**Wellbeing in Armagh City, Banbridge and Craigavon**

**2022/23**

The ‘Wellbeing in Northern Ireland’ report was published on 9 November 2022 and the Wellbeing in Northern Ireland Dashboard was published in November 2023. The wellbeing data is taken from the Continuous Household Survey (CHS) and provides estimates for people aged 16 and over in Northern Ireland across four areas which reflect wellbeing: Loneliness, Self-Efficacy, Personal Wellbeing (Life Satisfaction, Worthwhile, Happiness and Anxiety) and Locus of Control.

Data is broken down by a number of different categories including Local Government District (LGD). This summary report will present the data at this level only and focus on the findings for the Armagh City, Banbridge and Craigavon Borough.

**Loneliness**

Feelings of loneliness can negatively impact a person’s health, wellbeing and overall quality of life[[1]](#footnote-1). The measure reported in this study is based on the question ‘How often do you feel lonely?’ so it will measure the frequency with which people report feeling lonely but not the level of loneliness they experience.

There are five response options to the question - ‘often/always’, ‘some of the time’, ‘occasionally’, ‘hardly ever’ and ‘never’ and results are reported based on this five category split. Figure 1 presents the proportion of respondents who reported feeling lonely often / always or some of the time by LGD. As we can see, a higher percentage of people aged 16+ living in Armagh City, Banbridge and Craigavon reported feeling lonely at least some of the time compared to the Northern Ireland average (19.4%). Only Belfast City (24.9%), Derry City & Strabane (22.8%) and Causeway Coast & Glens (22.6%) reported a higher proportion of people aged 16+ feeling lonely at least some of the time.

Figure 2: Percentage of people aged 16+ who reported feeling lonely at least some of the time by LGD, 2022/23. Source: Continuous Household Survey (CHS), NISRA.

The Wellbeing in Northern Ireland report was produced for the first time in 2020/21 and Table 1 below presents the percentage of people aged 16+ who reported feeling lonely at least some of the time each year and the difference between 2021/22 and 2022/23 in each of the LGD’s and Northern Ireland overall.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | 2020/21 | 2021/22 | 2022/23 | Difference 2021/22 - 2022-23 |
| Antrim & Newtownabbey | 20.1% | 15.1% | 18.9% | 3.8% |
| Ards & North Down | 15.8% | 16.1% | 15.1% | -1.0% |
| Armagh City, Banbridge & Craigavon | 21.6% | 23.5% | 22.0% | -1.5% |
| Belfast City | 21.9% | 25.0% | 24.9% | -0.1% |
| Causeway Coast & Glens | 20.1% | 22.8% | 22.6% | -0.2% |
| Derry City & Strabane | 21.8% | 20.7% | 22.8% | 2.1% |
| Fermanagh & Omagh | \* | 20.9% | 8.7% | -12.2% |
| Lisburn & Castlereagh | 15.4% | 20.7% | 19.2% | -1.5% |
| Mid & East Antrim | 17.3% | 17.6% | 22.0% | 4.4% |
| Mid Ulster | 21.4% | 16.6% | 16.0% | -0.6% |
| Newry, Mourne & Down | 19.1% | 18.2% | 14.7% | -3.5% |
| Northern Ireland | 19.8% | 20.2% | 19.4% | -0.8% |

Table 1: Percentage of people aged 16+ who reported feeling lonely at least some of the time by LGD, 2020/21 - 2022/23. Source: Continuous Household Survey (CHS), NISRA. Note: (\*) denotes that the sample size is too small (less than 100) to allow sufficient analysis of this category.

Reports of feelings of loneliness increased in Armagh City, Banbridge and Craigavon between 2020/21 and 2021/22 but fell again in 2022/23. Only three LGD’s reported an increase in feelings of loneliness in 2022/23 with the greatest increase recorded in Mid and East Antrim at 4.4 percentage points. Fermanagh and Omagh reported the largest decrease at 12.2 percentage points.

**Self-Efficacy**

Self-efficacy describes a person’s beliefs / confidence in their capabilities to influence events that affect their lives. Generally, people with high self-efficacy have more confidence in their capabilities and will make sustained efforts to achieve their goals while people with low self-efficacy often doubt their capabilities, are less ambitious and give up on their aims when challenged. Self-efficacy is a key part of modern public policy and it is believed increasing self-efficacy in specific groups can lead to positive social change in communities[[2]](#footnote-2).

A statement-based survey tool is used to measure self-efficacy. Respondents are presented with five statement questions with each requiring a numerical score from one to five. The overall self-efficacy score is presented as a total of the five statement questions with an overall score between 5 (the lowest score) and 25 (the highest score). Scores between 5 and 17 are considered low while a score of 18 and over is considered high. The five self-efficacy statement questions are as follows:

1. I can always manage to solve difficult problems if I try hard enough.
2. I am confident that I could deal efficiently with unexpected events.
3. I can remain calm when facing difficulties because I can rely on my coping abilities.
4. When I am confronted with a problem, I can usually find several solutions.
5. No matter what comes my way, I’m usually able to handle it.

Figure 3: Average self-efficacy scores by LGD, 2022/23. Source: Continuous Household Survey (CHS), NISRA.

In 2022/23, the average (mean) score for self-efficacy in Armagh City, Banbridge and Craigavon was 19.3 which is below the NI average of 19.4. Derry City & Strabane reported the lowest score of the LGD’s at 19 however, overall, all LGD’s in Northern Ireland scored over 18 which is considered high and implies that Northern Ireland, on average, has high self-efficacy.

Between 2021/22 and 2022/23, six of the eleven LGD’s including Armagh City, Banbridge and Craigavon borough reported a decrease in their self-efficacy score. In Armagh City, Banbridge & Craigavon, the self-efficacy score has fallen for the past two years from 19.8 in 2020/21 to 19.3 in 2022/23.

**Low self-efficacy**

As noted previously, a total score between 5 and 17 is categorised as low self-efficacy. In 2022/23, the proportion of people with low self-efficacy in Armagh City, Banbridge and Craigavon was above the NI average of 18.9% having increased from 14.8% in 2020/21 to 17.2% in 2021/22 to 20.7% in 2022/23. When ranked from lowest to highest in 2022/23, Armagh City, Banbridge and Craigavon is ranked in seventh place of all LGD’s. Ards & North Down and Fermanagh & Omagh reported the lowest proportion of people with low self-efficacy at just 12.7% while Derry City & Strabane had the highest proportion of people with low self-efficacy at 22.6% in 2022/23. In Northern Ireland overall, the proportion of the population with low self-efficacy was reported at 18.9% which has increased from 15.0% in 2020/21, signifying worse wellbeing for this measure.

While most LGD’s reported an increase in the proportion of people with low self-efficacy between 2021/22 and 2022/23, in Fermanagh & Omagh, there was a large drop in the proportion of people with low self-efficacy from 19.5% in 2021/22 to 12.7% in 2022/23.

Figure 4: Proportion of the population with low self-efficacy by LGD, 2020/21, 2021/22 & 2022/23. Source: Continuous Household Survey (CHS), NISRA. Note: There is no estimate for Fermanagh & Omagh for 2020/21 as the sample size was too small (less than 100) to allow sufficient analysis of this category.

**Personal Wellbeing**

**Wellbeing is one of the strongest determinants of an individual’s health**[[3]](#footnote-3)**. Personal**wellbeing is a measure of how satisfied people are with their lives, their sense that what they do in life is worthwhile, and their levels of happiness and anxiety. NISRA has participated in the Measuring National Wellbeing Programme since it was established in 2010 and incorporate the following questions in the CHS:

* overall, how **satisfied** are you with your life nowadays?
* overall, to what extent do you feel the things you do in your life are **worthwhile**?
* overall, how **happy** did you feel yesterday?
* overall, how **anxious** did you feel yesterday?

Respondents are asked to score each question on a scale of 0 to 10, where 0 is “not at all” and 10 is “completely” which means that a higher score indicates better wellbeing in relation to ‘life satisfaction’, ‘worthwhile’ and ‘happiness’, and a lower score indicates better wellbeing for ‘anxiety’. The thresholds for personal wellbeing under each of the measures are as follows:

|  |  |  |  |
| --- | --- | --- | --- |
| Life Satisfaction, Worthwhile and Happiness Scores | | Anxiety Scores | |
| Response | **Label** | **Response** | **Label** |
| 0-4 | Low | 0-1 | Very low |
| 5-6 | Medium | 2-3 | Low |
| 7-8 | High | 4-5 | Medium |
| 9-10 | Very High | 6-10 | High |

Table 2: Threshold labels within each of the Personal wellbeing questions.

The estimates of reported ‘life satisfaction’, feeling that things done in life are ‘worthwhile’. ‘happiness’ and ‘anxiety’ are included in the following sections.

**Life Satisfaction**

In 2022/23, the average (mean) life satisfaction score for residents of Armagh City, Banbridge and Craigavon borough was 7.7 having fallen from 8.0 in 2021/22. As per Table 2, a score of 8 is considered a high score and thus indicates a decrease in wellbeing for this measure within the borough. In 2022/23, the average (mean) life satisfaction score fell in all LGD’s except Derry City & Strabane which stayed the same and Fermanagh & Omagh which increased by 0.3.

|  |  |  |  |
| --- | --- | --- | --- |
|  | 2020/21 | 2021/22 | 2022/23 |
| Antrim & Newtownabbey | 7.3 | 7.7 | 7.6 |
| Ards & North Down | 7.7 | 8.0 | 7.8 |
| Armagh City, Banbridge & Craigavon | 7.8 | 8.0 | 7.7 |
| Belfast City | 7.5 | 7.3 | 7.2 |
| Causeway Coast & Glens | 7.6 | 7.8 | 7.7 |
| Derry City & Strabane | 7.5 | 7.5 | 7.5 |
| Fermanagh & Omagh | \* | 7.7 | 8.0 |
| Lisburn & Castlereagh | 7.8 | 7.9 | 7.7 |
| Mid & East Antrim | 7.7 | 7.7 | 7.4 |
| Mid Ulster | 7.9 | 7.9 | 7.8 |
| Newry, Mourne & Down | 7.5 | 7.9 | 7.8 |
| Northern Ireland | 7.6 | 7.7 | 7.6 |

Table 3: Average life satisfaction scores by LGD, 2020/21, 2021/22 & 2022/23. Source: Continuous Household Survey (CHS), NISRA. Note: (\*) denotes that the sample size is too small (less than 100) to allow sufficient analysis of this category.

**Happiness**

The score for happiness relates to how happy the respondent felt on the day prior to being interviewed. In 2022/23, three of the eleven LGD’s including Armagh City, Banbridge and Craigavon reported a score of 7.7 for happiness. This was the fourth highest score reported and just above the Northern Ireland average score of 7.6. Between 2021/22 and 2022/23, Fermanagh & Omagh was the only LGD to report an increase in the score for happiness. Three of the LGD’s stayed the same and seven, including Armagh City, Banbridge and Craigavon reported a decrease in the score for happiness which signifies worse wellbeing for this measure. The score for happiness is lowest for people living in Belfast City.

Figure 5: Average happiness scores by LGD, 2022/23. Source: Continuous Household Survey (CHS), NISRA.

**Worthwhile**

In 2022/23, the average (mean) score for feeling the things we do in life are worthwhile for residents in Armagh City, Banbridge and Craigavon was 8.0 which was the second year a decrease was recorded from the 8.2 score reported in 2020/21.

|  |  |
| --- | --- |
|  | 2022/23 |
| Antrim & Newtownabbey | 7.7 |
| Ards & North Down | 7.9 |
| Armagh City, Banbridge & Craigavon | 8.0 |
| Belfast City | 7.6 |
| Causeway Coast & Glens | 7.9 |
| Derry City & Strabane | 7.6 |
| Fermanagh & Omagh | 8.2 |
| Lisburn & Castlereagh | 7.9 |
| Mid & East Antrim | 7.9 |
| Mid Ulster | 8.1 |
| Newry, Mourne & Down | 8.1 |
| Northern Ireland | 7.9 |

Table 4: Average ‘worthwhile’ scores by LGD, 2022/23. Source: Continuous Household Survey (CHS), NISRA.

Scores in five of the eleven LGD’s remained unchanged over the last year while five of the LGD’s seen a decrease in their score. Fermanagh & Omagh was the only LGD to see an increase in the score for feeling the things we do in life are worthwhile. Belfast City and Derry City & Strabane have the lowest score for worthwhile at 7.6.

**Anxiety**

In 2022/23, the average (mean) score for anxiety for Armagh City, Banbridge and Craigavon was 2.8 which is considered low for this measure. However, this is the second year that the borough has recorded an increase in the score for anxiety so even though the score is still considered low, the anxiety score has been increasing which implies worse wellbeing for this measure.

In Northern Ireland overall, while the score increased slightly in the last year, there has been a fall from the 3.2 score reported for 2020/21 which implies better wellbeing in Northern Ireland overall for this measure.

Figure 6: Average anxiety scores and the change between 2021/22 and 2022/23 by LGD. Source: Continuous Household Survey (CHS), NISRA.

**Locus of Control**

Locus of control is a measure of the degree to which a person feels they have control over their life and is measured using a statement-based survey tool, in the same way as self-efficacy. Respondents are presented with five statements and they must indicate the extent to which they agree or disagree using a five point Likert scale. Locus of control is then presented as an overall score ranging from 5 to 25. A lower score suggests a belief that life is determined by outside factors (external) while a higher score suggests a belief in one’s own control (internal).

The five statement questions are as follows:

1. I am in control of my life.
2. If I take the right steps, I can avoid problems.
3. Most things that affect my life happen by accident.
4. If it’s meant to be, I will be successful.
5. I can only do what people in my life want me to do.

Figure 7: Average locus of control scores, 2022/23 by LGD. Source: Continuous Household Survey (CHS), NISRA.

Figure 7 presents the average locus of control scores by LGD in 2022/23. The average score for Armagh City, Banbridge and Craigavon was 16.7 which is considered to be more internal than external. This score is much lower than the 17.6 recorded for the borough in 2020/21.

The locus of control scores fell in four and increased in five of the eleven LGD’s between 2021/22 and 2022/23. The lowest (most external) score was 16.5 which was recorded for Derry City and Strabane. Armagh City, Banbridge and Craigavon borough had the second lowest locus of control score at 16.7.

Further information on ‘Wellbeing in Northern Ireland’ can be found via the following links:

[Wellbeing in Northern Ireland Dashboard | The Executive Office (executiveoffice-ni.gov.uk)](https://www.executiveoffice-ni.gov.uk/publications/wellbeing-northern-ireland-dashboard)

<https://www.executiveoffice-ni.gov.uk/publications/wellbeing-northern-ireland-report-202122>

1. [wellbeing-ni-report-2021-22.pdf](file:///Z:\2.%20Community%20&%20Strategic%20Planning%20JD\NISRA%20Statistician\1.%20Jessica%20Files\Data\16.%20Wellbeing%20NI%202122\wellbeing-ni-report-2021-22.pdf) [↑](#footnote-ref-1)
2. [wellbeing-ni-report-2021-22.pdf](file:///Z:\2.%20Community%20&%20Strategic%20Planning%20JD\NISRA%20Statistician\1.%20Jessica%20Files\Data\16.%20Wellbeing%20NI%202122\wellbeing-ni-report-2021-22.pdf) [↑](#footnote-ref-2)
3. [Personal wellbeing - Lancashire County Council](https://www.lancashire.gov.uk/lancashire-insight/health-and-care/health/mental-health-and-wellbeing/personal-wellbeing/) [↑](#footnote-ref-3)