

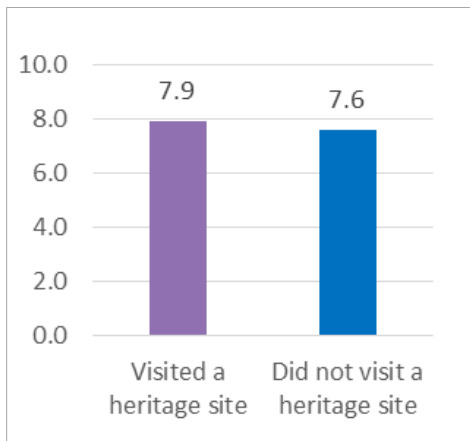
Wellbeing and Experience of Heritage by adults in Northern Ireland

Findings from the Continuous Household Survey 2016/17

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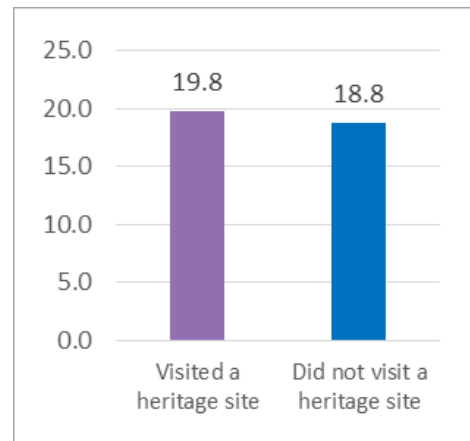
Coverage: Northern Ireland

Life Satisfaction



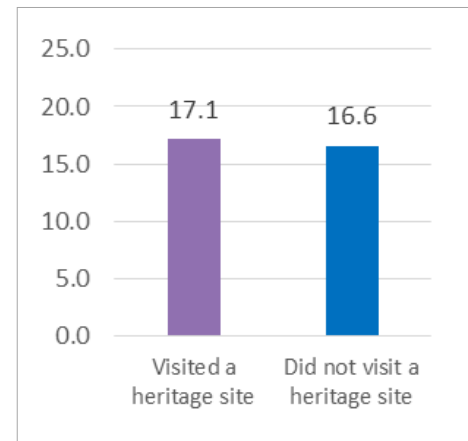
For adults who visited a heritage site the mean life satisfaction score was 7.9 which was higher than for those who did not visit (7.6).

Self-efficacy



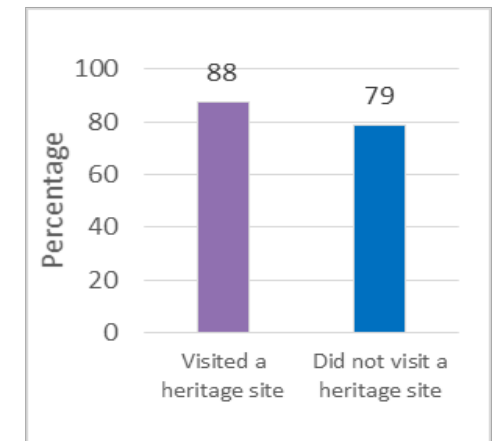
For adults who visited a heritage site the mean self-efficacy score was 19.8 which was higher than for those who did not visit (18.8).

Locus of Control



For adults who visited a heritage site the mean locus of control score was 17.1 which was a higher (more internal) locus of control than for those who did not visit (16.6).

General Health



For adults who had visited a heritage site 88% rated their health as 'fairly good or good' which was higher than the proportion who had not visited a heritage site (79%).

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Introduction

This report presents the findings from the 2016/17 Continuous Household Survey (CHS) in relation to wellbeing and experience of heritage in Northern Ireland. The Executive Office is responsible for publishing [estimates](#) of self-efficacy, locus of control and life satisfaction metrics for the population of Northern Ireland. This report looks at the relationship of these metrics to the experience of heritage.

The Department for Communities (DfC) is the lead department for Historic Environment. DfC is responsible for the recording, conservation and protection of built heritage in Northern Ireland. Another report published by DfC presenting an analysis of wellbeing and engagement in culture, arts and sports is available [here](#). Questions on heritage were added to the CHS in September 2016, following the establishment of DfC and consequent joining of heritage to culture, arts and sports development. In future years a single wellbeing publication will be produced.

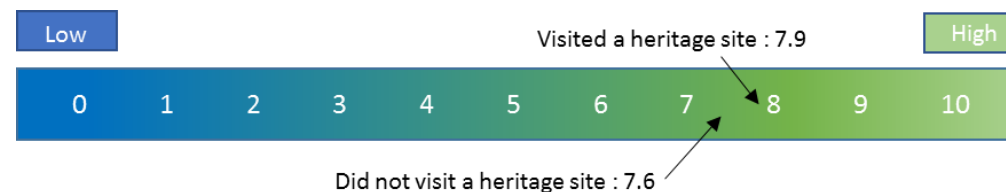
Continuous Household Survey

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

Life Satisfaction

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

In 2016/17 the mean life satisfaction score for adults in Northern Ireland was 7.8. For adults who visited a heritage site the mean score was 7.9 which was higher than for those who did not visit (7.6).

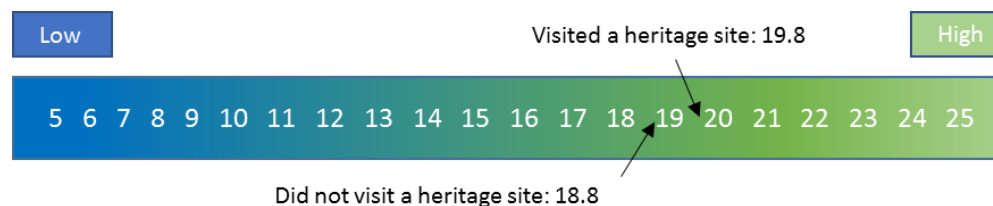


Self-efficacy

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

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

In 2016/17 the mean self-efficacy score for adults in Northern Ireland was 19.2. For adults who visited a heritage site the mean score was 19.8 which was higher than for those who did not visit (18.8).



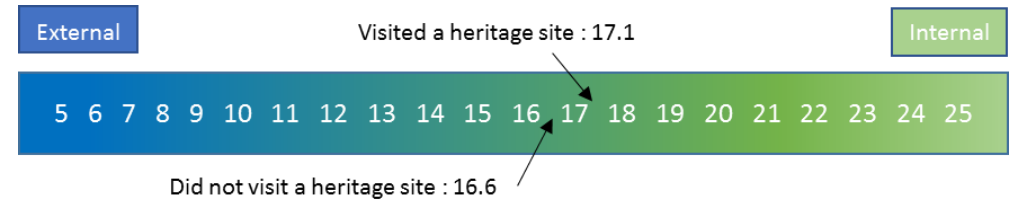
¹ See: ONS, *Personal wellbeing in the UK: July 2016 to June 2017*, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/bulletins/measuringnationalwellbeing/july2016tojune2017>

Locus of Control

Locus of control explains the degree to which a person feels in control over their life. Locus of control is classified as either external or internal. Those with an internal locus of control believe in their own influence and control, while those with an external locus of control believe control over their life is determined by outside factors.

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

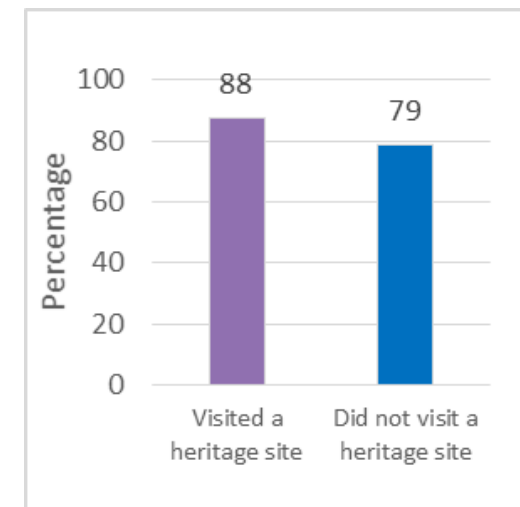
In 2016/17 the mean locus of control score for adults in Northern Ireland was 16.9. For adults who visited a heritage site the mean score was 17.1 which was a higher (more internal) locus of control than for those who did not visit (16.6).



General Health - Fairly good or good health

The Continuous Household Survey asks the following question in relation to health: '**How is your health in general?**'. An analysis of engagement in heritage and the general health of adults in Northern Ireland is presented below.

In 2016/17, 83% of all adults in Northern Ireland rated their health as 'fairly good' or 'good'. For adults who had visited a heritage site 88% rated their health as 'fairly good or good' which was higher than the proportion who had not visited a heritage site (79%).



Definitions and technical notes

Continuous Household Survey

The Continuous Household Survey (CHS) is a Northern Ireland wide household survey administered by Central Survey Unit, Northern Ireland Statistics and Research Agency. The sample for this survey consists of a systematic random sample of 4,500 addresses selected from the Land and Property Service's list of private addresses. The heritage question was included as part of the culture, arts and leisure module of the survey from September 2016 onwards (i.e. the final 7 months of the survey period). The findings reported for 2016/17 are based on 1,988 respondents, aged 16 and over.

Weighting the Continuous Household Survey

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

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

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

Visited a Heritage Site – Visited one of the following heritage sites in the 12 months prior to the CHS:

- A city or town with historic character
- A historic building open to the public (non-religious)
- A historic park or garden open to the public
- A place connected with industrial history (e.g. an old factory, dockyard or mine) or historic transport system (e.g. an old ship, canal, or railway)
- A historic place of worship attended as a visitor (not to worship)
- A monument such as a castle, fort, or ruin
- A site of archaeological interest (i.e. an earthen fort ancient burial site)
- A site connected with sports heritage (e.g. a historic cricket pitch) (not visited for the purposes of watching sport)

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

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

Self-efficacy statement questions:

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

Locus of control statement questions¹:

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

Life satisfaction

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

General Health question

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

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

Statistical significance in this report

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

Other notes

The following should be noted when interpreting figures and tables:

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