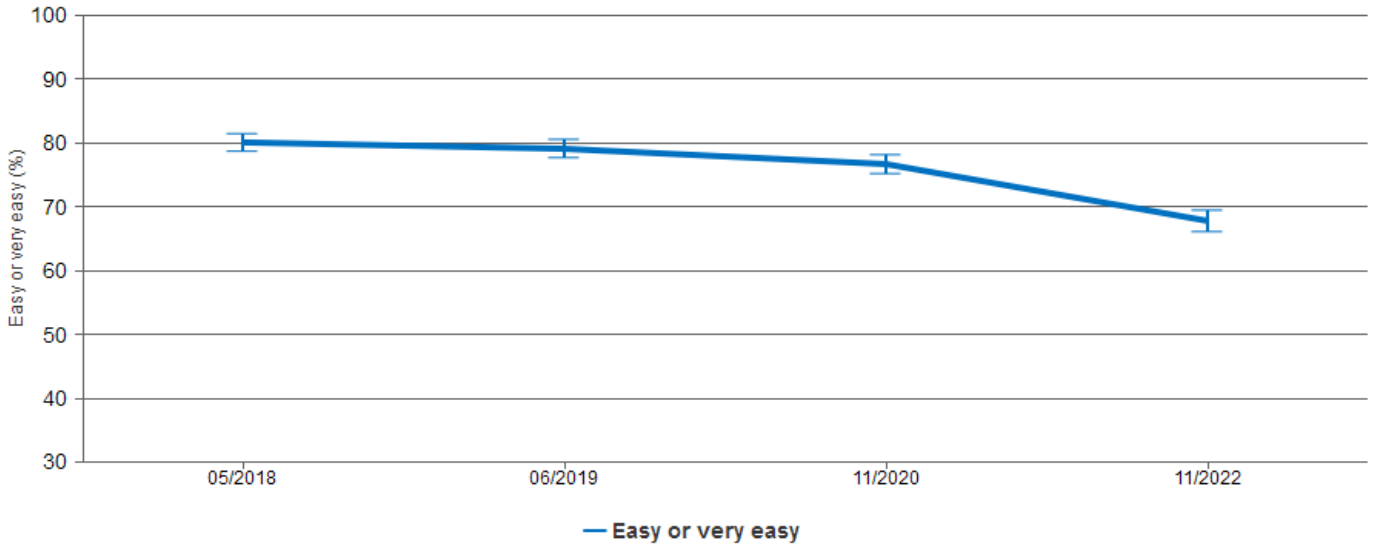
# Social Capital: Personal identity

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Being able to express ‘who they are’ is important for people’s sense of self and overall wellbeing. A society which is inclusive of differences is desirable as it enables members to participate fully in life, and gives them a sense of belonging and security [22].

This indicator presents the proportion who reported it was easy or very easy to be themselves in New Zealand, as reported in the Canterbury Wellbeing Survey.

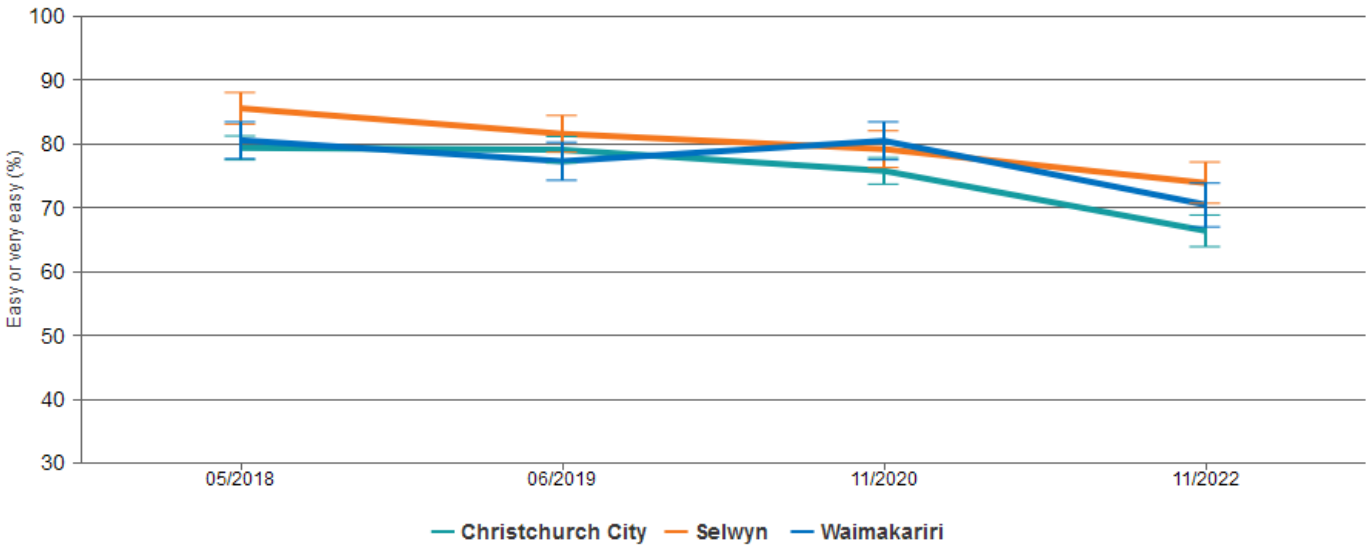
Figure 5.1: Proportion of those aged 18 years and over reporting it is easy or very easy to be themselves in New Zealand, in greater Christchurch, 2018-2022




The figure shows that from 2018 to 2020, approximately 80 percent of respondents in greater Christchurch indicated that they find it easy or very easy to be themselves in New Zealand. This proportion declined to 67.8 percent in 2022.The difference between the 2020 and 2022 proportions is statistically significant.

## Breakdown by Territorial Authority

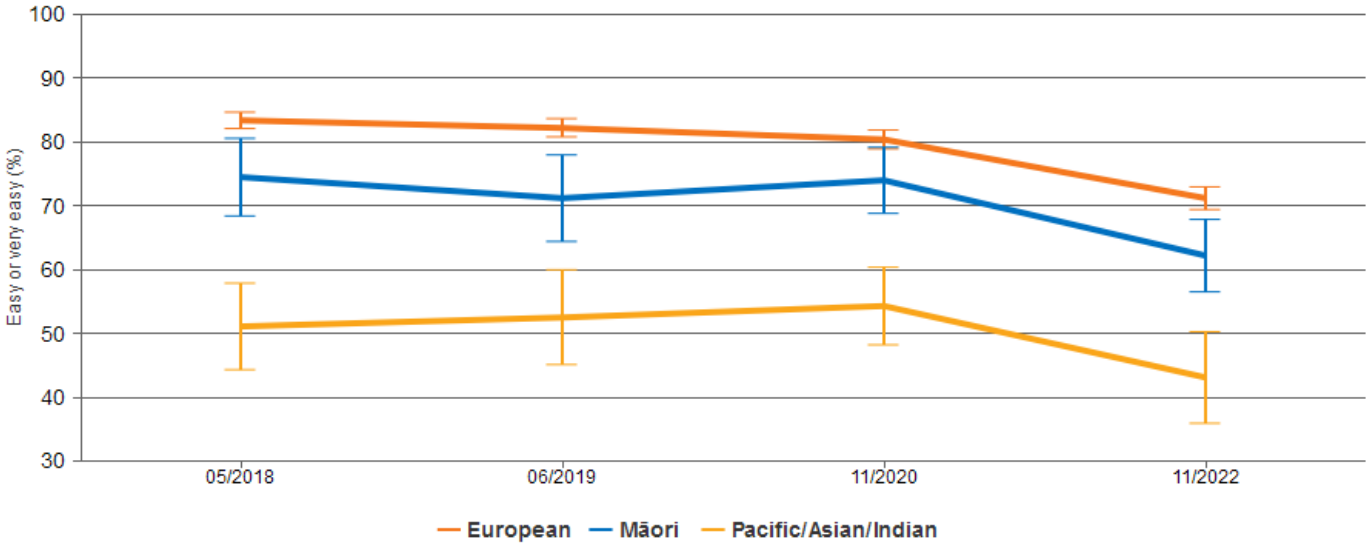
Figure 5.2: Proportion of those aged 18 years and over reporting it is easy or very easy to be themselves in New Zealand, by Territorial Authority, 2018-2022




The figure shows that in 2022, a statistically significantly higher proportion of Selwyn District respondents (73.9%) indicated they found it easy or very easy to be themselves in New Zealand, when compared to Christchurch City respondents (66.4%). However, the proportions of respondents who indicated they found it easy or very easy to be themselves in New Zealand are otherwise generally similar across the three Territorial Authorities, for the time series shown.

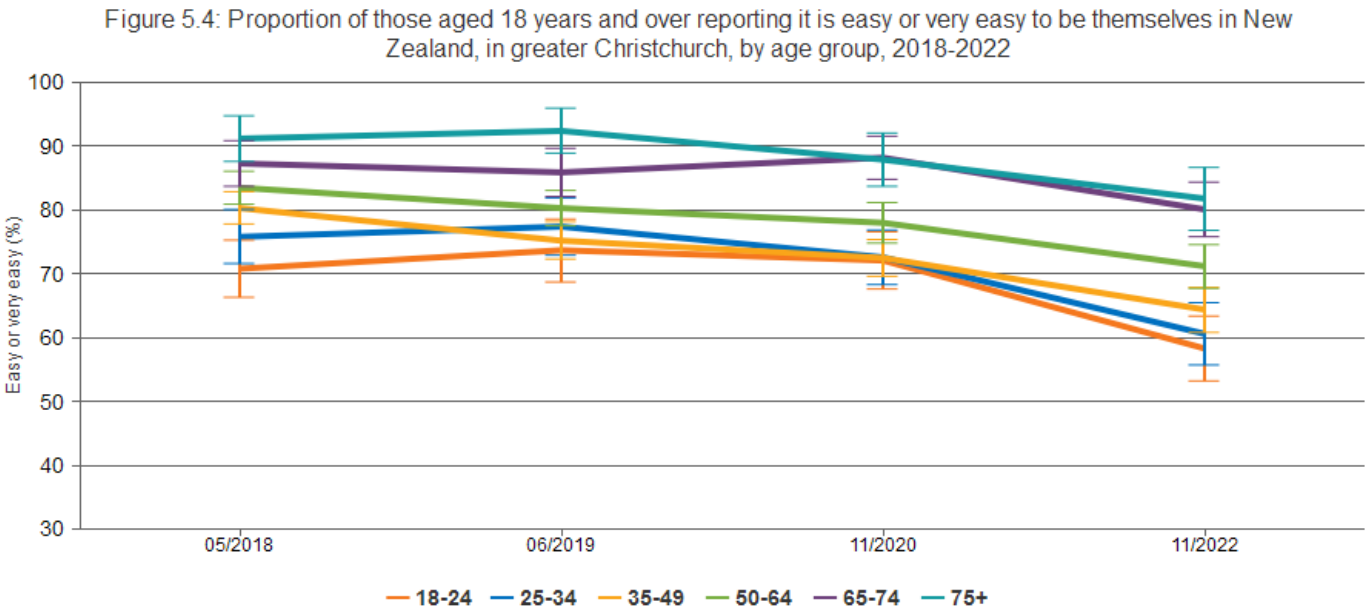
## Breakdown by ethnicity

Figure 5.3: Proportion of those aged 18 years and over reporting it is easy or very easy to be themselves in New Zealand, in greater Christchurch, by ethnicity, 2018-2022



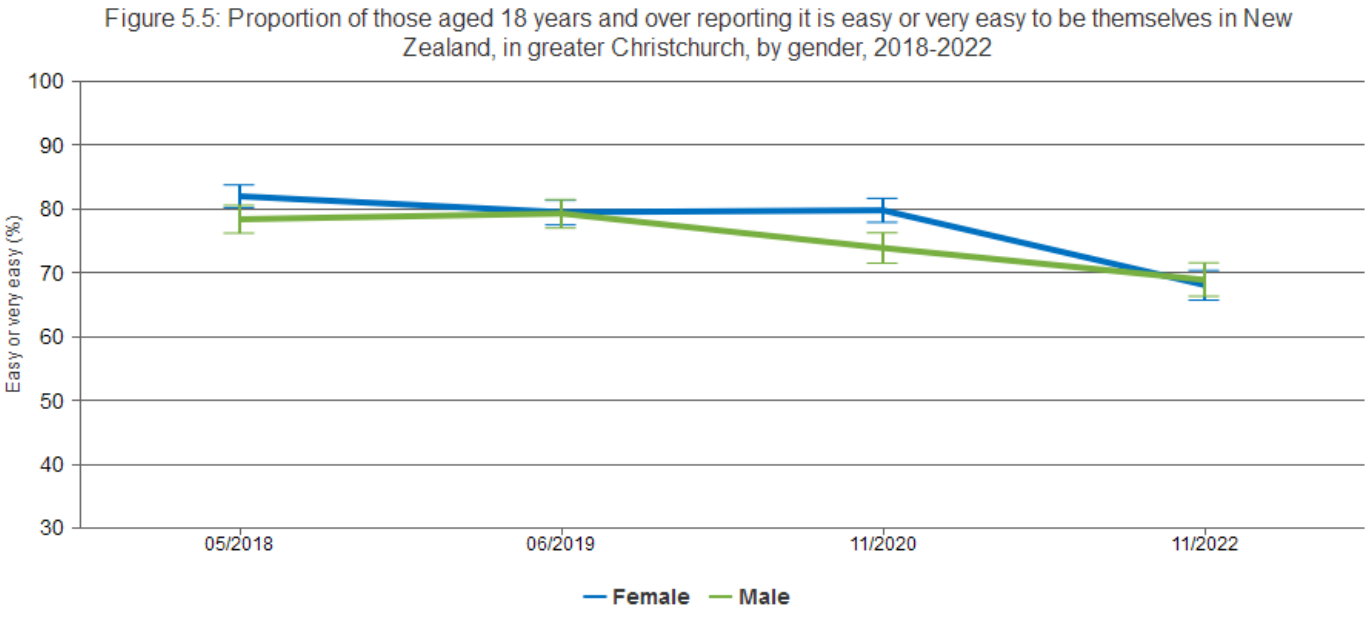

The figure shows that in 2018, 2019, and 2022, European respondents were statistically significantly more likely than Māori respondents to report that it was very easy or easy to be themselves in New Zealand (71.2% and 62.2% in 2022, respectively). The figure also shows that Pacific/Asian/Indian respondents were statistically significantly less likely to report that it was very easy or easy to be themselves in New Zealand, compared with European and Māori respondents, at all points across the time series shown (43.1% in 2022).

## Breakdown by age




The figure shows that from 2018 to 2022, younger people were generally less likely than older people to report that it was very easy or easy to be themselves in New Zealand (18–24 years, 58.3%; 25–34 years, 60.6%; 35–49 years, 64.4%; 50–64 years, 71.2%; 65–74 years, 80.1%; and 75+ years 81.8% in 2022). The difference shown between young people's (18–24 years) ease of being themselves, and those in the three oldest age groups (50–64 years, 65–74 years and 75+ years), is statistically significant in 2022.

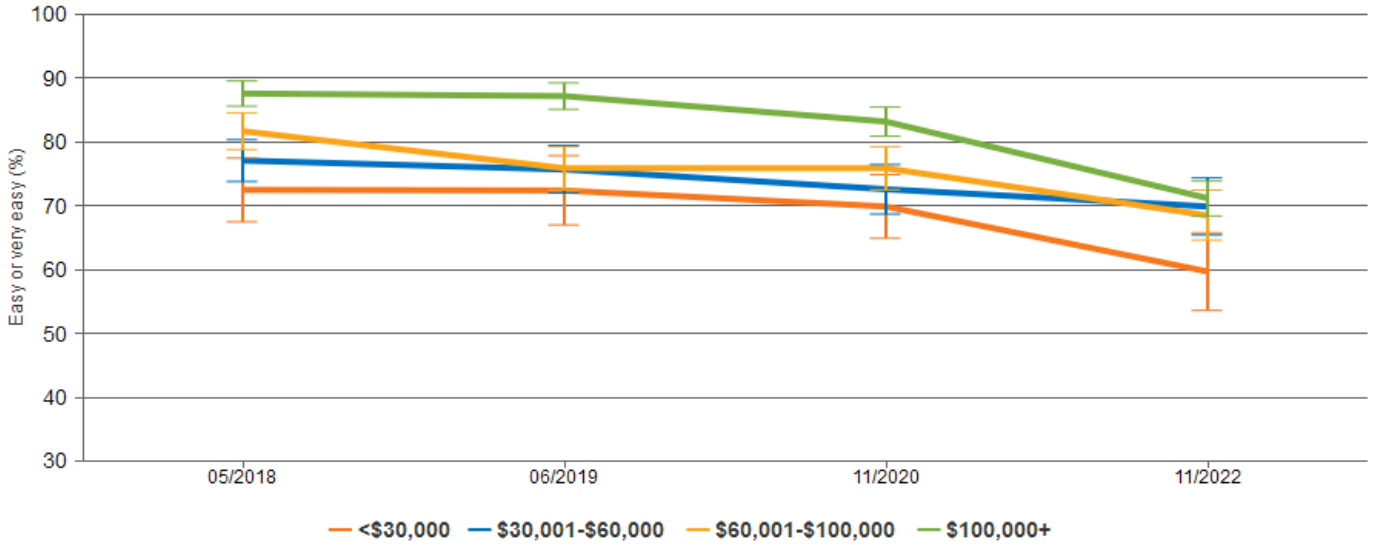
## Breakdown by gender




The figure shows that males and females expressed a similar level of ease with being themselves in New Zealand from 2018 to 2022 (68.1% of females reported it was very easy or easy to be themselves, compared with 68.9% of males in 2022).

## Breakdown by income

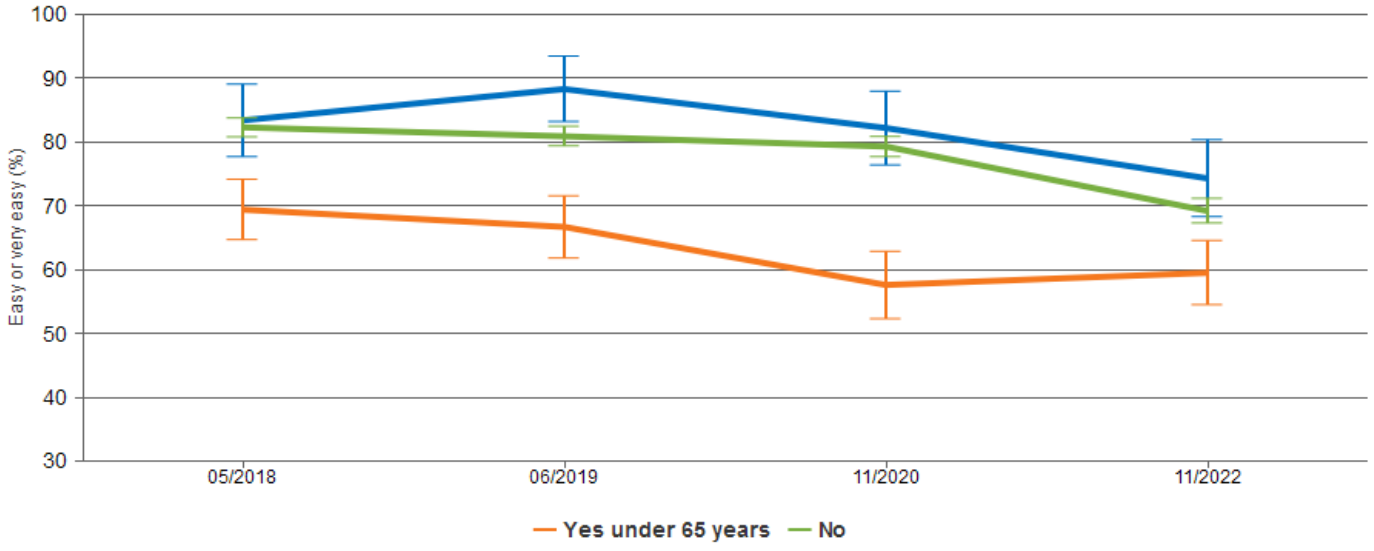
Figure 5.6: Proportion of those aged 18 years and over reporting it is easy or very easy to be themselves in New Zealand, in greater Christchurch, by income, 2018-2022




The figure shows that respondents with higher household incomes were generally more likely than respondents with lower household incomes to feel it was very easy or easy to be themselves in New Zealand, over the time series shown (in 2022, 71.2% of those with annual household incomes over $100,000; 68.5% with incomes $60,001–$100,000; and 69.9% with incomes $30,000–$60,000; compared with 59.7% for those with incomes under $30,000). The proportion for the highest income group is statistically significantly higher than for all other groups in 2018, 2019, and 2020.

## Breakdown by disability

Figure 5.7: Proportion of those aged 18 years and over reporting it is easy or very easy to be themselves in New Zealand, in greater Christchurch, by long-term health condition or disability, 2018-2022




The figure shows that respondents with a long-term health condition or disability, and aged under 65 years, were statistically significantly less likely to indicate that it is very easy or easy for them to be themselves in New Zealand, compared with those respondents without a long-term health condition or disability and those respondents with a long-term health condition or disability, aged 65 years and over, over the time series shown (in 2022, 59.5%; 69.2%;  and 74.3%, respectively).

**Data Sources**

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**Source:** Te Whatu Ora Waitaha Canterbury - formerly the Canterbury District Health Board.
**Survey/data set:** Canterbury Wellbeing Survey to 2022. Access publicly available data from Te Mana Ora | Community and Public Health website www.cph.co.nz/your-health/wellbeing-survey/
**Source data frequency:** Annually.

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

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