett. There was also a strong media bias to the view that a global recession was likely. It is, thus, particularly notable that the strength of satisfaction with the Economic Situation rose 4.2%.
- (ii) The September survey also revealed that Australians had an altered perception of their own personal life events. Prior to S11 more people had reported the experience of a happy, than a sad event in their lives. Immediately following S11, however, this pattern was reversed. Moreover, not only did people report fewer happy events but also the sad events were experienced with greater intensity.

The March and August surveys repeated the September 11 questions to determine whether events were still impacting on Australians' wellbeing.

### The survey data

We ask “**What about the September 11 terrorist attack in America last year? Does this make you feel sadder than usual now?**”

The ‘yes’ response to this continues to decrease as can be seen below:

Table 7.1: The percentage of people feeling sad when recalling S11

	September 2001	March 2002	August 2002
Total N in each survey	2,004	2,001	1,973
<b>% of total</b>	<b>90.4</b>	<b>62.7</b>	<b>50.0</b>
% of males	85.2	54.1	43.3
% of females	93.5	67.8	56.4

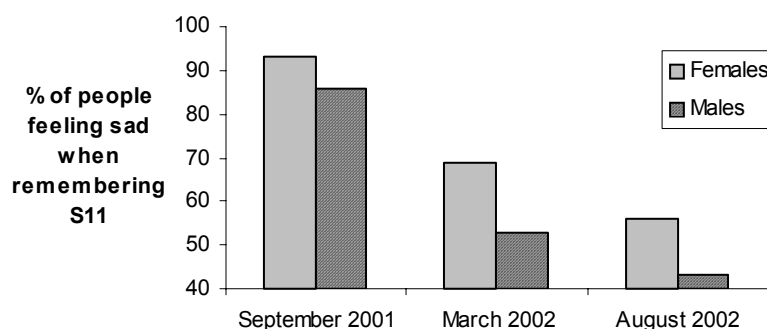


Figure 7.1: The percentage of people feeling sad when remembering S11

The percentages in Figure 7.1 represent the within-gender values i.e. of all the males in the current sample, 43% responded they felt sad when recalling S11. While the trend is decreasing as expected, it is interesting that one year after the attacks half of the population still respond in this way. People may respond ‘Yes’ to this question for one of two reasons. The most obvious is that people feel an emotional sense of sadness when they recall S11. The other reason is that people are responding cognitively, rather than emotionally, in providing a socially acceptable response to a dreadful event.

It seems likely that, with the passage of time, fewer people will respond ‘Yes’ for both of these reasons. The sense of emotional sadness will decrease as the memory of the event becomes more distant, and the social pressure to respond ‘Yes’ will also decrease for the same reasons. It is not possible from these data to distinguish between these two response types.

It can also be seen from Figure 7.1 that males are consistently less prepared than females to respond ‘Yes’ to this question (Chi-square=34.020, df=1, p=.000). We

have no way of knowing whether these males are displaying less social acquiescence than females. We do know, however, that a consistent trend in our data is for females to respond more strongly to questions that involve emotional states. It may therefore be the case that more females than males feel emotionally saddened when they recall S11.

It is also notable that the percentage of people responding positively to this question has dropped by about 13% over the last five months. It would seem likely that this trend has yet to run its course, and that further decreases can be expected over the next few surveys.

**CONCLUSION:** Almost 50% of people, on average, continue to answer that the S11 attacks still make them feel sadder than normal. It is likely that this response is partly determined as a socially acceptable response. It is also likely, however, that for some people this memory continues to bring a sense of emotional sadness, and that more females than males are affected in this way.

### **7.1 Strength of Sadness When Recalling S11**

If people respond ‘Yes’ to the sadness question they are asked “How strong would you rate this influence?” The mean values are given below:

Table 7.2: Strength of Sadness When Recalling S11

	September 2001	March 2002	August 2002
N	1802	1249	990
<b>Mean</b>	<b>71.75</b>	<b>70.36</b>	<b>69.19</b>
SD	26.66	24.11	22.34

The difference between these three samples is only very marginally significant ( $F(2,4038)=3.552, p=.029$ ). It is remarkable that even though the number of people reporting they feel saddened when recalling S11 has halved, the intensity with which that sadness is felt has remained almost unchanged. This suggests the operation of a ‘threshold’ for sadness; a certain emotional strength that is required in order for the state to be acknowledged in this way. Alternatively, if people are responding in accordance with social acquiescence, then they seem to have 7/10 in mind as a ‘reasonable’ degree of sadness to report.

The standard deviation has dropped consistently over the three surveys. In order to understand why this has occurred, the frequency distributions are presented in Table 7.3 below.

Table 7.3: Frequency Distributions of Sadness Intensity Associated with S11

Score	September 2001	March 2002	August 2002	SEPTEMBER MINUS AUGUST
0	2.9	1.5	0.6	2.3
1	1.4	1.1	0.6	0.8
2	2.8	2.7	2.4	0.4
3	4.6	4.4	4.6	0.0
4	5.1	4.2	4.7	0.4
5	8.5	12.3	15.2	-6.7
6	6.8	9.3	11.0	<b>-4.2</b>
7	13.7	14.2	16.2	<b>-2.5</b>
8	16.1	19.9	18.0	<b>-1.9</b>
9	13.4	12.3	11.9	1.5
10	24.8	18.0	14.7	10.1

As can be seen from Table 7.3, the pattern of change has involved a redistribution of values from the upper and lower extremes of the distribution and a greater concentration in the score range 5-8. We can speculate that the reduction in low scores represents the reduction of social desirability responders, while the reduction in high scores represents the diminishing power of S11 to cause sadness.

## **7.2 Strength of Sadness When Recalling S11 by Gender and Age**

When the three post-S11 surveys are combined, the strength of sadness when recalling S11 is as follows:

Table 7.4: Strength of S11 Sadness by Gender and Age

Age		18-25	26-35	36-45	46-55	56-65	66-75	76+
Male	N	172	180	272	296	231	169	99
	<b>Mean</b>	<b>65.87</b>	<b>68.00</b>	<b>68.05</b>	<b>68.72</b>	<b>68.53</b>	<b>70.71</b>	<b>72.73</b>
	SD	24.49	23.93	24.84	25.05	25.87	26.27	26.45
Female	N	244	363	500	522	408	309	183
	<b>Mean</b>	<b>70.12</b>	<b>70.41</b>	<b>71.20</b>	<b>72.15</b>	<b>71.30</b>	<b>74.56</b>	<b>74.81</b>
	SD	22.54	23.27	25.52	25.17	25.59	24.61	25.00

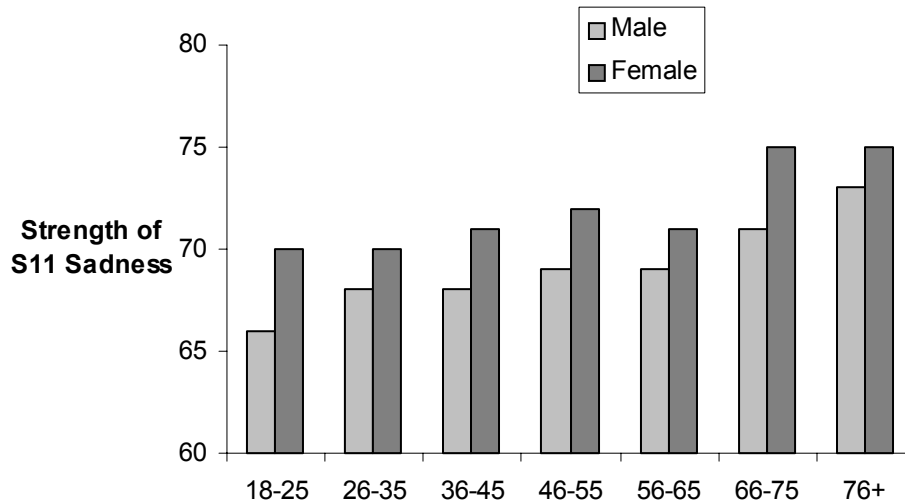


Figure 7.2: Strength of Sadness Across Surveys and Income Groups

These data show a strong gender difference [ $F(1,3934)=12.810$ ,  $p=.000$ ) and a weak age effect ( $F(6,3934)=2.315$ ,  $p=.031$ ). Post hoc Turkey analysis indicates the only age difference is between the youngest and oldest groups ( $p=.046$ ). Taking the August 2002 survey alone, the gender difference is only on the edge of significance (Males:  $N=414$ ,  $67.58 \pm 22.45$ ; Females:  $N=554$ ,  $70.32 \pm 22.17$ ;  $t(966)=1.892$ ,  $p=.059$ ). Thus, the gender difference in the strength of S11 recall sadness, that was strong immediately following the attacks, has now virtually disappeared.

### 7.3 S11 and Income

Table 7.5: Strength of Sadness Across Surveys and Income Groups

		Income Group				
		<\$15,000	\$15-\$30	\$30-\$60	\$60-\$90	\$90,000+
Survey 2	N	381	418	532	285	186
	Mean	<b>72.36</b>	<b>72.15</b>	<b>71.73</b>	<b>71.30</b>	<b>70.38</b>
	SD	28.13	26.09	26.81	24.94	27.14
Survey 3	N	223	278	312	142	89
	Mean	<b>72.64</b>	<b>71.15</b>	<b>68.40</b>	<b>69.01</b>	<b>66.18</b>
	SD	26.94	24.25	23.99	20.60	24.89
Survey 4	N	171	184	256	129	86
	Mean	<b>72.40</b>	<b>70.82</b>	<b>67.93</b>	<b>69.53</b>	<b>64.65</b>
	SD	23.45	22.93	21.64	21.21	19.80

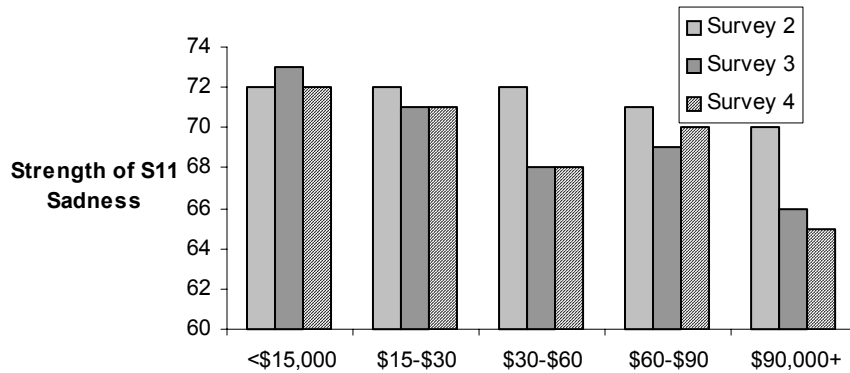


Figure 7.3: Personal Wellbeing Index Across Surveys and Income Groups

Analysis of variance applied to these data is significant as a main effect for survey [ $F(2,14)=3.361$ ,  $p=.04$ ] and income [ $F(4,14)=3.363$ ,  $p=.009$ ]. There is no significant interaction. Post-hoc Turkey tests indicate only a marginal difference between surveys 2 and 3 ( $p=.066$ ) and a marginal difference between <\$15,000 and \$90,000 ( $p=.041$ ). Given the minor nature of these differences and the uneven numbers in each cell, we conclude no effect of income across surveys on the strength of S11 Sadness..

#### 7.4 Conclusions Relating to S11 Sadness

The sadness people recall when remembering S11 has decreased substantially over the intervening 11 months. However, almost half of the population continue to feel saddened and the strength of sadness experienced by such people has only slightly diminished. The interpretation of these data contain the following elements:

1. The ‘sadness’ is not generally equivalent to a chronic sense of personal sadness. The levels of personal life satisfaction recorded through the Personal Wellbeing Index have been rising, not falling.
2. The ‘sadness’ is more likely to represent an acute emotional state engendered at times when S11 is recalled. In this sense it is probably similar to other horrific events such as the holocaust, which many people also recall with sadness. In this context the need people have to respond in this way is likely a combination of an acute emotional response mixed with a cognitive appreciation of the long-term implications of the attack for global wellbeing. This cognitive element may also include a sense of social propriety in acknowledging the event with sadness.

If this interpretation is correct, the percentage of people who recall S11 with sadness will continue to decrease, but will plateau above zero. Future surveys will continue to track the progress of this response.

3. The fact that the strength of the reported sadness has remained almost constant may indicate a threshold. That is, people who feel sadness with strength 70-80 or higher say that they experience the emotion, while people who experience sadness to a lesser degree are less likely to report that they experience the emotion. Similarly, the people who are responding to the question as a

predominantly cognitive response may recognise the 70-80% range of sadness as the one that is sufficient to acknowledge the emotion. It is certainly curious that this range is so similar to the normal range within which people report positive emotions, such as satisfaction recorded by the Personal Wellbeing Index. The idea of a 70-80% threshold for the reporting of negative personal emotional states is novel.

4. Females remain more likely to report feeling sad when they recall S11 than males. In the September 2001 survey they also experienced a stronger sense of sadness than males, but this difference has now almost disappeared. While this gender difference could be due to either a differential level of social acquiescence or a differential level of emotional sensitivity, we favour the latter. Our results in terms of the experience of positive emotions, and a larger literature on gender differences in anxiety, and depression, show females to record a greater strength of emotion than men.

#### **Summary Dot Points:**

- Around half of the Australian population still recall S11 with sadness.
- This does not mean that half of the Australian population feel chronically sad due to S11, but rather that they fleetingly experience this emotion when they recall S11. This is a cognitively driven response.
- There may be a threshold for reported sadness that falls within the 70-80% strength range. That is, on average, people require this strength of the emotion before they will report that they feel personally sad in these circumstances.

## 8. Life events

The survey contains a question that precedes any mention of S11, which asks about recent life events. The item is “Has anything happened to you recently causing you to feel happier or sadder than normal?” An interesting aspect of this question is that it measures the extent to which people are sensitive to the events in their lives. That is, if people were questioned deeply concerning this question, it can be assumed that almost everyone would have ‘recently’ experienced a number of events that made them, even fleetingly, feel happier or sadder than normal. In the absence of such interrogation, however, people are at liberty to set their own threshold for the registry of an event, and to decide whether any registered event was one that made them happy or sad.

In general terms we find that about half of the sample respond ‘Yes’ to this question. However, this response pattern has shown variation over time that we believe is due to the influence of S11. The percentage of people reporting an event in their lives over the four surveys is shown in Table 8.1.

Table 8.1: The proportion of people experiencing a recent personal life event

	April 2001	September 2001	March 2002	August 2002
Number of people in total sample	1,999	2,004	2,030	1,967
Number of people reporting an event	981	1,103	933	840
% of total	49.1	55.0	46.6	42.7

As can be seen, the number of people experiencing such an event peaked immediately following September 11 and is currently at its lowest level yet recorded. The following Table 8.2 breaks these numbers down into happy and sad events.

Table 8.2: The number of people reporting a recent personal event that makes them feel happier or sadder than normal

Number of people reporting	April 2001	September 2001	March 2002	August 2002
a happy event				
N	508	396	426	380
%	25.4	19.8	21.1	19.3
a sad event				
N	473	707	507	460
%	23.7	35.3	25.4	23.4



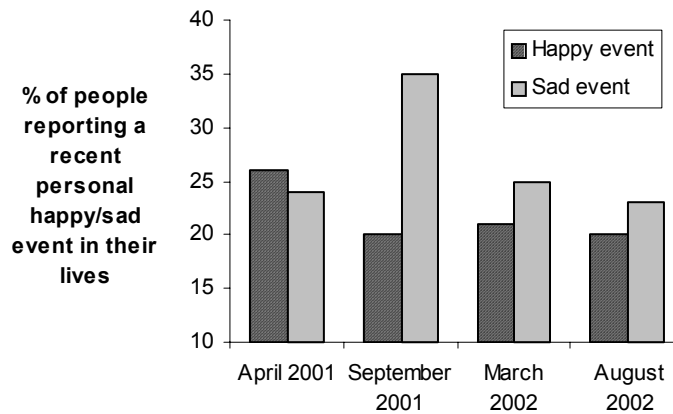


Figure 8.1: The percentage of people reporting a happy or a sad event in their lives

The most dramatic change has been in the number of people experiencing a recent sad event, with the percentage markedly increasing immediately following S11 (October 2001), and returning rapidly to approximate the pre-S11 levels by the March 2002 survey. These differences in the incidence of people reporting happy/sad personal life events differs between the surveys (Chi-square=125.347, df=6, p=.000). Table 8.2 also indicates a post-S11 decrease in the percentage of people reporting a happy event. While the change is less marked, it is more persistent and is highly significant (Chi-square for trend=27.337, df=3, p<.000).

It is also notable that, due to the above trends, the relative proportion of people reporting a happy or sad event has changed following S11. In April 2001 more people reported experiencing a recent happy event in their lives. Subsequent to S11, however, more people report the experience of a sad event in their lives. An analysis involving just the three surveys April 2001, March 2002, and August 2002 confirms this as significant (Chi-square=10.041, df=2, p=.007).

### Gender Effects

There is a strong gender difference in the tendency to report life events as shown by the cumulative data over the four surveys represented in Table 9.4 below.

Table 8.3: Gender Differences in Reporting Life Events

		Male	Female
Yes: Happier Event	N	713	986
% within gender		21.9	21.0
Yes: Sadder Event	N	779	1,365
% within gender		23.9	29.1
No Event	N	1,764	2,343
% within gender		54.2	49.9
Total	N	1492	2351

When a Chi-square is applied to all six cells in Table 9.4 the result is significant (Chi-square=26.417,  $p<.001$ ). When the no-event cells are eliminated it remains significant (Chi-square=12.658,  $df=1$ ,  $p<.001$ ).

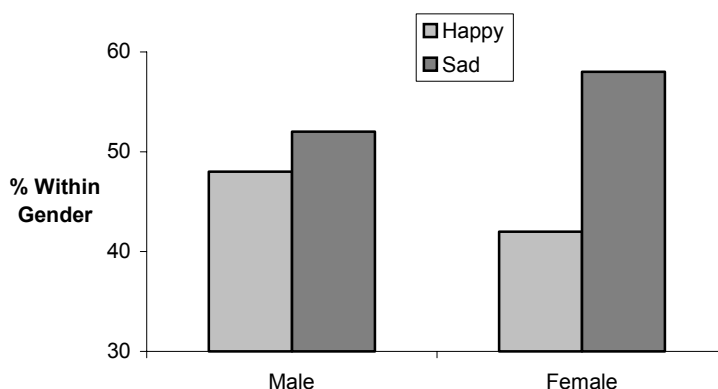


Figure 8.2: Gender Differences in Reporting Life Events

As can be seen from Figure 8.2, while similar proportions of males and females tend to report happy events, females are more likely to report that they have recently experienced a sad event in their lives (Chi-square=26.417,  $df=2$ ,  $p=.000$ ).

Table 8.4: Gender Differences in Life Events Across the Four Surveys

		April 2001		September 2001		March 2002		August 2002	
		Male	Female	Male	Female	Male	Female	Male	Female
% of total life events	HAPPY								
	N	220	281	158	233	156	270	179	202
	%	22.7	28.9	14.5	21.4	16.6	28.5	21.2	24.0
	SAD								
N	175	295	228	471	170	343	206	256	
		18.0	30.4	20.9	43.2	18.1	36.5	24.4	30.4

The percentages reported in Table 8.4 are calculated against the total number of people in each survey who reported a life event that made them happier or sadder than normal. The Chi-square tests are as follows:

April 2001: Chi-square = 4.482,  $df=1$ ,  $p=.034$

September 2001: Chi-square = 6.655,  $df=1$ ,  $p=.010$

March 2002: Chi-square = 1.245,  $df=1$ ,  $p=.265$

August 2002: Chi-square = 0.482,  $df=1$ ,  $p=.488$

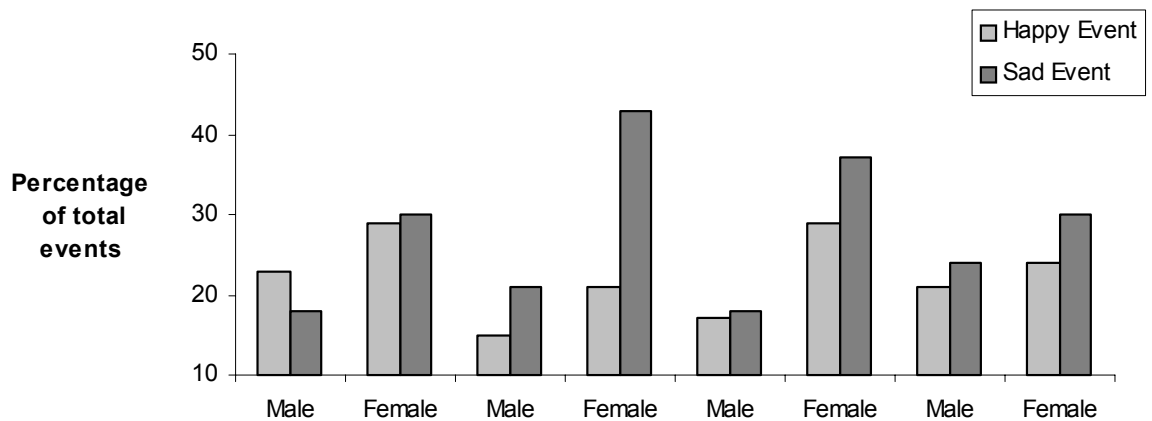


Figure 8.3: Gender Differences in Life Events Across the Four Surveys

The most obvious result from Figure 8.3 is the large increase in the proportion of females reporting a sad event in their lives. This effect had dissipated somewhat by March 2002, and has now returned to normal. The overall picture, however, includes another thread.

The gender differences in April 2001 were significant, and represented a different pattern of reporting event valence. Most particularly, while males were less ready to report they had experienced any event, they were particularly less likely to report a sad event.

In the most recent survey this pattern has not returned. There is now less difference between the genders, with both males and females more likely to report a sad than a happy event. This appears to be evidence of a continued long-term effect on males who seem to have lost their earlier tendency to favour the reporting of happy events in their lives.

## 8.1 Perceived Strength of Events

We also ask people who have experienced such an event, “**how strong would you rate this influence?**” The strength across the four surveys is as follows (Table 9.3):

Table 8.5: Perceived strength of a personal event

Perceived strength of event		April 2001	September 2001	March 2002	August 2002
Happy event	Mean	79.6	79.6	80.3	80.9
	SD	16.8	17.8	17.7	16.5
Sad event	Mean	65.1	69.1	71.5	71.5
	SD	25.9	25.3	23.3	22.3

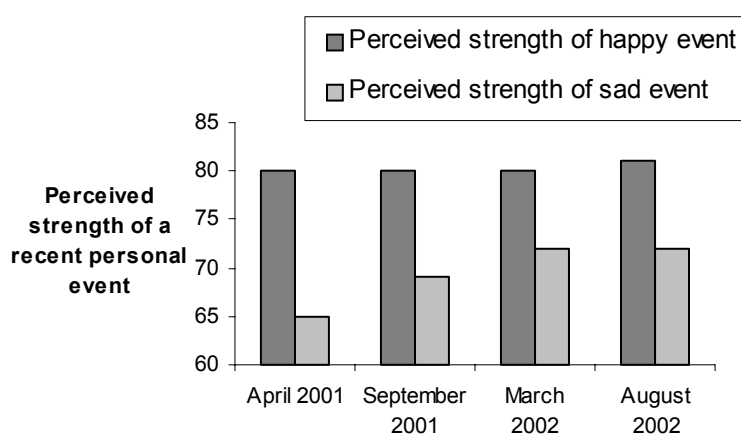


Figure 8.4: Perceived strength of recent personal events

This indicates remarkable stability in the experienced strength of happy, positive events across the four surveys. This is not so, however, for sad events. Here, immediately following S11, the perceived impact of the negative events in people’s lives increased, and this has remained higher ever since [ $F(3, 966)=7.060, p=.000$ ]. Post-hoc Tukey tests indicate a significant increase from April to September, but no significant increment from September to March.

The perceived strength of a happy event was not influenced by whether people responded they experienced sadness when recalling S11. Using data from the current survey: Recalling S11 makes me sad (N=205)  $81.02 \pm 16.31$ , recalling S11 does not make me sad (N=173)  $80.81 \pm 16.82$ ;  $t(376)=0.126, NS$ .

The perceived strength of a sad event was also not significantly influenced by whether people recall S11 with sadness, or not: Recalling S11 makes me sad (N=259)  $69.81 \pm 21.45$ , recalling S11 does not make me sad (N=197)  $73.86 \pm 23.37$ ;  $t(454)=1.922, NS$ .

It is unfortunate that we only have one measure of the pre-S11 impact against which to measure this trend. However, confidence in the reliability of the April 2001 measurement is enhanced by the consistency of the happy-event data. There seems no good reason to expect that the measure of sad event impact would be less reliable for the first survey than the measure of happy event impact. Thus we can be reasonably confident that this is a reliable long-term effect on the Australian population. Moreover, the consistency of results over the surveys following S11 makes it unlikely that some other source of influence, such as the current fall in Financial Satisfaction, is responsible for the pattern of data observed.

### **Conclusion:**

There has been a long-term influence of S11 on the personal events in people's daily lives. People generally experience fewer happy events and tend to feel the impact of the sad events in their lives more keenly. Both of these are likely to make the maintenance of personal wellbeing more fragile than normal.

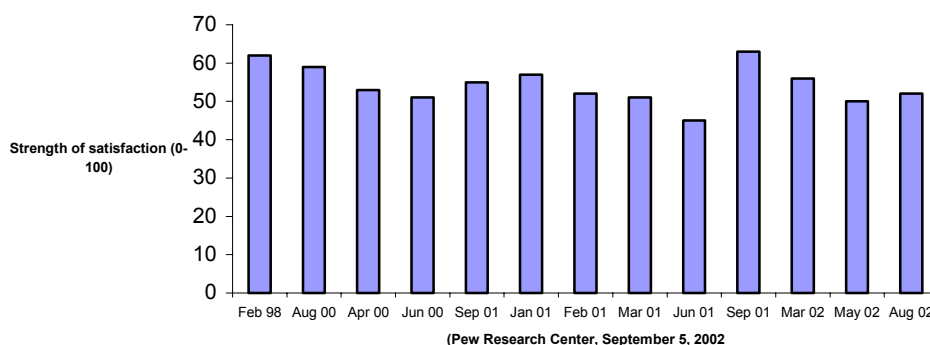
### **Summary Dot Points:**

- Following S11 there has been a change in people's experience of the events in their lives. While prior to S11 they experienced more happy events than sad events, the reverse is now true.
- Following S11 there has been no change in the experienced strength of happy events, but people experience the sad events in their lives more intensely.
- These changes in the perception of personal life events are likely to make it more difficult for people to maintain their own sense of wellbeing.

## 9. Comparative USA data

July 2002: 86% of Americans believe another terrorist attack on the USA is likely. (The Field Poll, July 16, 2002).

August 2002: “All in all, are you satisfied or dissatisfied with the way things are going in this country today?” (Satisfied, Dissatisfied, Don’t know).



”Thinking back to the events of last September, do you happen to remember EXACTLY where you were or what you were doing the MOMENT you heard the news about the September 11 terrorist attacks?” Yes=97%

Comparative data: JFK assassination = 90%  
Death of Princess Diana = 87%  
(Pew Research Center, September 5, 2002)

“These days, how often do you think about the September 11 terrorist attacks”.  
Several times each week (62%)  
(Pew Research Center, September 5, 2002)

“How worried are you that there will soon be another terrorist attack in the States”.  
Worried = 62%. In October 2001 it was 71%  
(Pew Research Center, September 5, 2002)

The role of religion. 83% of Americans consider themselves to be Christian, 42% attend church at least once each week, 87% consider religion important in their own life, 59% pray at least once each day.

“In your view, which is the bigger lesson to be taken from the September 11 terrorist attacks?”

- (a) Religion has too much influence in the world these days : 28%
- (b) Religion has too little influence in the world these days: 51%

## Appendix A1

The analyses in this Table have been computed using either analysis of variance with post-hoc Tukey tests, or t-tests where only two surveys are involved.

Table A1.1: Comparison between all 4 surveys measured in Degree of satisfaction (%)

<u>Question</u>	<u>Survey 1</u> (N=1974)		<u>Survey 2</u> (N=1973)		<u>Survey 3</u> (N=2030)		<u>Survey 4</u> (N=1986)		<u>p</u>
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
<b>Personal Wellbeing</b>									
<b>PERSONAL WELLBEING INDEX</b>	73.95	12.89	74.36	13.02	75.19	12.52	74.41	12.27	<b>.023</b>
	<i>S3&gt;S1 p = .013</i>								
<i>Personal Index domains</i>									
- standard of living	74.46	19.41	77.25	18.46	77.65	18.17	76.48	17.39	<b>.000</b>
	<i>S2&gt;S1 p = .000    S3&gt;S1 p = .000    S4&gt;S1 p = .003</i>								
- health	73.64	21.31	75.12	20.47	75.35	20.98	74.93	19.77	<b>.042</b>
- achievements	73.17	18.39	74.18	18.58	74.83	18.17	73.98	17.21	<b>.037</b>
- relationships	78.20	21.10	79.12	21.94	79.22	21.69	78.98	21.07	.424
- safety	75.09	20.19	75.75	20.01	76.82	19.66	77.18	18.50	<b>.003</b>
	<i>S4&gt;S1 p = .004</i>								
- community	68.59	20.68	70.54	21.03	70.68	19.72	69.54	19.71	<b>.003</b>
	<i>S2&gt;S1 p = .009    S3&gt;S1 p = .004</i>								
- future security	69.91	21.09	68.56	20.64	71.00	20.20	69.35	20.18	<b>.001</b>
	<i>S3&gt;S1 p = .004    S3&gt;S2 p = .001</i>								

Question	Survey 1 (N=1974)		Survey 2 (N=1973)		Survey 3 (N=2030)		Survey 4 (N=1986)		p
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Life as whole	75.17	19.59	77.00	19.32	78.14	17.86	77.14	17.15	<b>.000</b>
			<i>S2&gt;S1 p = .010</i>		<i>S3&gt;S1 p = .000</i>		<i>S4&gt;S1 p = .004</i>		
<i>Survey –specific aspects of Personal Life</i>									
Happiness	78.60	18.75	79.77	18.67	-	-	-	-	<b>.050</b>
Spiritual/Religious	-	-	-	-	73.39	24.21	71.58	23.35	.217
Rel. Partner/Spouse	-	-	-	-	85.71	19.03	-	-	-
Rel. family	-	-	-	-	86.07	17.27	-	-	-
Rel. friends	-	-	-	-	84.25	15.22	-	-	-
							<i>S3&gt;S4 p = .002</i>		
Financial security	-	-	-	-	69.11	22.14	66.49	20.83	<b>.002</b>
<b>National Wellbeing</b>									
<b>NATIONAL WELLBEING INDEX</b>									
	55.78	-	58.61	14.42	60.72	15.45	60.23	15.17	<b>.000</b>
			<i>S2&gt;S1 p = .000</i>		<i>S3&gt;S2 p = .000</i>		<i>S4&gt;S1 p = .000</i>		
					<i>S3&gt;S1 p = .000</i>		<i>S4&gt;S2 p = .007</i>		
<i>National domains</i>									
- economic situation	53.60	20.16	57.82	18.66	64.01	19.61	63.91	19.32	<b>.000</b>
			<i>S2&gt;S1 p = .000</i>		<i>S3&gt;S1 p = .000</i>		<i>S4&gt;S1 p = .000</i>		
					<i>S3&gt;S2 p = .000</i>		<i>S4&gt;S2 p = .000</i>		



Question	Survey 1 (N=1974)		Survey 2 (N=1973)		Survey 3 (N=2030)		Survey 4 (N=1986)		p
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
- environment	57.92	19.40	59.87	19.19	60.91	19.15	59.08	19.54	<b>.000</b>
			<b>S2&gt;S1</b> <i>p</i> = .004		<b>S3&gt;S1</b> <i>p</i> = .000				
					<b>S3&gt;S4</b> <i>p</i> = .016				
- social conditions	59.18	19.89	62.53	17.96	62.76	18.77	61.99	18.89	<b>.000</b>
			<b>S2&gt;S1</b> <i>p</i> = .000		<b>S3&gt;S1</b> <i>p</i> = .000		<b>S4&gt;S1</b> <i>p</i> = .000		
- Australia governed	-	-	58.67	23.66	52.80	25.04	53.26	24.50	<b>.000</b>
			<b>S2&gt;S3</b> <i>p</i> = .000						
			<b>S2&gt;S4</b> <i>p</i> = .000						
- business	-	-	55.42	18.88	59.88	19.23	59.31	18.62	<b>.000</b>
					<b>S3&gt;S2</b> <i>p</i> = .000		<b>S4&gt;S2</b> <i>p</i> = .000		
- national security	-	-	57.32	20.18	63.33	20.16	62.93	20.21	<b>.000</b>
					<b>S3&gt;S2</b> <i>p</i> = .000		<b>S4&gt;S2</b> <i>p</i> = .000		
Life in Australia	69.64	20.90	73.89	20.05	84.79	17.29	83.83	16.76	<b>.000</b>
			<b>S2&gt;S1</b> <i>p</i> = .000		<b>S3&gt;S2</b> <i>p</i> = .000		<b>S4&gt;S1</b> <i>p</i> = .000		
					<b>S3&gt;S1</b> <i>p</i> = .000		<b>S4&gt;S2</b> <i>p</i> = .000		
Survey-specific aspects of national life									
- wealth distribution	47.75	22.73	49.37	22.39	-	-			<b>.021</b>
- health services	57.88	23.06	57.34	23.16	-	-			.464
- family support	59.15	20.22	60.53	19.45	-	-			<b>.029</b>
- economic stability	-	-	58.53	17.47	-	-			-
- influence of S11	-	-	71.75	26.66	70.36	24.11	69.19	22.34	<b>.029</b>
			<b>S2&gt;S4</b> <i>p</i> = .025						

Question	Survey 1 (N=1974)		Survey 2 (N=1973)		Survey 3 (N=2030)		Survey 4		p
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
- trust in people	56.72	20.38	56.67	21.01	-	-	-	-	N.S.
- Gov. family support	-	-	-	-	58.59	23.36	-	-	-
- Employer family support	-	-	-	-	56.26	21.45	-	-	-
<i>Trends</i>									
- own life changing for the better	63.81	19.22	63.54	19.63	-	-	-	-	N.S.
- Australia changing for the better	52.84	19.83	53.62	19.25	-	-	-	-	N.S.

Method of calculating Survey 1 National Index values

1. Determine how the S2 to S3 change in the 'old' index corresponds to the change in the 'new'.  
 Old Index:  $S3-S2 = 2.45$   
 New Index:  $S3-S2 = 2.11$   
 Therefore, a projection based on a change in the 'old' index will exceed a projection based on the 'new' index by 0.34%.
2. Using the 'old' index, S1 was 3.17% lower than S2.
3. Projecting this to the 'new' index, the value is  $3.17-0.34 = 2.83\%$ .
4. The 'new' S1 value is  $58.61-2.83 = 55.78$ .
5. The 'new' standard deviation for S1 cannot be calculated through this type of projection.

Table A1.1: Survey Comparisons Weighted by Gender

<u>Question</u>	<u>Survey 1</u> (N=1974)	<u>Survey 2</u> (N=1973)	<u>Survey 3</u> (N=2030)	<u>Survey 4</u> (N=1986)	<u>p</u>
	Mean	Mean	Mean	Mean	
<b>Personal Wellbeing</b>					
Life as whole	74.97	76.68	77.80	77.12	.000
		<i>S1&lt;S2 (p=.010), S1&lt;S3 (p=.000), S1&lt;S4 (p=.004)</i>			
<i>Personal Index domains</i>					
- standard of living	74.31	76.99	77.37	76.45	.000
		<i>S1&lt;S3 (p=.044)</i>			
- health	73.49	74.88	75.09	74.91	.000
		<i>S1&lt;S3 (p=.020)</i>			
- achievements	72.97	73.85	74.48	73.96	.000
		<i>S1&lt;S2 (p=.010), S1&lt;S3 (p=.000), S1&lt;S4 (p=.004)</i>			
- relationships	77.90	78.62	78.70	78.94	.000
		<i>S1&lt;S3 (p=.027), S1&lt;S4 (p=.004)</i>			
- safety	75.20	75.94	77.02	77.19	.000
		<i>S1&lt;S3 (p=.027), S1&lt;S4 (p=.004)</i>			
- community	68.26	70.00	70.11	69.50	.000
		<i>S1&lt;S2 (p=.013), S1&lt;S3 (p=.006)</i>			
- future security	68.80	68.39	70.82	69.33	.000
		<i>S1&lt;S3 (p=.007), S2&lt;S3 (p=.001)</i>			
<b>PERSONAL WELLBEING INDEX</b>	73.80	74.10	74.92	74.40	.000
		<i>S1&lt;S3 (p=.013)</i>			

## National Wellbeing

Life in Australia	69.44	73.57	84.46	83.80	.000
	<i>S1&lt;S2 (p=.000), S1&lt;S3 (p=.000), S1&lt;S4 (p=.000), S2&lt;S3 (p=.000), S2&lt;S4 (p=.000)</i>				
<b>National Index domains</b>					
- economic situation	53.52	57.70	63.87	63.91	.000
	<i>S1&lt;S2 (p=.000), S1&lt;S3 (p=.000), S1&lt;S4 (p=.000), S2&lt;S3 (p=.000), S2&lt;S4 (p=.000)</i>				
- environment	57.86	59.77	60.80	59.07	.000
	<i>S1&lt;S2 (p=.008), S1&lt;S3 (p=.000), S3&lt;S4 (p=.016)</i>				
- social conditions	59.15	62.48	62.71	61.98	.000
	<i>S1&lt;S2 (p=.000), S1&lt;S3 (p=.000), S1&lt;S4 (p=.000)</i>				
- Australia governed	-	58.45	52.56	53.24	.000
	<i>S3&lt;S2 (p=.000), S4&lt;S2 (p=.000)</i>				
- business	-	55.42	59.89	59.31	.000
	<i>S2&lt;S3 (p=.000), S2&lt;S4 (p=.000)</i>				
- national security	-	57.31	63.32	62.93	.000
	<i>S2&lt;S3 (p=.000), S2&lt;S4 (p=.000)</i>				
<b>NATIONAL WELLBEING INDEX</b>	-	58.43	66.48	60.23	.000
	<i>S2&lt;S3 (p=.000), S2&lt;S4 (p=.014), S4&lt;S3 (p=.000)</i>				

Table A1.2: Survey Comparisons Weighted by Gender

<u>Question</u>	<u>Survey 1</u> (N=1974)	<u>Survey 2</u> (N=1973)	<u>Survey 3</u> (N=2030)	<u>Survey 4</u> (N=1986)	<u>p</u>
	Mean	Mean	Mean	Mean	
<b>Personal Wellbeing</b>					
Life as whole	74.97	76.68	77.80	77.12	.000
<i>Personal Index domains</i>					
- standard of living	74.31	76.99	77.37	76.45	.000
- health	73.49	74.88	75.09	74.91	.000
- achievements	72.97	73.85	74.48	73.96	.000
- relationships	77.90	78.62	78.70	78.94	.000
- safety	75.20	75.94	77.02	77.19	.000
- community	68.26	70.00	70.11	69.50	.000
- future security	68.80	68.39	70.82	69.33	.000
<b>PERSONAL WELLBEING INDEX</b>	73.80	74.10	74.92	74.40	.000
<b>National Wellbeing</b>					
Life in Australia	69.44	73.57	84.46	83.80	.000
<i>National Index domains</i>					
- economic situation	53.52	57.70	63.87	63.91	.000
- environment	57.86	59.77	60.80	59.07	.000
- social conditions	59.15	62.48	62.71	61.98	.000
- Australia governed	-	58.45	52.56	53.24	.000
- business	-	55.42	59.89	59.31	.000
- national security	-	57.31	63.32	62.93	.000
<b>NATIONAL WELLBEING INDEX</b>	-	58.43	66.48	60.23	.000

## Appendix A2: Chronological Age

Table A2.1: Age Differences: Mean *SD*

	18-25	26-35	36-45	46-55	56-65	66-75	76+	p
N =	210	295	411	391	278	183	135	.000
<b>Personal Wellbeing</b>								
Life as a whole	76.24 16.85	76.61 14.43	75.26 17.70	74.99 17.73	78.27 18.71	80.38 15.63	83.48 16.08	.000
<i>Personal domains</i>								
1. Standard of living	77.77 16.80	74.71 16.18	73.80 18.04	74.88 17.44	77.73 17.93	81.26 15.55	81.26 17.76	.000
2. Health	79.14 17.86	77.42 17.50	76.37 18.42	75.19 19.21	73.09 20.60	71.26 22.14	67.11 24.37	.000
3. Achievements in life	72.94 19.39	72.01 16.47	71.23 17.66	73.69 15.54	75.88 18.15	78.41 15.77	74.41 16.43	.000
4. Personal relationships	76.59 21.55	77.93 20.79	78.20 21.19	78.03 21.71	80.58 20.95	81.49 20.40	83.81 18.59	.013
5. How safe you feel	77.11 18.79	76.39 17.03	77.93 18.29	77.10 19.45	76.09 17.60	76.59 19.59	78.42 20.18	.827
6. Community connect	62.95 20.54	64.14 18.36	69.26 20.19	69.02 19.44	73.88 18.15	77.40 17.27	74.47 19.67	.000
7. Future security	69.34 19.43	65.91 19.44	67.63 19.80	67.88 20.80	72.83 19.79	72.72 19.71	75.43 20.77	.000
<b>PERSONAL WELLBEING INDEX</b>	73.95 11.63	72.79 11.62	73.62 13.39	73.72 12.27	75.78 11.34	77.08 10.59	77.07 13.70	.000
<b>Survey-specific personal Aspects</b>								
- Spiritual/religious	71.02 23.40	67.59 21.86	70.30 23.25	71.39 22.77	73.92 24.32	75.63 23.23	75.50 22.49	.010
- work as a whole	75.60 18.01	71.35 19.85	72.07 19.67	72.17 18.71	80.82 14.83	83.26 13.80	79.42 27.18	.000
- working hours	71.10 20.17	65.20 22.15	67.02 21.71	65.31 21.61	75.46 18.99	81.02 15.69	80.41 23.54	.000
- amount of leisure	66.35 24.97	57.86 23.76	58.95 24.95	62.41 21.92	74.73 23.15	84.48 17.84	82.09 20.78	.000
- way spend leisure	71.61 21.67	67.25 21.72	65.76 22.04	67.84 20.13	76.44 18.36	81.15 17.63	78.37 18.29	.000
- Financial security	64.64 21.18	63.95 19.11	64.36 21.20	64.92 20.90	70.11 20.60	71.68 19.90	73.04 20.74	.000

	18-25	26-35	36-45	46-55	56-65	66-75	76+	p
N =	210	295	411	391	278	183	135	.000
<b>National Wellbeing</b>								
Life in Australia	83.48 <i>15.34</i>	82.69 <i>17.07</i>	81.91 <i>17.37</i>	81.71 <i>17.35</i>	85.92 <i>16.30</i>	87.97 <i>16.31</i>	88.12 <i>15.58</i>	.000
<i>National domains</i>								
Economic situation	62.49 <i>18.02</i>	62.70 <i>18.23</i>	62.36 <i>20.45</i>	61.88 <i>20.95</i>	67.71 <i>17.87</i>	66.95 <i>18.27</i>	67.11 <i>18.62</i>	<b>.000</b>
State of the environment	60.29 <i>19.80</i>	59.45 <i>20.06</i>	57.72 <i>19.43</i>	56.60 <i>19.48</i>	60.70 <i>17.40</i>	61.23 <i>20.76</i>	61.64 <i>20.57</i>	<b>.018</b>
Social conditions	61.63 <i>19.20</i>	61.18 <i>18.52</i>	60.12 <i>19.25</i>	59.21 <i>19.18</i>	65.41 <i>18.18</i>	65.12 <i>18.93</i>	66.35 <i>17.23</i>	<b>.000</b>
How Australia is governed	48.21 <i>24.20</i>	51.50 <i>22.31</i>	51.34 <i>24.43</i>	50.44 <i>25.17</i>	57.09 <i>23.43</i>	58.28 <i>25.74</i>	62.60 <i>24.79</i>	.000
Business	61.56 <i>16.79</i>	58.73 <i>17.51</i>	58.02 <i>19.28</i>	56.45 <i>18.35</i>	60.69 <i>18.84</i>	61.62 <i>18.73</i>	63.93 <i>19.93</i>	.000
National security	65.27 <i>19.31</i>	61.98 <i>19.18</i>	62.06 <i>20.02</i>	61.27 <i>20.96</i>	62.83 <i>19.83</i>	65.85 <i>18.47</i>	62.31 <i>23.09</i>	.110
<b>NATIONAL WELLBEING INDEX</b>	60.12 <i>14.92</i>	59.65 <i>14.74</i>	58.71 <i>15.63</i>	57.95 <i>15.84</i>	62.57 <i>14.12</i>	63.29 <i>14.73</i>	63.72 <i>14.21</i>	.000
<b>Survey-specific national Aspects</b>								
- C/w games success	55.14 <i>29.52</i>	54.81 <i>29.73</i>	58.52 <i>28.07</i>	56.28 <i>29.82</i>	66.25 <i>29.40</i>	72.68 <i>25.87</i>	75.86 <i>25.41</i>	.000

## Appendix A3: Household Income

Table A3.1: Income Differences: Mean (SD)

	<b>&lt;\$15,000</b>	<b>\$15,000- \$30,000</b>	<b>\$30,000- \$60,000</b>	<b>\$60,000- \$90,000</b>	<b>\$90,000+</b>	<b>p =</b>
N =	<b>313</b>	<b>349</b>	<b>536</b>	<b>285</b>	<b>183</b>	
<b>Personal Wellbeing</b>						
Life as a whole	73.87 (21.59)	75.24 (18.88)	77.07 (15.76)	79.40 (13.27)	79.84 (12.69)	.000
<i>Personal domains</i>						
Standard of living	71.95 (21.24)	73.04 (19.10)	76.04 (16.28)	80.11 (12.52)	81.97 (12.86)	.000
Health	67.15 (24.93)	73.41 (19.33)	76.94 (17.92)	78.56 (15.71)	79.67 (15.96)	.000
Achievements in life	73.44 (21.45)	71.81 (16.83)	73.26 (16.46)	74.95 (13.75)	78.58 (13.87)	.000
Personal relationships	76.31 (24.77)	76.38 (24.05)	79.19 (19.40)	81.89 (17.68)	82.30 (16.58)	.000
How safe you feel	74.07 (22.69)	75.48 (19.17)	77.45 (17.50)	79.89 (15.62)	79.84 (15.57)	.000
Community connect	67.61 (22.19)	70.92 (20.62)	68.86 (18.78)	70.07 (17.78)	68.63 (18.72)	.239
Future security	66.78 (23.16)	66.88 (20.75)	68.86 (18.69)	71.91 (17.66)	72.69 (17.87)	.000
<b>PERSONAL WELLBEING INDEX</b>	71.00 (14.74)	72.65 (12.88)	74.46 (11.35)	76.65 (10.01)	77.65 (10.22)	.000
<b>Survey-specific personal Aspects</b>						.000
- Spiritual/religious	75.95 (21.92)	73.92 (22.72)	70.73 (23.55)	69.17 (21.85)	66.59 (22.06)	
- work as a whole	78.88 (19.77)	74.30 (20.55)	72.75 (19.90)	74.00 (17.32)	72.59 (17.69)	.005
- working hours	73.75 (23.23)	69.77 (21.65)	67.22 (20.60)	68.51 (21.02)	65.94 (22.12)	.003
- amount of leisure	72.57 (25.67)	68.51 (26.12)	63.18 (23.49)	62.18 (22.64)	61.37 (25.80)	.000
- way spend leisure	71.93 (24.03)	72.41 (20.18)	69.16 (21.37)	70.18 (18.22)	69.56 (20.10)	.141
- Financial security	59.45 (24.63)	62.19 (22.66)	66.79 (18.56)	71.37 (15.68)	74.04 (17.60)	.000
<b>National Wellbeing</b>						
Life in Australia	83.41 (20.05)	83.29 (17.98)	82.97 (16.60)	84.96 (13.57)	83.90 (15.22)	.597



	<\$15,000	\$15,000- \$30,000	\$30,000- \$60,000	\$60,000- \$90,000	\$90,000+	p =
N =	313	349	536	285	183	
<i>National domains</i>						
1. Economic situation	59.77 (21.49)	62.25 (19.70)	64.56 (18.61)	66.26 (16.52)	67.93 (17.63)	.000
2. State of the environment	58.27 (20.61)	59.38 (20.48)	57.78 (19.32)	59.33 (17.71)	59.62 (18.59)	.658
3. Social conditions	61.61 (20.47)	61.10 (18.85)	60.72 (19.16)	63.65 (17.32)	62.02 (17.70)	.308
4. How Australia is governed	50.06 (26.57)	52.84 (25.80)	52.24 (24.67)	55.56 (20.97)	55.63 (21.73)	.036
5. Business	56.69 (20.97)	58.20 (19.20)	59.48 (18.51)	61.21 (15.88)	60.45 (17.04)	.037
6. National security	59.30 (23.62)	61.81 (20.11)	63.07 (18.72)	64.31 (18.61)	65.48 (18.98)	.006
<b>NATIONAL WELLBEING INDEX</b>	57.34 (17.28)	59.58 (15.60)	60.00 (14.91)	61.84 (13.03)	61.59 (14.26)	.008
<b>Survey-specific national Aspects</b>						
- C/w games success	71.48 (28.13)	63.70 (28.60)	57.87 (29.40)	55.60 (28.93)	51.70 (30.17)	.000

## Appendix A3: Adjusted Household Income

Table A3.2: Adjusted Income Differences: Mean

	<\$15,000	\$15,000- \$30,000	\$30,000- \$60,000	\$60,000- \$90,000	\$90,000+	p =
N =	313	869	406	73	7	
<b>Personal Wellbeing</b>						
Life as a whole	73.87	6.93	78.94	76.44	68.57	.002
<i>Personal domains</i>						
Standard of living	71.95	75.33	79.75	80.27	75.71	.000
Health	67.15	75.80	78.94	76.30	70.00	.000
Achievements in life	73.44	72.87	76.01	75.62	74.29	.034
Personal relationships	76.31	79.33	80.12	79.86	52.86	.002
How safe you feel	74.07	77.05	79.29	78.36	74.29	.006
Community connect	67.61	70.49	68.87	64.66	57.14	.015
Future security	66.78	68.36	71.87	70.82	64.29	.007
<b>PERSONAL WELLBEING INDEX</b>	71.00	74.30	76.39	75.13	66.94	.000
<b>Survey-specific personal Aspects</b>						
- Spiritual/religious	75.95	72.31	68.89	61.40	64.00	.000
- work as a whole	78.88	73.35	73.67	70.92	82.00	.004
- working hours	73.75	68.23	67.50	66.15	72.00	.013
- amount of leisure	72.57	64.68	62.70	63.84	75.71	.000
- way spend leisure	71.93	70.35	70.02	70.96	67.14	.758
- Financial security	59.45	65.14	71.21	75.62	70.00	.000
<b>National Wellbeing</b>						
Life in Australia	83.41	83.50	84.23	82.60	70.00	.252
<i>National domains</i>						
Economic situation	59.77	64.03	65.89	7.95	60.00	.000
State of the environment	58.27	58.72	58.88	59.18	54.29	.965
Social conditions	61.61	61.58	61.43	63.84	52.86	.635
How Australia is governed	50.06	53.00	54.76	53.42	54.29	.158
Business	56.69	59.08	61.00	58.45	64.29	.050
National security	59.30	62.78	64.54	63.38	61.43	.017
<b>NATIONAL WELLBEING INDEX</b>	57.34	60.26	61.09	60.51	57.86	.036
<b>Survey-specific national Aspects</b>						
- C/w games success	71.48	60.70	54.23	50.27	35.71	.000

## Appendix A4: Work Type

Table A4.1: Work type: Mean *SD*

	Paid employment	Family & household care	Voluntary work	Study	No work	p =
N =	260	260	129	129	260	
<b>Personal Wellbeing</b>						
Life as a whole	77.88 14.56	78.92 17.54	80.54 19.13	75.89 14.50	76.12 21.81	.100
<i>Personal domains</i>						.719
1. Standard of living	76.46 15.49	76.69 19.50	78.91 19.37	76.12 17.42	76.35 20.67	
2. Health	77.96 15.62	74.83 20.28	74.11 19.63	76.90 18.74	65.23 24.75	<b>.000</b>
3. Achievements in life	73.94 15.77	73.78 18.83	77.95 16.92	74.45 17.06	73.33 21.78	.202
4. Personal relationships	78.73 19.38	83.50 16.92	79.92 20.83	76.17 19.77	77.36 25.96	<b>.003</b>
5. How safe you feel	78.57 16.50	75.71 19.88	76.80 20.23	76.36 17.67	75.70 20.74	.420
6. Community connect	69.06 18.55	70.86 20.14	79.92 17.71	62.68 18.28	71.63 20.30	<b>.000</b>
7. Future security	69.53 18.54	68.55 21.82	72.72 22.34	68.98 17.50	69.51 22.62	.466
<b>PERSONAL WELLBEING INDEX</b>	75.07 11.02	74.85 12.22	77.39 12.89	73.04 10.85	72.47 14.96	<b>.005</b>
<b>Survey-specific personal Aspects</b>						
- Spiritual/religious	70.60 22.71	75.02 20.20	79.73 23.13	70.91 24.62	71.54 25.07	<b>.006</b>
- work as a whole	72.54 19.12	75.12 19.27	85.08 15.32	75.47 16.21	- -	<b>.000</b>
- working hours	68.88 20.11	69.41 22.26	82.52 18.60	68.66 18.19	- -	<b>.000</b>
- amount of leisure	61.42 22.91	65.06 26.91	79.77 22.06	69.77 22.69	80.35 21.54	<b>.000</b>
- way spend leisure	68.50 21.05	70.27 22.65	79.38 19.87	71.40 21.02	74.34 21.15	<b>.000</b>
- Financial security	67.88 18.82	67.30 20.81	69.69 22.31	63.91 22.42	64.69 24.97	.107

	<b>Paid employment</b>	<b>Family &amp; household care</b>	<b>Voluntary work</b>	<b>Study</b>	<b>No work</b>	<b>p =</b>
<b>N =</b>	260	260	129	129	260	
<b>National Wellbeing</b>						
Life in Australia	82.15 <i>16.53</i>	85.50 <i>16.00</i>	85.78 <i>18.43</i>	82.89 <i>15.07</i>	85.83 <i>18.56</i>	.055
<i>National domains</i>						
Economic situation	63.79 <i>19.88</i>	64.78 <i>18.50</i>	66.85 <i>19.26</i>	61.67 <i>18.14</i>	62.87 <i>20.58</i>	.213
State of the environment	59.29 <i>19.00</i>	60.54 <i>19.32</i>	60.24 <i>19.48</i>	59.37 <i>19.47</i>	59.44 <i>21.29</i>	.947
Social conditions	61.76 <i>17.64</i>	62.69 <i>17.23</i>	63.58 <i>19.25</i>	61.64 <i>19.83</i>	66.00 <i>20.09</i>	.893
How Australia is governed	52.37 <i>23.69</i>	54.90 <i>24.01</i>	56.17 <i>27.87</i>	47.62 <i>24.18</i>	55.31 <i>27.11</i>	<b>.029</b>
Business	58.82 <i>17.79</i>	60.37 <i>17.76</i>	60.36 <i>20.58</i>	58.63 <i>19.60</i>	58.99 <i>19.93</i>	.829
National security	63.61 <i>19.00</i>	61.68 <i>18.94</i>	61.94 <i>23.29</i>	65.33 <i>22.31</i>	62.51 <i>21.85</i>	.529
<b>NATIONAL WELLBEING INDEX</b>	60.08 <i>15.02</i>	60.51 <i>14.30</i>	61.68 <i>16.38</i>	59.46 <i>15.78</i>	60.18 <i>16.44</i>	.529
<b>Survey-specific national Aspects</b>						
- C/w games success	58.38 <i>28.13</i>	65.80 <i>27.15</i>	68.98 <i>27.29</i>	53.12 <i>29.82</i>	70.86 <i>28.13</i>	<b>.000</b>

## Appendix A4: Work Hours

Table A4.2: Work hours: Mean (SD)

	0-9	10-19	20-29	30-39	40-49	50+	p =
N =	94	121	186	200	200	200	
<b>Personal Wellbeing</b>	77.45	74.96	78.76	75.70	76.65	79.65	.078
Life as a whole	21.55	17.33	16.57	16.85	14.78	15.32	
<i>Personal domains</i>							
1. Standard of living	75.11	73.06	78.76	76.25	76.15	78.45	<b>.044</b>
	23.18	20.20	16.08	16.36	14.31	15.76	
2. Health	71.06	71.24	78.55	77.65	77.00	76.38	.001
	23.58	20.39	16.78	16.41	16.75	17.20	
3. Achievements in life	75.00	70.50	76.65	71.86	74.49	74.47	.020
	18.82	19.22	16.10	15.99	14.69	18.25	
4. Personal relationships	79.35	77.17	80.70	77.20	78.29	83.07	.032
	22.11	20.71	18.46	22.40	19.52	16.27	
5. How safe you feel	75.64	76.42	79.57	75.60	77.83	77.69	.283
	19.81	19.57	16.24	18.85	16.67	16.87	
6. Community connect	75.54	69.58	71.20	68.84	67.37	70.30	.026
	19.06	20.56	18.33	18.56	18.96	20.47	
7. Future security	70.11	66.39	72.35	68.24	69.79	69.39	.170
	22.63	22.16	19.23	20.19	17.33	18.64	
<b>PERSONAL WELLBEING INDEX</b>	74.53	71.78	76.83	73.78	74.55	75.94	.006
	14.31	13.54	11.08	12.01	11.20	10.37	
<b>Survey-specific personal Aspects</b>							
- Spiritual/religious	76.41	68.99	73.18	71.18	70.90	74.12	.287
	20.70	26.55	24.38	20.61	24.09	23.21	
- work as a whole	79.57	74.75	77.46	73.30	71.81	74.40	.007
	19.83	19.31	17.24	17.91	19.53	19.64	
- working hours	77.61	72.35	73.48	72.31	67.87	63.00	.000
	22.94	23.17	21.29	17.11	20.74	23.64	
- amount of leisure	80.00	74.46	73.60	64.60	62.46	55.25	<b>.000</b>
	21.00	22.43	23.40	21.91	22.08	26.33	
- way spend leisure	75.48	72.15	73.71	67.50	69.50	69.65	.012
	24.65	20.74	20.15	20.83	18.48	23.45	
- Financial security	68.17	63.75	67.58	65.80	68.25	67.34	.411
	23.31	22.68	19.89	20.41	18.61	19.00	

	<b>0-9</b>	<b>10-19</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>50+</b>	<b>p =</b>
<b>N =</b>	94	121	186	200	200	200	
<b>National Wellbeing</b>							
Life in Australia	87.13 <i>16.24</i>	83.45 <i>17.05</i>	83.87 <i>17.21</i>	83.05 <i>16.54</i>	82.41 <i>15.74</i>	84.34 <i>16.44</i>	.317
<i>National domains</i>							
Economic situation	64.36 <i>19.81</i>	62.77 <i>19.74</i>	63.90 <i>18.68</i>	63.65 <i>19.15</i>	65.10 <i>19.08</i>	64.07 <i>18.59</i>	<b>.939</b>
State of the environment	60.11 <i>18.33</i>	57.17 <i>21.27</i>	60.16 <i>19.52</i>	59.69 <i>17.74</i>	58.58 <i>18.38</i>	61.11 <i>18.20</i>	<b>.535</b>
Social conditions	63.19 <i>22.05</i>	61.10 <i>18.85</i>	61.90 <i>18.47</i>	61.62 <i>17.10</i>	62.37 <i>17.88</i>	63.04 <i>18.73</i>	<b>.932</b>
How Australia is governed	54.13 <i>28.06</i>	49.26 <i>25.86</i>	51.41 <i>25.50</i>	52.12 <i>24.46</i>	52.94 <i>22.98</i>	56.50 <i>23.00</i>	.160
Business	59.53 <i>19.27</i>	56.81 <i>18.63</i>	59.01 <i>17.73</i>	58.92 <i>17.95</i>	60.26 <i>17.18</i>	60.00 <i>18.84</i>	.689
National security	62.36 <i>22.41</i>	60.26 <i>22.20</i>	62.96 <i>19.79</i>	62.15 <i>19.42</i>	64.74 <i>18.07</i>	62.28 <i>19.17</i>	.540
<b>NATIONAL WELLBEING INDEX</b>	60.23 <i>17.30</i>	57.81 <i>14.96</i>	60.07 <i>15.70</i>	60.19 <i>14.68</i>	60.97 <i>14.06</i>	61.55 <i>14.21</i>	.473
<b>Survey-specific national Aspects</b>							
- C/w games success	71.85 <i>25.67</i>	61.60 <i>32.57</i>	60.55 <i>28.88</i>	57.64 <i>28.01</i>	57.65 <i>28.21</i>	60.30 <i>28.30</i>	.002

## Appendix A5: Ethnicity

Table A5.1: Ethnicity Through Ethnic Origin

	Non-English Speaking Countries	Australian	Mainly English Speaking Countries	p =
N =	369	500	500	
<b>Personal Wellbeing</b>				
Life as a whole	76.10 15.39	76.45 18.50	77.0 17.93	.744
<i>Personal domains</i>				
1. Standard of living	75.18 16.12	75.66 18.54	77.94 16.78	<b>.035</b>
2. Health	75.12 18.72	74.82 20.46	74.12 19.54	.736
3. Achievements in life	72.36 17.14	74.14 18.24	74.44 15.80	.147
4. Personal relationships	77.62 21.42	78.95 21.56	80.12 20.08	.221
5. How safe you feel	75.52 18.98	78.03 18.36	77.80 18.32	.104
6. Community connect	68.36 19.56	68.57 20.51	70.59 19.85	.174
7. Future security	69.32 19.40	67.79 21.27	69.35 19.75	.403
<b>PERSONAL WELLBEING INDEX</b>	73.43 11.84	74.03 13.30	74.93 11.88	.214
<b>Survey-specific personal Aspects</b>				
- Spiritual/religious	73.42 22.61	70.64 23.08	71.97 22.60	.296
- work as a whole	73.34 17.89	75.26 19.42	72.69 20.09	.141
- working hours	68.53 19.96	69.00 21.38	69.09 21.98	.933
- amount of leisure	63.34 25.07	64.87 25.40	68.69 24.17	<b>.004</b>
- way spend leisure	69.40 20.34	71.00 21.80	72.14 20.50	.163
- Financial security	64.97 19.49	65.55 22.66	67.61 19.86	.134

	<b>Non-English Speaking Countries</b>	<b>Australian</b>	<b>Mainly English Speaking Countries</b>	<b>p =</b>
<b>N =</b>	369	500	500	
<b>National Wellbeing</b>	82.34	82.86	84.57	.119
Life in Australia	16.90	17.75	16.22	
<i>National domains</i>				
Economic situation	62.91 19.80	62.11 20.15	65.74 19.24	<b>.012</b>
State of the environment	64.20 20.08	57.67 19.32	57.70 18.79	<b>.000</b>
Social conditions	65.39 17.07	59.75 19.19	62.52 19.05	<b>.000</b>
How Australia is governed	52.99 22.71	52.61 24.94	54.09 24.15	.607
Business	60.06 18.75	59.44 18.22	59.66 18.88	.896
National security	65.30 19.55	61.26 20.41	63.26 20.58	.017
<b>NATIONAL WELLBEING INDEX</b>	61.99 14.04	59.24 16.15	60.69 15.07	.047
<b>Survey-specific national Aspects</b>				
- C/w games success	62.97 29.94	62.04 28.72	59.47 29.52	.183



Table A5.2: Ethnicity Through Place of Birth

	Non-English Speaking Countries	Australian	Mainly English Speaking Countries	p =
N =	232	350	280	
<b>Personal Wellbeing</b>				
Life as a whole	75.82 16.04	76.31 17.39	77.68 17.94	.434
<i>Personal domains</i>				
1. Standard of living	74.61 16.61	76.03 17.19	77.11 15.47	<b>.263</b>
2. Health	74.91 19.41	74.94 20.04	74.54 21.06	.964
3. Achievements in life	71.05 17.68	74.14 15.87	74.50 17.30	<b>.044</b>
4. Personal relationships	77.89 20.93	78.68 21.93	79.07 21.92	.824
5. How safe you feel	75.76 19.60	77.11 19.46	77.35 18.20	.629
6. Community connect	67.70 18.77	69.91 19.80	70.14 19.58	.300
7. Future security	67.99 19.85	67.77 20.42	70.80 19.91	.137
<b>PERSONAL WELLBEING INDEX</b>	72.91 12.19	74.11 12.54	74.73 12.24	.269
<b>Survey-specific personal Aspects</b>				
- Spiritual/religious	75.41 21.09	69.96 24.29	71.90 23.35	<b>.049</b>
- work as a whole	73.55 17.63	73.32 18.84	76.11 19.18	.207
- working hours	68.51 20.32	67.95 20.42	71.21 20.19	.200
- amount of leisure	63.33 24.02	67.30 24.01	70.46 24.96	<b>.004</b>
- way spend leisure	69.96 20.38	70.74 20.16	72.39 22.12	.394
- Financial security	64.67 19.35	65.97 20.30	66.76 20.22	.503

	<b>Non-English Speaking Countries</b>	<b>Australian</b>	<b>Mainly English Speaking Countries</b>	<b>p =</b>
<b>N =</b>	232	350	280	
<b>National Wellbeing</b>				
Life in Australia	82.03 <i>16.88</i>	84.53 <i>17.19</i>	85.43 <i>15.47</i>	.061
<i>National domains</i>				
Economic situation	64.25 <i>19.37</i>	64.85 <i>18.85</i>	65.85 <i>18.88</i>	.635
State of the environment	65.87 <i>20.22</i>	57.92 <i>18.50</i>	58.66 <i>19.82</i>	<b>.000</b>
Social conditions	66.39 <i>18.12</i>	61.23 <i>18.59</i>	63.00 <i>18.82</i>	<b>.005</b>
How Australia is governed	55.55 <i>22.76</i>	52.91 <i>24.28</i>	53.37 <i>24.18</i>	.407
Business	61.17 <i>18.34</i>	59.25 <i>19.04</i>	59.85 <i>18.77</i>	.494
National security	67.68 <i>19.27</i>	62.17 <i>19.86</i>	63.27 <i>22.26</i>	<b>.006</b>
<b>NATIONAL WELLBEING INDEX</b>	63.75 <i>13.87</i>	59.92 <i>14.75</i>	61.11 <i>14.91</i>	<b>.014</b>
<b>Survey-specific national Aspects</b>				
- C/w games success	66.31 <i>29.36</i>	61.59 <i>28.23</i>	59.24 <i>30.71</i>	<b>.026</b>

## Appendix A7: PWI Values for Groups Credited in Relation to S11 Analyses

Personal Wellbeing Index values for groups created in relation to the S11 analyses

### Overall survey values (surveys numbered 1-4)

1. 73.95 ± 12.87 (1974)
2. 74.36 ± 13.02 (1973)
3. 75.19 ± 12.52 (1901)
4. 74.41 ± 12.27

### Gender values (N)

	MALE.....	FEMALE
1.	72.7 ± 13.4 (831)	74.9 ± 12.4 (1143)
2.	73.3 ± 13.3 (727)	75.0 ± 12.8 (1246)
3.	(689)	(1212)
4.	(935)	(963)
5.		

### Responses to 'Does recalling S11 make you sad' (N)

	YES.....	NO
2.	74.34 ± 13.02 (1790)	74.53 ± 13.04 (183)
3.	75.65 ± 12.48 (1177)	74.40 ± 12.45 (705)
4.	74.20 ± 12.36 (945)	74.65 ± 12.19 (942)
	YES - Males .....	NO - Males
2.	73.29 ± 13.29 (622)	73.51 ± 13.18 (105)
3.	74.56 ± 13.66 (370)	72.30 ± 13.64 (313)
4.	73.95 ± 11.87 (401)	73.49 ± 12.31 (530)
	YES - Females.....	NO - Females
2.	74.90 ± 12.85 (1168)	75.90 ± 12.81 (78)
3.	76.15 ± 11.87 (807)	76.08 ± 11.15 (392)
4.	74.38 ± 12.72 (544)	76.14 ± 11.90 (412)

## Appendix A8: Psychometric issues

### A8.1 Index Sensitivity

At this stage, after four surveys, it is possible to rank the various measures in terms of their sensitivity, evaluated in terms of the degree of variation each measure has shown across the four surveys. Table A7.1 presents these data calculated from Table A1.1.

Table A7.1: Sensitivity to Change

Variable	Nature of Variable	Number of Surveys	Range of Values	Rank Order
Life in Australia	AN	4	15.2	1
Economic Situation	N	4	10.4	2
National Security	N	3	6.0	3
Government	N	3	5.9	4
NWI	NI	4	4.9	5
Business	N	3	4.5	6
Social conditions	N	4	3.6	7
Standard of Living	P	4	3.2	8
Environment	N	4	3.0	9.5
Life as Whole	AP	4	3.0	9.5
Financial Security	P	2	2.6	11
Future Security	P	4	2.4	12
Safety	P	4	2.1	13.5
Community	P	4	2.1	13.5
Achieve	P	4	1.7	15.5
Health	P	4	1.7	15.5
PWI	PI	4	1.2	17
Relationships	P	4	1.0	18.0

Key: A = Abstract  
 N = National  
 P = Personal  
 I = Index

What emerges from Table A7.1 is a clear hierarchy in terms of variability. The national indices are considerably more variable than the personal indices, and the most variable indicator is the abstract-national item 'Life in Australia'. The abstract personal item 'Life as a Whole' also shows more variability than most of the personal domains.

The two indices show a level of variability that reflects their constituent domains. The variability of the National Index falls within the range for its domains however some of these have data from only three surveys. The Personal Index shows a level of variability that is lower than all of the individual personal domains except Relationships.

## **A8.2 Predication of ‘Life as a Whole’ by the PWI Domains and Happiness**

In surveys 1 and 2, an item that formed part of the original Comprehensive Quality of Life Scale (Satisfaction with happiness) was included in the survey, even though it had been excluded from the Index. The following analyses test whether this item constitutes variance to the prediction of ‘satisfaction with life as a whole’ over and above the PWI domains.

Table 1 : Data From Survey 1 - Excluding Happiness

	Survey 1		Survey 2		Survey 3		Survey 4	
	$\beta$	p	$\beta$	p	$\beta$	p	$\beta$	p
Standard	.31	.000	.34	.000	.30	.000	.37	.000
Health	.13	.000	.08	.000	.08	.000	.11	.000
Achieve	.21	.000	.20	.000	.24	.000	.19	.000
Relationships	.21	.000	.24	.000	.21	.000	.22	.000
Safety	-.01	.432	.03	.069	.05	.007	.01	.841
Community	.09	.000	.08	.000	.02	.186	.07	.000
Security	.06	.005	.07	.000	.14	.000	.06	.003
	Adj. R <sup>2</sup> = .50		Adj. R <sup>2</sup> = .53		Adj. R <sup>2</sup> = .51		Adj. R <sup>2</sup> = .53	

Table 2 : Data from Survey 1 - Including Happiness

	Survey 1		Survey 2		Survey 3		Survey 4	
	$\beta$	p	$\beta$	p	$\beta$	p	$\beta$	p
Standard	.27	.000	.28	.000				
Health	.11	.000	.05	.001				
Achieve	.15	.000	.13	.000				
Relationships	.11	.000	.11	.000				
Safety	-0.1	.541	.03	.040				
Community	.05	.004	.06	.000				
Security	.01	.565	.01	.638				
Happiness	.30	.000	.35	.000				
	Adj. R <sup>2</sup> = .54		Adj. R <sup>2</sup> = .59		Adj. R <sup>2</sup> = .		Adj. R <sup>2</sup> = .	

The consistency of these solutions is astonishing. The four regressions that omit happiness vary .03% in terms of explained variance, while the two that include happiness vary by .05%. However, the major finding is that on both occasions in which it was included, happiness had the highest  $\beta$  weight and it increased the overall explained variance by .04% and .06% for Survey 1 and 2 respectively. In terms of unique variance, in Study 1 it captured 4.8%. This was the highest and equalled the amount captured by standard of living. In Study 2 happiness captured 5.8% unique variance which was the highest of any domain.

The decrease in  $\beta$  due to the inclusion of happiness is given in Table 3 below.

Table 3 : Decrease in domain  $\beta$  values due to the inclusion of happiness

	Survey 1	Survey 2
Standard	.04	.06
Health	.02	.03
Achieve	.06	.07
Relationship	.10	.13
Safety	.00	.00
Community	.04	.02
Security	.05	.06

Again, these results are remarkably consistent between the two surveys and show that the most affected domain is Personal Relationships in terms of the absolute degree of  $\beta$  value decrease. However, in terms of the percentage loss the most affected domain was Future Security which constituted no significant variance when happiness was included.

The next table indicates the degree of variation in  $\beta$  values across the four surveys in the absence of happiness.

Table 4 : Extent of  $\beta$  variation across the four surveys

	Degree of variation in $\beta$
Standard	.07
Health	.05
Achieve	.05
Relationship	.03
Safety	.05
Community	.07
Security	.08

This indicates little variation between the domains

### Conclusion:

1. Satisfaction with happiness should be considered for inclusion in the PWI as a domain. It contributes as much unique variance to the prediction of 'Life as a Whole' as any of the other domains and its inclusion with the other domains increases the overall explained variance.
2. All of the other domains should be retained. The weakest are Safety and Future Security. However, both may exhibit a stronger contribution in situations of personal uncertainty and it would be premature to exclude them at this stage.



## Appendix A9: Previous Reports and Publications

### Previous Reports:

Cummins, R.A., Eckersley, R., Pallant, J., van Vugt, J., Shelly, J., Pusey, M., & Misajon, R. (2001). *Australian Unity Wellbeing Index: Report #1*. Melbourne: School of Psychology, Deakin University.

Cummins, R.A., Eckersley, R., Pallant, J., Misajon, R. & Davern, M. (2001). *Australian Unity Wellbeing Index: Report #1, Survey 2*. Melbourne: Australian Centre on Quality of Life, School of Psychology, Deakin University.

Cummins, R.A., Eckersley, R., Pallant, J., Davern, M. & Misajon, R. (2001). *Australian Unity Wellbeing Index: Report #2, Survey 2 - Special Report on Income & Geographic Location*. Melbourne: Australian Centre on Quality of Life, School of Psychology, Deakin University.

Cummins, R.A., Eckersley, R., Pallant, J., & Davern, M. (2002). *Australian Unity Wellbeing Index: Report #3.1, Survey 3 - Wellbeing in Australia and the aftermath of September 11*. Melbourne: Australian Centre of Quality of Life, School of Psychology, Deakin University.

Cummins, R.A., Eckersley, R., Pallant, J., Okerstrom, E., & Davern, M. (2002). *Australian Unity Wellbeing Index: Report #3.2, Survey 3 - The impact of personal relationships and household structure on the wellbeing of Australians*. Melbourne: Australian Centre of Quality of Life, School of Psychology, Deakin University.

### Academic Publications:

Cummins, R.A., Eckersley, R. Pallant, J. Van Vugt, J. & Misajon, R. (2002). The development of a national index of subjective wellbeing: The Australian Unity Wellbeing Index [Social Indicators Research](#) (in press).



## Appendix 10. Other Australian indexes

The Australian Bureau of Statistics has published, *Measuring Australia's Progress*, which reports on national performance according to about 15 headline indicators and a range of background indicators. This research, however, is confined to objective indicators.

The Australia Institute constructs the *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. Again, however, this effort is focused on objective indicators – things that can be measured in material terms.

The Evatt Foundation and the Public Sector Research Centre at the University of NSW produce an annual *The State of the States 2001* report, which assesses the States on 15 indicators of social, environmental and economic policy. Various market research companies include life satisfaction questions in regular surveys, but do not compile a comprehensive and systematic index of wellbeing.

## **Appendix A11: Questionnaire**

### **Survey #4 Questionnaire**

#### **The Australian Unity Wellbeing Index– September 2002**

“Hello, my name is ..... I’m calling on behalf of the Australian Unity Wellbeing Index and Deakin University. Your telephone number has been obtained from the White Pages and we are doing a survey on how people feel about life in Australia. The survey results are used to create an index of national wellbeing and it will only take about 5 minutes to complete”

“Can I please speak to a male in your house who had the most recent birthday, and who is at least 18 years old.”

Instructions: In the initial stages of the survey we are targeting males until the male quotas are filled. If the person who answers is that person then continue. If the person is available repeat opening paragraph. If the person is not available, ask when they will be available and organise a call back time.

“The survey is a joint initiative between Deakin University’s Australian Centre on Quality of Life and Australian Unity, it will involve asking you questions about how satisfied you are with different aspects of your life and then more generally about life in Australia. Would you like to share your views, by being involved in the survey?”

“Thank you. Information you give us will only be used to publish an overall survey result and you can access that information by writing in to either Deakin University or Australian Unity.

“You are welcome to withdraw from this survey at any time. If you do your answers will not be used when the results are analysed. “

“I am going to ask how satisfied you feel, on a scale of Zero – 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 are with life. So,-----“

## (Personal well-being)

(Personal - Abstract)

1. Thinking about your own life and personal circumstances, how satisfied are you with your life as a whole?  
0 1 2 3 4 5 6 7 8 9 10

“Turning now to various areas of your life, -----“

(Personal Domains)

How satisfied are you with...?

2. your standard of living?  
0 1 2 3 4 5 6 7 8 9 10

3. your health?  
0 1 2 3 4 5 6 7 8 9 10

4. what you achieve in life?  
0 1 2 3 4 5 6 7 8 9 10

5. your personal relationships?  
0 1 2 3 4 5 6 7 8 9 10

6. how safe you feel?  
0 1 2 3 4 5 6 7 8 9 10

7. feeling part of your community?  
0 1 2 3 4 5 6 7 8 9 10

8. your future security?  
0 1 2 3 4 5 6 7 8 9 10

9. your religion or spirituality?  
0 1 2 3 4 5 6 7 8 9 10

[tick this box if the question does not apply to the respondent]

10. your financial security?  
0 1 2 3 4 5 6 7 8 9 10

11. Thinking about the work that you do, what do you consider to be your main area of work?

[drop-down check menu, but no prompt from interviewer]

- Paid employment
- Family & household care
- Voluntary work
- Study
- Other (record)
- No area of work Skip to Q15

12. How many hours each week do you normally spend on this work?

13. How satisfied are you with this work as a whole?

0 1 2 3 4 5 6 7 8 9 10

14. How satisfied are you with the number of hours you spend on this work each week?

0 1 2 3 4 5 6 7 8 9 10

15. How satisfied are you with the amount of leisure time you have?

0 1 2 3 4 5 6 7 8 9 10

16. How satisfied are you with the way you spend your leisure time?

0 1 2 3 4 5 6 7 8 9 10

**(National well-being)**

(National – Abstract)

“Turning now to life in Australia-----“

17. how satisfied are you with life in Australia?

0 1 2 3 4 5 6 7 8 9 10

*(National Domains)*

How satisfied are you with-----

18. the economic situation in Australia?

0 1 2 3 4 5 6 7 8 9 10

19. the state of the natural environment in Australia?

0 1 2 3 4 5 6 7 8 9 10

20. the social conditions in Australia?  
0 1 2 3 4 5 6 7 8 9 10
21. Government in Australia?  
0 1 2 3 4 5 6 7 8 9 10
22. business in Australia?  
0 1 2 3 4 5 6 7 8 9 10
23. national security in Australia?  
0 1 2 3 4 5 6 7 8 9 10

(Recent Life Events)

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

Yes, happier  
 Yes, sadder  
 No

If 'yes', how strong would you rate this influence?

0 1 2 3 4 5 6 7 8 9 10  
Very Weak Very Strong

25. What about the September 11 terrorist attack in America last year? Does this make you feel sadder than usual now? Yes  No

If 'yes', how strong would you rate this influence?

0 1 2 3 4 5 6 7 8 9 10  
Very Weak Very Strong

26. How important to you is Australia's success at the Commonwealth Games?

0 1 2 3 4 5 6 7 8 9 10  
Not at all important Extremely important

Now, just a couple more questions about yourself.

27. Interviewer – record the sex of the respondent

Male  Female

28. Can you tell me your age? *Interviewer type in age.*

29. Can you please give me an idea of your **household**'s annual income, combined from all sources and before tax?

- < \$15,000
- \$15,000 - <\$30,000
- \$30,000 - <\$60,000
- \$60,000 - <\$90,000
- \$90,000+

30. How many people live in your household?

31. Let me ask about your ancestry   
In which country were you born?  
What is your ethnic origin?   
[Drop down menu, but no prompt from interviewer]

32. We are going to carry out another survey like this in 6 months' time. Would you be willing to help us again?  
 Yes       No

(If YES) Thank You. Can you please tell me your name? You will not be identified in any report, but we need to record your name in order to contact you again.

*Interviewer type in name.*

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



