



Department
for Culture
Media & Sport



Taking Part 2014/15, Focus On: Wellbeing



Statistical Release

November 2015



Introduction

This report

This report is one in a series of ten “Taking Part, Focus On” reports, presenting findings on the tenth year of the Taking Part survey (2014/15). Taking Part is a continuous face to face household survey of adults aged 16 years and over and children aged 5 to 15 years old in England. The series expands on and complements the Statistical Release published on 25th June 2015 that presented headline adult findings from the survey, covering April 2014 to March 2015. The “Focus On” series looks in more detail at specific topics, with each report covering one of the following areas:

- 1) Art forms
- 2) Sport
- 3) Heritage
- 4) Free time activities
- 5) Barriers to participation, disability
- 6) Society
- 7) Wellbeing**
- 8) Digital engagement
- 9) Newspaper readership
- 10) First World War Centenary

This *Taking Part, Focus On: Wellbeing* report focusses on the wellbeing of the adult population of England and investigates the relationship between participation in cultural and sporting activities and subjective wellbeing.

Forthcoming releases

The next adult release, to be published on Thursday 17th December, will present data covering the period October 2014 – September 2015.

Future adult releases of Taking Part will be published every six months. The next biannual release is therefore scheduled for July 2016 and will present data covering the period April 2015 – March 2016. Future adult releases will follow a similar schedule, being released every six months in July and December.

In addition, another series of “Taking Part, Focus on...” reports will be published in April 2016. Like the current report, each ‘short story’ in this series will look at a specific topic in more detail, providing more in-depth analysis of the 2014/15 Taking Part data than seen in the biannual report.

If you would like further information on these releases or the Taking Part survey, please contact the Taking Part team on TakingPart@culture.gov.uk.

Headline Findings

What have we learnt from this research?

This report shows that:

- The average wellbeing scores for adults in England are as follows:
 - 8.0 out of 10 for happiness yesterday
 - 7.8 out of 10 for life satisfaction
 - 2.9 out of 10 for anxiety yesterday
 - 8.0 out of 10 for feeling that what one does in life is worthwhile
- Many factors measured in the Taking Part survey are not significant predictors of wellbeing.
- Visits to heritage sites is a predictor of higher life satisfaction and happiness and lower anxiety. Visiting museums is a predictor of lower life satisfaction and lower anxiety.
- Audience participation in the arts is not a predictor of wellbeing in most instance, although direct participation in the arts is a significant predictor of wellbeing scores for multiple art forms.
- Frequent dancing, drama and crafts activity are significant predictors of greater happiness. Those who write literature frequently have lower life satisfaction. Those who perform music and do crafts frequently find life more worthwhile, although those who perform music yearly or write literature frequently report higher anxiety.
- Having access to the internet at home is a predictor of higher life satisfaction and finding life more worthwhile.

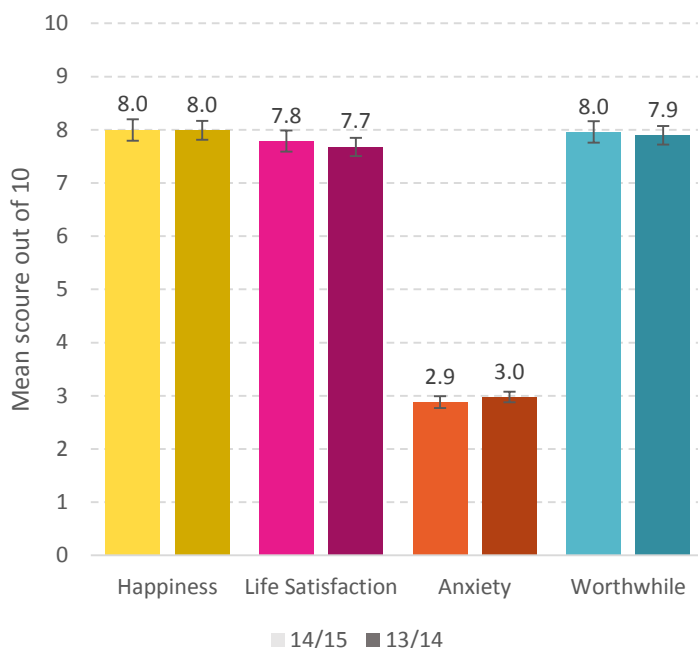


Wellbeing

The accompanying *Focus On: Society* report details the wellbeing of all adults in England, while *Focus On: Wellbeing* looks at the relationship between different aspects of wellbeing and the factors associated with wellbeing.

Respondents were asked four questions on their wellbeing including: how happy they are; how satisfied they are with their life; how anxious they felt the day prior to interview; and to what extent they feel things in their life are worthwhile. Average wellbeing scores for those with and without a health condition or illness that limits them a lot are shown for each wellbeing measure in Figure 1.

Figure 1: Mean wellbeing scores, April 2014 to March 2015



How does this compare?

A 2014/15 [ONS report](#) calculated mean wellbeing scores for all adults in the UK as follows:

- 7.5 out of 10 for happiness yesterday,
- 7.6 out of 10 for life satisfaction,
- 2.9 out of 10 for anxiety yesterday,
- 7.8 out of 10 for feeling that what one does in life is worthwhile.

Notes

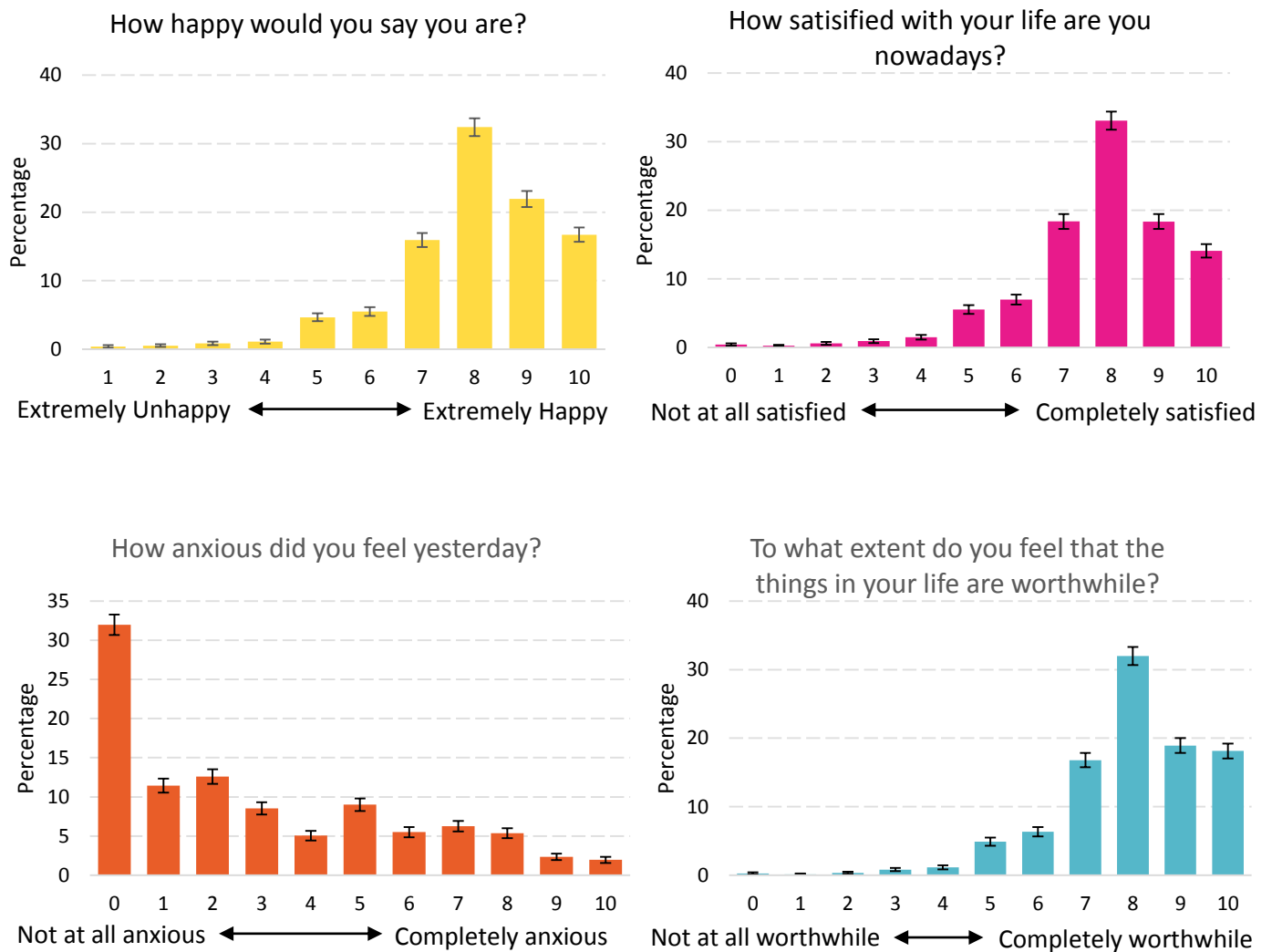
(1) Confidence intervals, shown as error bars, range between ± 0.1 and ± 0.2 .

Results are very similar to those reported in 2013/14.

Between April 2014 and March 2015, 17 per cent of adults considered themselves to be extremely happy, marking their happiness with a score of 10 out of 10. 14 per cent were completely satisfied with life, and 18 felt that things in their life were completely worthwhile (i.e. scoring 10 out of 10 for each). Less than one per cent felt completely unhappy, completely unsatisfied, and/or that things in life were not at all worthwhile. 1 per cent of adults rated themselves 10 out of 10 for anxiety, while 32 per cent rated themselves as being not at all anxious yesterday.

Over 90 per cent of adults rated themselves 6 or more out of 10 for happiness, life satisfaction and/or how worthwhile things in life were. 79 per cent of adults rated themselves 5 or less for how anxious they felt yesterday.

Figure 2: Wellbeing scores, April 2014 to March 2015



Notes

(1) Confidence intervals, shown as error bars, range between ± 0.1 and ± 1.3 .

For more information, including figures for all scores for both groups, please see the data tables accompanying this statistical release.

What is a confidence interval?

A confidence interval provides a range in which there is a specific probability that a true value will lie. For this survey, 95% confidence intervals are used. This means that, had the sampling been conducted 100 times, creating 100 confidence intervals, then 95 percent of these intervals would contain the true value.



Participation and wellbeing

A number of previous studies look at the statistical relationship between participation in various sporting and cultural activities and subjective wellbeing. These studies typically use a statistical model that aims to predict an individual's wellbeing score, based on their participation, as well as a number of personal characteristics.

One such research paper, [published by DCMS \(Fujiwara, Kudrna, Dolan, 2014\)](#), used data from the Economic and Social Research Council-funded Understanding Society survey. This analysis found a significant positive relationship between life satisfaction and sports (specifically team sports, individual sports, fitness, and swimming). Similarly, there was a significant positive relationship between life satisfaction and visiting libraries frequently, watching the arts (specifically music and plays), dancing, playing music and craft. This means that people who participated in these activities were more likely to report higher wellbeing scores than those that did not participate.

Culture, Sport and Wellbeing ([DCMS, 2015](#)), using previous Taking Part data, builds a model using yearly participation to predict happiness scores. The analysis reported in this *Focus On...* report seeks to build on this and Fujiwara's model, using annual Taking Part data. A statistical model has been constructed that controls for factors which have previously been suggested to affect wellbeing (listed in Annex A).

This report looks at the relationship between several types of cultural and sports participation with wellbeing, which have been chosen to mirror as closely as possible the earlier work by Fujiwara, Kudrna and Dolan (2014). Some additional elements of cultural participation were then added, as the Taking Part survey provides data on a wider range of types of cultural and sports participation than the Understanding Society survey, all of which are of interest and could help understand overall wellbeing.

A number of models were run: the relationship between sport and wellbeing was analysed in terms of participation in the last year and more recent participation, as well as whether the activity caused the participant to sweat or breathe more rapidly. The relationship between cultural participation was analysed on the basis of infrequent (yearly) participation and more frequent (a few times a year to monthly) participation.

The variables and how they have been coded in the model are shown in Annex A, Tables A1 and A2. The variables have been tested in five separate models, each of which looks at the relationship of a different element of cultural or sports participation with wellbeing: sports (1), cultural participation (2), audience of the arts (3), participation in the arts (4), and digital participation (5). The models have been repeated for each of the four dependant wellbeing measures: happiness, satisfaction: anxiety and worthwhileness.

Results from the model using only the control variables can be found in the data tables accompanying this statistical release. The results below lay out where the model variables were found to be significant predictors of wellbeing scores. The results from each model, specifically the coefficients and their significances, can be found in the accompanying data tables.

Sports model

Of the types of sports participation looked at, the only factor that appeared to be positively associated with life satisfaction and how worthwhile life is, was taking part in an activity that increased breathing rate. However, this was only significant at the $p=0.1$ level (normally statistical significance is defined if $p<0.05$ – see ‘what is a p-value’ below).

Participating in fitness or athletic activities was a significant predictor of how anxious the respondent said they felt yesterday. Those who partook in a fitness or athletic activity only yearly are predicted to be more anxious, while those who participated in the last four week were predicted to be less anxious, but only significant at a $p=0.1$ level.

What is a p-value?

The p value is the probability that the relationship between the dependant variable (i.e. the wellbeing score) and the independent variable (e.g. age or cultural participation) is due to random chance as opposed to a real relationship.

For example, the p value for the visiting the cinema variable might be less than 0.05 in a given model. That would mean the chance that null hypothesis (that visiting the cinema *does not* relate to wellbeing) is true is less than 5 per cent, or 1 in 20.

In this case we would say that visiting the cinema is a significant predictor of wellbeing – although we cannot say that visiting the cinema *causes* someone to have a particular wellbeing score.

Cultural participation

Visiting heritage sights a few times a year or more is a significant predictor of life satisfaction, happiness and anxiety. People who visited heritage sites reported higher life satisfaction and happiness scores than those who did not, and also reported lower anxiety.

Visiting a museum yearly is found to be a significant predictor of both lower life satisfaction and lower anxiety.

Arts audience

Visiting the cinema a few times a year or more was the only type of arts attendance looked at found to be a predictor of life satisfaction, but only at a $p=0.1$ level. People who went to the cinema frequently were more likely to report lower life satisfaction.

Those who attended dance performances were found to be more anxious, but only at $p=0.1$.

Arts participation

This model indicated that frequently writing literature was associated with lower life satisfaction. Frequent participation in dance, drama and crafts was found to be positively associated with happiness.

Playing music frequently and doing crafts frequently were predictors of how worthwhile the respondent felt their life was. Doing crafts yearly was found to be a predictor of lower anxiety, while yearly playing music and frequently writing literature were found to be significant predictors of greater anxiety.



Digital participation

Access to internet at home was found to be a significant predictor of life satisfaction and how worthwhile life felt. This means that people who have the internet at home scored their life satisfaction and how worthwhile their life was higher than those without. Use of social media once a day or 1 to 3 times a month is a significant predictor of anxiety: people who use social media this frequently were less anxious than those who did not.

How does this compare?

Comparisons to *Culture, Sport and Wellbeing: An analysis of the Taking Part Survey (DCMS, 2015)*.

This analysis found that participating in moderate intensity sport and attending arts events in the previous 12 months were associated with greater happiness (whereas this report did not find significant relationships in relation to both these things). This analysis, in similarity to this statistical release, found that visits to heritage sites predicted increased happiness. Possible reasons for the discrepancy are:

- This statistical release uses 2014/15 Taking Part data whereas *Culture, Sport and Wellbeing* used Taking part data from 2010/11 through to 2012/13.
- *Culture, Sport and Wellbeing* combined all variables in one model whereas this analysis ran separate models for sports participation, cultural participation, arts audience, arts participation and digital participation.

Comparisons to *Quantifying and Valuing the Wellbeing Impacts of Culture and Sport (Fujiwara, Kudrna, Dolan, 2014)* using Understanding Society data

This analysis found that the following things were associated with increased life satisfaction (this statistical release does not find significant relationships between any of these and life satisfaction):

- engaging in the arts
- attending arts event
- engaging in sport, both team and individual (though this release does find a positive association between taking part in an activity that increased breathing rate and life satisfaction)
- swimming
- participation in dance and crafts
- attending music events and plays
- visiting libraries

It also found engaging in fitness activities and performing music to be associated with decreased life satisfaction (this statistical release does not find significant relationships between both these variables and life satisfaction). Possible reasons for the discrepancy are:

- Fujiwara, Kudrna and Dolan used data from 2010 and 2011 waves of Understanding Society which is a much larger dataset than the Taking Part data used in this analysis.
- Fujiwara, Kudrna and Dolan used older data (2010-11), not 2014-15 Taking Part data.

Annex A: Regression coding

1. The control variables and their coding are shown below in Table A1.

Table A1 – The control variables and their encoding

Variable	Encoding
Natural logarithm of income	Continuous variable
Self-reported general health	1 if fair, good or very good health, 0 if bad or very bad health
Marriage	1 if married or in a civil partnership, 0 otherwise
Employment	1 if employed, 0 otherwise
Sex	1 if male, 0 otherwise
Children in household	1 if there are children in the household, 0 otherwise
Age, Age ²	Continuous variables
Lives in the North	1 if lives in the North of England, 0 otherwise
Lives in the Midlands	1 if lives in the Midlands, 0 otherwise
Lives in the South	1 if lives in the South of England, 0 otherwise
Lives in the East	1 if lives in the East of England, 0 otherwise
Ethnicity	1 if white, 0 otherwise
Religion	1 if religious, 0 otherwise
Socially renting	1 if socially renting, 0 otherwise
Privately renting	1 if privately renting, 0 otherwise
Urban or rural area	1 if living in an urban area, 0 otherwise
Socialises	1 if socialises with friends and family, 0 otherwise
Volunteers	1 if volunteers, 0 otherwise

2. Table A2 shows the variables, the coding of the variables, and in which model the variables were used in. The values of the variable coefficients and p values can be found in the accompanying tables. The full list of sports considered can be found in the *Focus On: Understanding Changes in Sports Participation* report.



Tables A2 – Participation variables, their encoding and model used in

Variable	Encoding	Model
Sport		
Team sport in the last year	1 if participated in the last year, 0 if not	1
Individual sport in the last year	1 if participated in the last year, 0 if not	1
Fitness/athletics in the last year	1 if participated in the last year, 0 if not	1
Team sport in the last 4 weeks	1 if participated in the last 4 weeks, 0 if not	1
Individual sport in the 4 weeks	1 if participated in the last 4 weeks, 0 if not	1
Fitness/athletics in the 4 weeks	1 if participated in the last 4 weeks, 0 if not	1
Does activity which causes sweating	1 if activity causes respondent to sweat, 0 if not	1
Does activity which causes increased breathing rate	1 if activity causes respondent to breathe faster, 0 if not	1
Cultural participation		
Heritage in the last year	1 if participated yearly, 0 if not	2
Heritage more frequently	1 if participated a few times a year or more, 0 if not	2
Museum in the last year	1 if participated yearly, 0 if not	2
Museum more frequently	1 if participated a few times a year or more, 0 if not	2
Library in the past year	1 if participated yearly, 0 if not	2
Library more frequently	1 if participated a few times a year or more, 0 if not	2
Participated in First World War Centenary	1 if participated, 0 if not	2
Arts (audience)		
Cinema yearly	1 if participated yearly, 0 if not	3
Cinema more frequently	1 if participated a few times a year or more, 0 if not	3
Music yearly	1 if participated yearly, 0 if not	3
Music more frequently	1 if participated a few times a year or more, 0 if not	3
Theatre yearly	1 if participated yearly, 0 if not	3
Theatre more frequently	1 if participated a few times a year or more, 0 if not	3
Dance yearly	1 if participated yearly, 0 if not	3
Danced more frequently	1 if participated a few times a year or more, 0 if not	3
Arts (participation)		
Dance yearly	1 if participated yearly, 0 if not	4
Danced more frequently	1 if participated a few times a year or more, 0 if not	4
Performed in drama yearly	1 if participated yearly, 0 if not	4
Performed in drama more frequently	1 if participated a few times a year or more, 0 if not	4
Played music yearly	1 if participated yearly, 0 if not	4
Played music more frequently	1 if participated a few times a year or more, 0 if not	4
Created art year	1 if participated yearly, 0 if not	4
Created art more frequently	1 if participated a few times a year or more, 0 if not	4
Crafts yearly	1 if participated yearly, 0 if not	4
Crafts more frequently	1 if participated a few times a year or more, 0 if not	4
Writes literatures yearly	1 if participated yearly, 0 if not	4
Writes literature monthly	1 if participated a few times a year or more, 0 if not	4
Digital		
Uses social media:		
...several times a day	1 if so, 0 if not	5
...once a day		
...1-4 times a week		
...1-3 times a month		
Has internet access at home	1 if household has internet access, 0 if not	5

Annex B: Further details

1. Taking Part survey is commissioned by the Department for Culture, Media and Sport (DCMS) and its partner Arm's Length Bodies (ALBs). For 2011 to 2015 these are Arts Council England, Historic England and Sport England.
2. Taking Part is a National Statistic and as such has been produced to the high professional standards set out in the Code of Practice for Official Statistics. National Statistics undergo regular quality assurance reviews to ensure they meet customer needs and are produced free from any political interference. See the [Statistics Authority code of practice](#) for more information.

The UK Statistics Authority has designated these statistics as National Statistics, in accordance with the Statistics and Registration Service Act 2007 and signifying compliance with the Code of Practice for Official Statistics.

Designation can be broadly interpreted to mean that the statistics:

- meet identified user needs;
- are well explained and readily accessible;
- are produced according to sound methods; and
- are managed impartially and objectively in the public interest.

Once statistics have been designated as National Statistics it is a statutory requirement that the Code of Practice shall continue to be observed. See the [UK Statistics Authority assessment](#) for more information.

3. The latest results presented here are based on interviews issued between April 2014 and March 2015. The total sample size for this period is 9,817.
4. Statistical significance tests have been run at the 95% level. A significant increase at the 95% level means that there is less than 5% (1 in 20) chance that the difference observed within the sampled respondents was not also observed in the English population as a whole.
5. For more information see the [Taking Part Survey](#) webpages, including previous publications. Versions of the [questionnaires](#) from all years of the survey are also available.
6. The fieldwork for the survey has been conducted by TNS-BMRB. For more information, see <http://www.tns-bmr.co.uk>.
7. The series of reports has been produced by Helen Miller-Bakewell, Wilma Deda, Becky Woods, Catherine Mottram and Niall Goulding (DCMS), Louise O'Sullivan, David Bade and Adala Leeson (Historic England), Eloise Poole (Arts Council England), Rachael Whitney and Helen Price (Sport England). Acknowledgement goes to colleagues within the DCMS, partner ALBs and TNS-BMRB for their assistance with the production and quality assurance of this release.
8. The responsible statistician for this release is Helen Miller-Bakewell. For enquiries on this release, please contact Helen on 0207 211 6355. This release was prepared by Niall Goulding and Catherine Mottram.
9. For general enquiries telephone: 0207 211 6200 or email enquiries@culture.gov.uk.
10. To be kept informed about Taking Part publications and user events, please sign up to the Taking Part online newsletter [here](#).



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