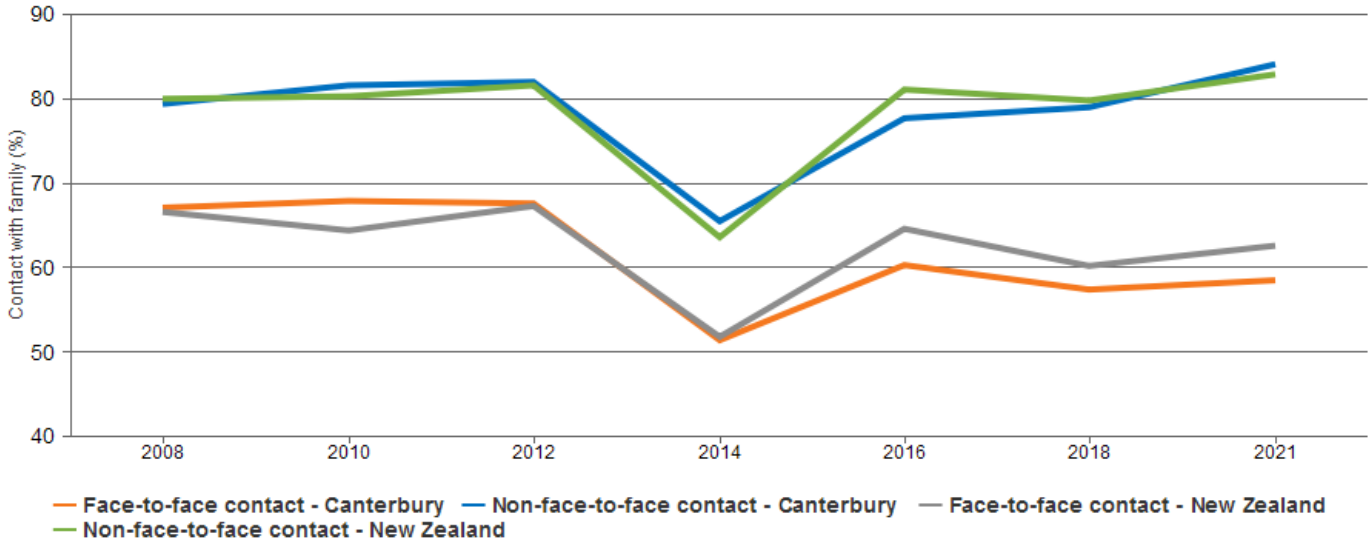
Social Capital: Contact with family and friends

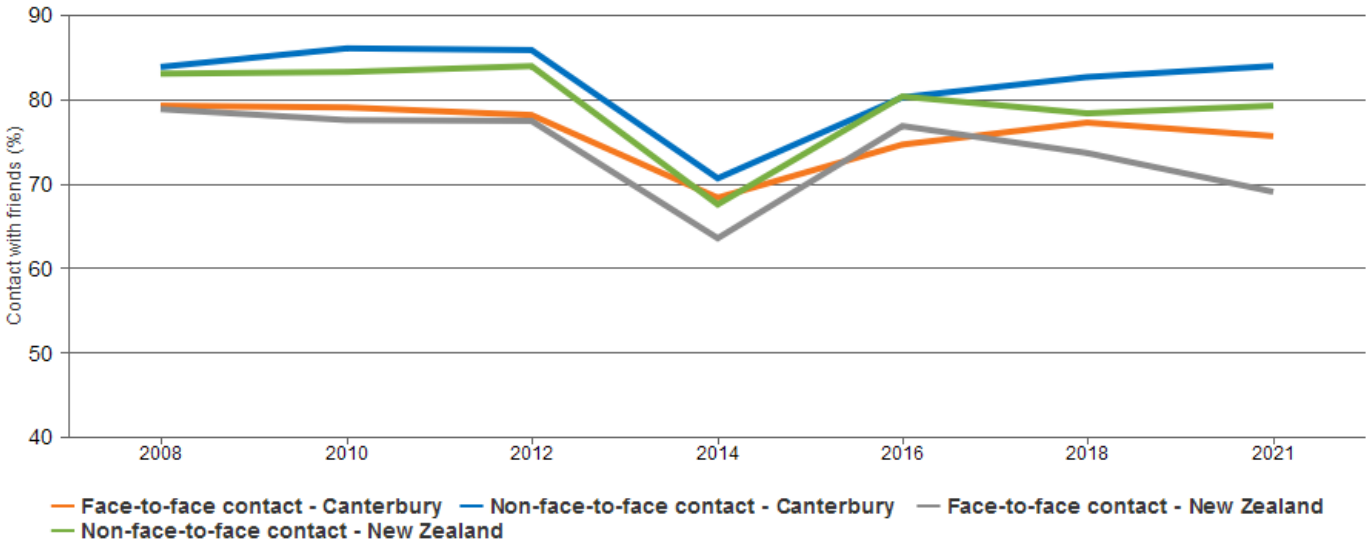
Downloaded from https://www.canterburywellbeing.org.nz/our-wellbeing/social-capital/contact-with-family-and-friends/ on 29/03/2024 3:38 AM

Family and friends are a source of social support and give people a sense of belonging. Staying in touch with family and friends who live elsewhere helps maintain social connections, which can contribute to wellbeing. A network of relatives, friends, colleagues, and other personal contacts can encourage healthy behaviours. People can call on their social networks for assistance in times of need [13].

This indicator presents the proportion of those aged 15 years and over who had face-to-face contact and non-face-to-face contact with family (top graph) and friends (bottom graph) living in another household in the last week (at least once a week) as reported in the New Zealand General Social Survey. Family included immediate family, such as parents, siblings, and other relatives (for example, uncles, aunts, and in-laws).

Figure 2.1: Proportion of those aged 15 years and over who had contact with family at least once a week, in Canterbury and New Zealand, 2008–2021





The figures show that most New Zealanders talk face-to-face with their family or friends regularly. In Canterbury in 2021, 58.5 percent of respondents had face-to-face contact with their family at least once a week; 75.7 percent reported face-to-face contact with friends at least once a week. Most Canterbury respondents also had regular non-face-to-face contact with family and friends. Approximately eight out of ten respondents in 2021 had non-face-to-face contact with family (84.1%) or friends (84.0%) in the last week. Contact with family and friends for Canterbury respondents appears relatively similar to that for New Zealanders overall.

Data Sources

Source: Statistics New Zealand.
Survey/data set: New Zealand General Social Survey to 2021. Access publicly available data from the Statistics New Zealand website www.stats.govt.nz/information-releases/wellbeing-statistics-2021
Source data frequency: Every two years.

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

REFERENCES

This is the full reference list for **Social Capital**.

1 Putnam RD, Leonardi R, Nanenetti R (1993) *Making democracy work: civic traditions in modern Italy*. Princeton, NJ: Princeton University Press.

2 Rocco L, Suhrcke M (2012) *Is social capital good for health? A European perspective*. Copenhagen: WHO Regional Office for Europe.

3 Islam MK, Merlo J, Kawachi I, Lindström M, Gerdtham U-G (2006) Social capital and health: Does egalitarianism matter? A literature review. *International Journal for Equity in Health* 5: 3.

4 Scheffler RM, Brown TT (2008) Social capital, economics, and health: new evidence. *Health Econ Policy Law* 3: 321-331.

5 d'Hombres B, Rocco L, Suhrcke M, McKee M (2010) Does social capital determine health? Evidence from eight transition countries. *Health Econ* 19: 56-74.

6 Folland S (2007) Does "community social capital" contribute to population health? *Social Science and Medicine* 64: 2342–2354.

7 Syme SL (2000) Foreword. In: Berkman LF, Kawachi I, editors. Social epidemiology. New York: Oxford. pp. ix-xii.

8 Browning CR, Cageny KA (2003) Moving beyond poverty: neighborhood structure, social processes and health. *J Health Soc Behav* 44: 552-571.

9 McMillan DW (1996) Sense of community. *Journal of Community Psychology* 24: 315-325.

10 Sonn CC, Fisher AT (2005) Immigrant Adaptation: Complicating our understanding of responses to intergroup experiences. In: Nelson G, Prilleltensky I, editors. *Community Psychology: In pursuit of liberation and wellbeing.* London, UK: McMillan, Palgrave. pp. 348-363.

11 Gusfield JR (1975) *The community: A critical response*. New York: Harper Colophon.

12 Sarason SB (1986) The emergence of a conceptual center. *Journal of Community Psychology* 14: 405-407.

13 Pinker S (2015) *The village effect: Why face-to-face contact matters*. London: Atlantic Books.

14 Thoits PA (1995) Stress, coping, and social support processes: where are we? What next? *J Health Soc Behav* Spec: 53-79.

15 Haber M, Cohen J, Lucas T, Baltes B (2007) The relationship Between Self-Reported Received and Perceived Social Support: A Meta-Analytic Review. *American journal of community psychology* 39: 133-144.

16 Berkman LF, Syme SL (1979) Social networks, host resistance, and mortality: a nine-year follow-up study of Alameda County residents. *Am J Epidemiol.* 109: 186-204. doi: 110.1093/oxfordjournals.aje.a112674.

17 Thoits PA (2011) Mechanisms Linking Social Ties and Support to Physical and Mental Health. *J Health Soc Behav* 52: 145-161.

18 Uchino BN, Bowen K, Carlisle M, Birmingham W (2012) Psychological pathways linking social support to health outcomes: a visit with the "ghosts" of research past, present, and future. *Social science & medicine (1982)* 74: 949-957.

19 Cohen S, Wills TA (1985) Stress, social support, and the buffering hypothesis. *Psychol Bull.* 98: 310-357.

20 Uchino B (2006) Social Support and Health: A Review of Physiological Processes Potentially Underlying Links to Disease Outcomes. *Journal of behavioral medicine* 29: 377-387.

21 Schonfeld IS (1991) Dimensions of functional social support and psychological symptoms. *Psychological Medicine* 21: 1051-1060.

22 Ministry of Social Development (2016) *The Social Report 2016: Te pūrongo oranga tangata*. Wellington: Ministry of Social Development.

23 Ateca-Amestoy V (2011) Leisure and subjective well-being. In: Cameron S, editor. *Handbook on the economics of leisure.* Cheltenham: Edward Elgar. pp. 52–76.

24 Throsby D (2001) *Economics and culture.* Cambridge: Cambridge University Press.

25 Aked J, Marks N, Cordon C, Thompson S (2008) *Five Ways to Wellbeing: A report presented to the Foresight Project on communicating the evidence base for improving people's well-being*. London: New Economics Foundation.

26 Arts Council England (2012) *Measuring the economic benefits of arts and culture: practical guidance on research methodologies for arts and cultural organisations*: Arts Council England.

27 Wheatley D, Bickerton C (2017) Subjective well-being and engagement in arts, culture and sport. *Journal of Cultural Economics* 41: 23-45.

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

28 Arts Council of New Zealand, Creative New Zealand (2020) *New Zealanders and the arts. Ko Aotearoa me ōna toi. Survey findings for Canterbury residents 2020*. Wellington: Creative New Zealand.

29 Arts Council of New Zealand, Creative New Zealand (2020) *New Zealanders and the arts. Ko Aotearoa me ōna toi. Summary Report 2020*. Wellington: Creative New Zealand.

30 Directorate-General for Communication (2015) *Special Eurobarometer 437; Discrimination in the EU in 2015*. European Union.

31 Harris RB, Stanley J, Cormack DM (2018) Racism and health in New Zealand: Prevalence over time and associations between recent experience of racism and health and wellbeing measures using national survey data. *PLoS ONE* 13: e0196476.

32 Tofler IR, Butterbaugh GJ (2005) Developmental Overview of Child and Youth Sports for the Twenty-first Century. *Clinics in Sports Medicine* 24: 783-804.

33 Dalziel P (2011) *The economic and social value of sport and recreation to New Zealand, Research Report No. 322.*

34 Steptoe AS, Butler N (1996) Sports participation and emotional wellbeing in adolescents. *The Lancet* 347: 1789-1792.

35 Office of the European Union (2011) *European Foundation for the Improvement of Living and Working Conditions Second European Quality of Life Survey: Participation in volunteering and unpaid work*. Luxembourg: Publications Office of the European Union. 56 p.

36 OECD (2007) Measuring and fostering the progress of societies, 2nd World Forum in Istanbul, Turkey, 27–30 June, 2007: Organisation for Economic Development and Cooperation.

37 Heitmueller A, Inglis K (2004) *Carefree? Participation and pay differentials for informal carers in Britain, IZA Discussion Paper No. 1273*. Bonn, Institute for the Study of Labour.

38 Mellor D, Hayashi Y, Stokes M, Firth L, Lake L, et al. (2009) Volunteering and its relationship with personal and neighborhood well-being. *Nonprofit and Voluntary Sector Quarterly* 38: 144–159.

39 Dolan P, Peasgood T, White M (2008) Do we really know what makes us happy? A review of the economic literature on the factors associated with well-being. *Journal of Economic Psychology* 29: 94–122.

© Crown copyright 2024