

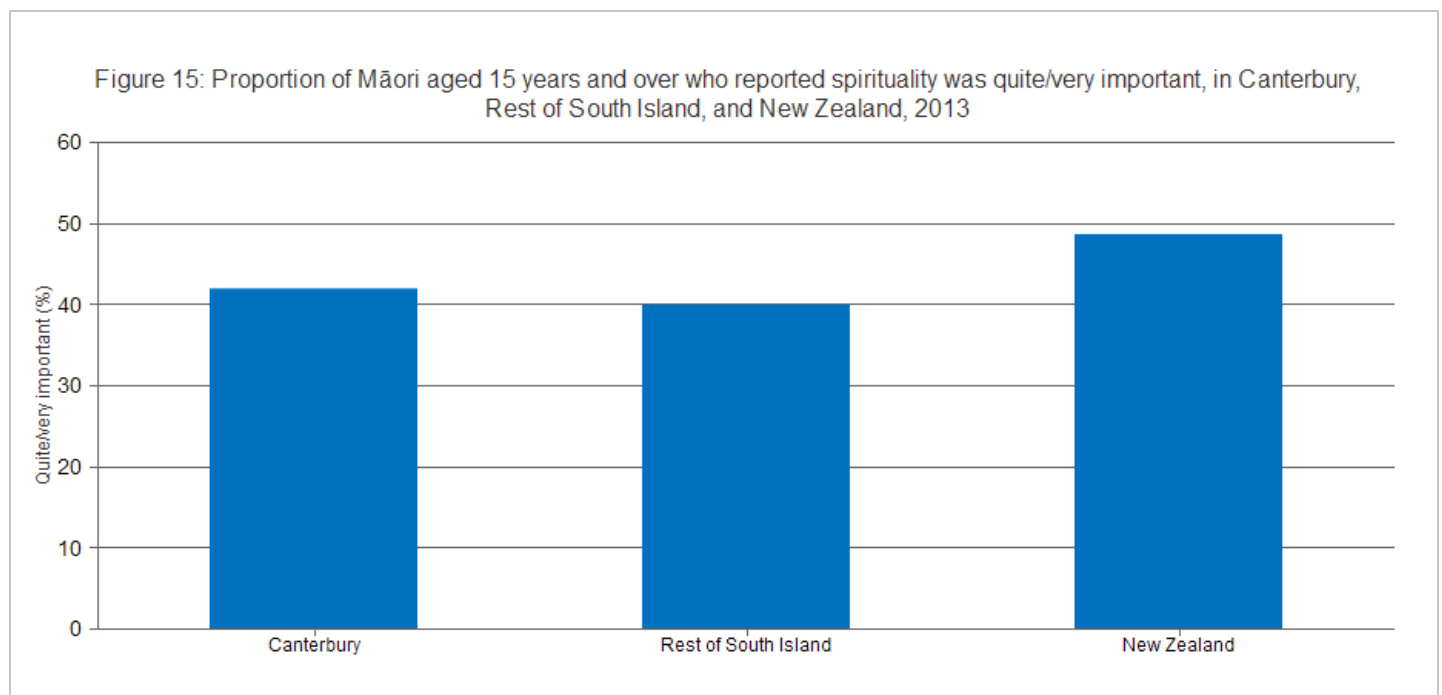
# He Tohu Ora: Spirituality

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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 2013 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/very important.



The figure shows that in 2013, Canterbury and the rest of the South Island had similar proportions of respondents who reported that spirituality was quite/very important to them, at 42 percent and 40 percent, respectively. The highest proportion, 48.7 percent, was recorded for New Zealand, overall.

## Data Sources

**Source:** Statistics New Zealand.

**Survey/data set:** Te Kupenga 2013. Access publicly available data from the Statistics New Zealand website [www.archive.stats.govt.nz/browse\\_for\\_stats/people\\_and\\_communities/maori/te-kupenga.aspx](http://www.archive.stats.govt.nz/browse_for_stats/people_and_communities/maori/te-kupenga.aspx)

**Source data frequency:** Updated in 2018 and then 10-yearly.

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

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