He Tohu Ora: Spirituality

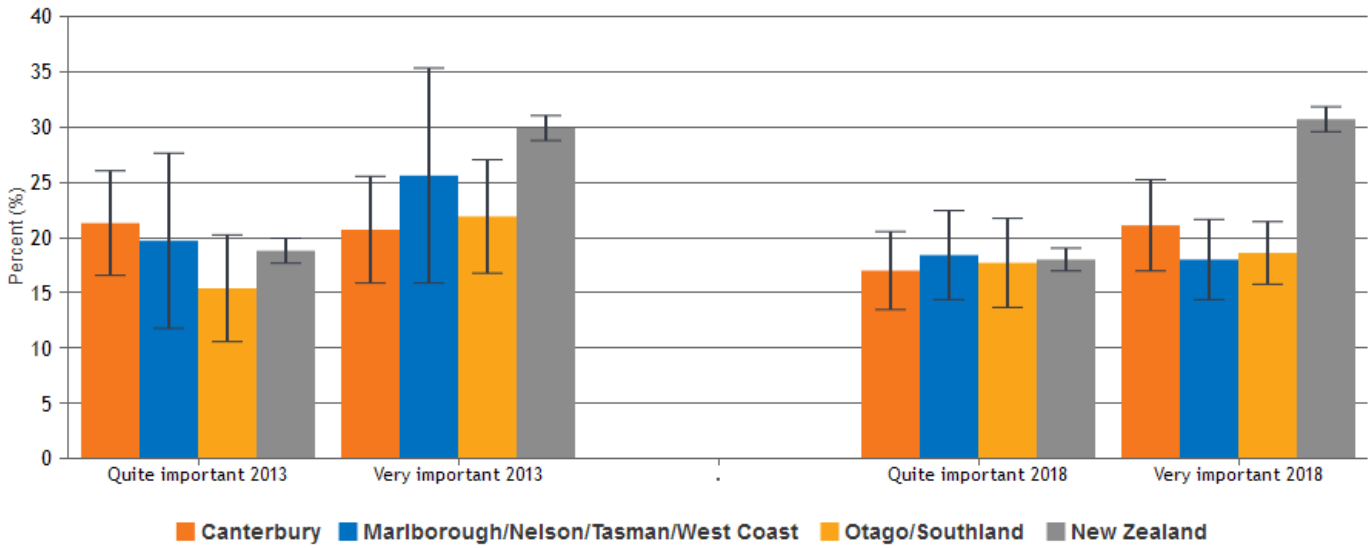
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A Māori worldview recognises that wellbeing can be connected to unseen and unspoken energies [4]. Wairuatanga (spirituality) is threaded through Māori beliefs, values and practices [26] and is broadly defined as “connection with all aspects of the universe”, such as the connection with whenua (land), the body and mind or a wider connection [3, 4]. From a Māori worldview, spirituality is essential to good health [3, 4]. As Māori spirituality has strong linkages with whenua (land), any harm caused to significant whenua such as maunga (mountain) and awa (river) might disrupt the wairua of Māori and impact their overall wellbeing [4].

Te Kupenga asked respondents how important spirituality was in their life. There were five response options ranging from not at all important to very important [12]. This indicator presents the proportion of respondents who reported that spirituality was quite important or very important.

This indicator presents the proportion of respondents who reported that spirituality was quite/very important.

Figure 15: Proportion of Māori aged 15 years and over who reported spirituality was quite important or very important, in Canterbury, Marlborough/Nelson/Tasman/West Coast and Otago/Southland, and New Zealand, 2013 and 2018



The figure shows that in 2018, Canterbury; Marlborough, Nelson, Tasman, and West Coast; Otago and Southland; and New Zealand overall, had similar proportions of respondents who reported that spirituality was quite important to them (17%; 18.4%; 17.7%; and 18% respectively). The proportion of New Zealand respondents who reported that spirituality was very important to them (30.7% in 2018) was statistically significantly higher than reported by respondents from each of the named geographical areas: Canterbury, 21.1%; Marlborough, Nelson, Tasman, and West Coast,18%; and Otago and Southland, 18.6% (a similar pattern is evident in the 2013 result).

Data Sources

Source: Statistics New Zealand.
Survey/data set: Te Kupenga 2013 and 2018. Access publicly available data from the Statistics New Zealand website

www.stats.govt.nz/information-releases/te-kupenga-2018-final-english

Source data frequency: Survey conducted every 10 years - following the national census.

Metadata for this indicator is available at https://www.canterburywellbeing.org.nz/index-data

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