He Tohu Ora: Spirituality

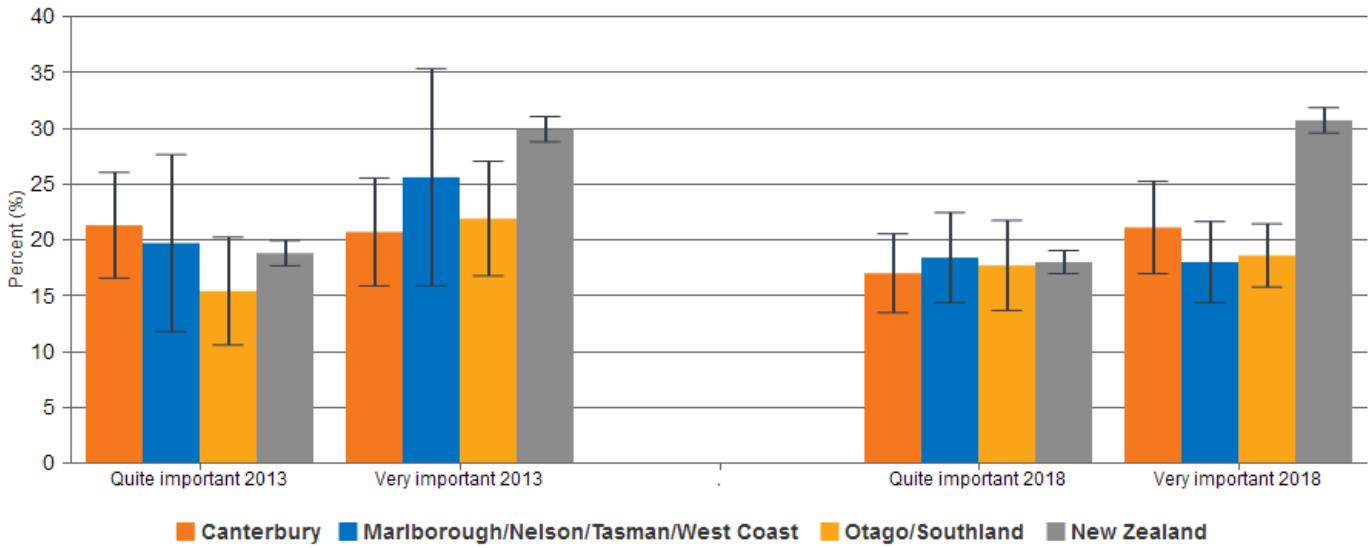
Downloaded from https://www.canterburywellbeing.org.nz/he-tohu-ora/#link-spirituality on 29/03/2024 5:38 AM

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

© Crown copyright 2024

REFERENCES

This is the full reference list for **He Tohu Ora**.

1 Durie M (2006) Measuring Māori Wellbeing. New Zealand Treasury guest lecture series. Wellington.

2 Durie M (1999) Te Pae Māhutonga: A model for Māori health promotion. *Health Promotion Forum of New Zealand Newsletter* 49: 5.

3 Kingi TK, Durie M, Elder H, Tapsell R, Lawrence M, et al. (2018) *Maea te Toi Ora: Māori Health Transformations*. Wellington: Huia Publishers.

4 Durie M (1998) *Whaiora: Māori health development*. Auckland: Oxford University Press.

5 Durie M (2001) *Mauri Ora: The Dynamics of Māori Health*. Auckland: Oxford University Press.

6 Te Puni Kōkiri (2018) *Whānau Ora Annual Summary Report: 1 July 2016 - 30 June 2017*.

7 Pevalin D, Rose D (2004) *Investigating the links between social capital and health using the British Household Panel Survey*. Essex: Institute for Social and Economic Research, University of Essex.

8 Elliott J, Gale CR, Parsons S, Kuh D, HALCyon Study Team (2014) Neighbourhood cohesion and mental wellbeing among older adults: A mixed methods approach. *Social Science & Medicine* 107: 44-51.

9 Robinson D, Williams T (2001) Social capital and voluntary activity: Giving and sharing in Māori and non-Māori society. *Social Policy Journal of New Zealand/Te Puna Whakaaro* 52.

10 Te Whatu Ora Waitaha (2022) *Canterbury Wellbeing Survey: Report prepared by Nielsen for Te Whatu Ora Waitaha and partnering agencies*. Christchurch: Te Whatu Ora Waitaha.

11 Social Policy Evaluation and Research Unit (2017) *Subjective whānau wellbeing in Te Kupenga*. Wellington: Superu.

12 Statistics New Zealand (2013) *Te Kupenga 2013: A survey of Māori well-being questionnaire*. Wellington: Statistics New Zealand.

13 Statistics New Zealand (2015) *Ngā tohu o te ora: The determinants of life satisfaction for Māori 2013*. Wellington: Statistics New Zealand.

14 Statistics New Zealand (2018) *New Zealand Census of Population and Dwellings: individual form*. Wellington: Statistics New Zealand.

15 Social Policy Evaluation and Research Unit (2017) *Families and whānau status report*. Wellington: Superu.

16 Kingi TK, Durie M, Durie M, Cunningham C, Borman B, et al. (2014) *Te Puawaitanga o Ngā Whānau: Six Markers of Flourishing Whānau*. Palmerston North: Massey University.

17 Fayers P, Hays R (2005) *Assessing quality of life in clinical trials: methods and practice (2nd edition)*. New York: Oxford University Press.

18 Reid J, Varona, G, Fisher, M, & Smith, C. (2016) Understanding Māori 'lived'culture to determine cultural connectedness and wellbeing. *Journal of Population Research* 33: 31-49s.

19 Muriwai E, Houkamau CA, Sibley CG (2015) Culture as cure? The protective function of Māori cultural efficacy on psychological distress. *New Zealand Journal of Psychology* 44: 14.

20 Ministry of Social Development (2016) *The social report 2016: Te pūrongo oranga tangata*. Wellington: Ministry of Social Development.

21 Māori party (2016) $34.6m to support Te Reo Māori revival. Accessed 15 November 2018 from www.maoriparty.org

22 Chrisp S (2005) Māori Intergenerational Language Transmission. *International Journal of the Sociology of Language* 2005: 149-181.

23 Te Ahukaramū Charles Royal (2007) Story: Papatūānuku - the land. Te Ara: the Encyclopedia of New Zealand

24 National Advisory Committee on Health and Disability (1998) The social, cultural, and economic determinants of health in New Zealand: action to improve health. Wellington: National Health Committee.

25 Te Kotahi Research Institute: Waikato University (2014) Ngā Hua a Tāne Rore: the Benefits of Kapa Haka Manatū Taonga - Ministry for Culture and Heritage & Te Matatini.

26 Kennedy V, Cram F, Paipa K, Pipi K, Baker M (2015) Wairua and cultural values in evaluation. *Evaluation Matters-He take tō te aromatawai* 1: 83-111.

27 Howden-Chapman P, Matheson A, Crane J, Viggers H, Cunningham M, et al. (2007) Effect of insulating existing houses on health inequality: cluster randomised study in the community. *Bristish Medical Journal* 334: 460-464.

© Crown copyright 2024 Printed on: 29/03/2024

28 Baker M, Zhang J, Keall M, Howden-Chapman P (2011) *Health Impacts of the Healthy Housing Programme on Housing New Zealand Tenants: 2004-2008*. Wellington: He Kainga Oranga, University of Otago.

29 Raerino K, Macmillan AK, Jones RG (2013) Indigenous Māori perspectives on urban transport patterns linked to health and wellbeing. *Health and Place* 23: 54-62.

30 Waitangi Tribunal (2011) *Ko Aotearoa tēnei : a report into claims concerning New Zealand law and policy affecting Māori culture and identity. Te taumata tuatahi. (Waitangi Tribunal report)*. Wellington: Legislation Direct.

31 Ministry of Health (2014) *The guide to He Korowai Oranga: Māori Health Strategy*. Wellington: Ministry of Health.

© Crown copyright 2024 Printed on: 29/03/2024