

# WELLINGTON CHINESE PSYCHOLOGICAL HEALTH SURVEY 2018: AN ANALYTICAL REPORT

Bo Ning June 2019



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# Research objectives

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Little research regarding the Asian immigrants' psychological health

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Explore the status quo of the Chinese immigrants with regard to life satisfaction, emotional distress

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Inquire about the Chinese's awareness of the mental health services in New Zealand

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NGO such as Asian Family Services could use as clinical and promotion references

# Survey design

- 1) Demographics and the general life satisfaction level living in New Zealand
- 2) The cultural adaptation of the Chinese immigrants
- 3) The sources of stress and ways to cope with psychological stress
- 4) Other related mental health questions (including awareness of NZ medical services)

Satisfaction With Life Scale (SWLS) by Diener, Emmons, Larsen & Griffin (1985)

Emotional distress level by Kroenke, Spitzer & Williams(2001)

Survey questions peer-reviewed.

# Sampling and data

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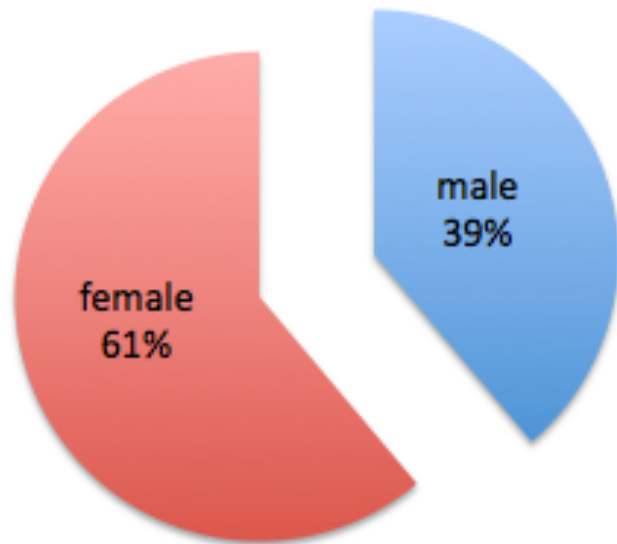
**Interception interviews at  
multiple locations in Wellington**

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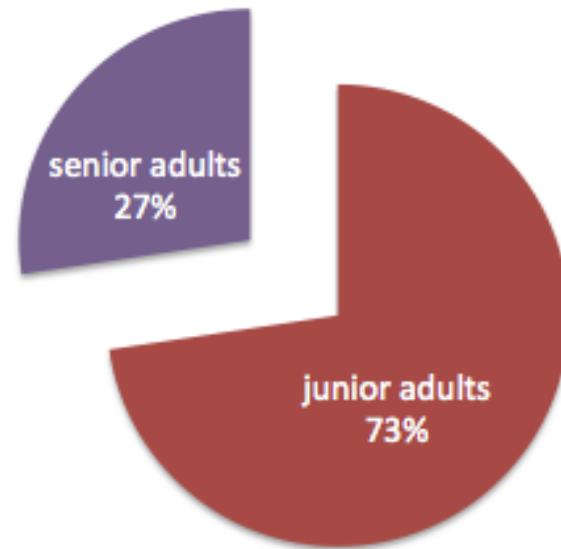
**317 surveys collected, 296  
valid samples**

# Data

## Gender

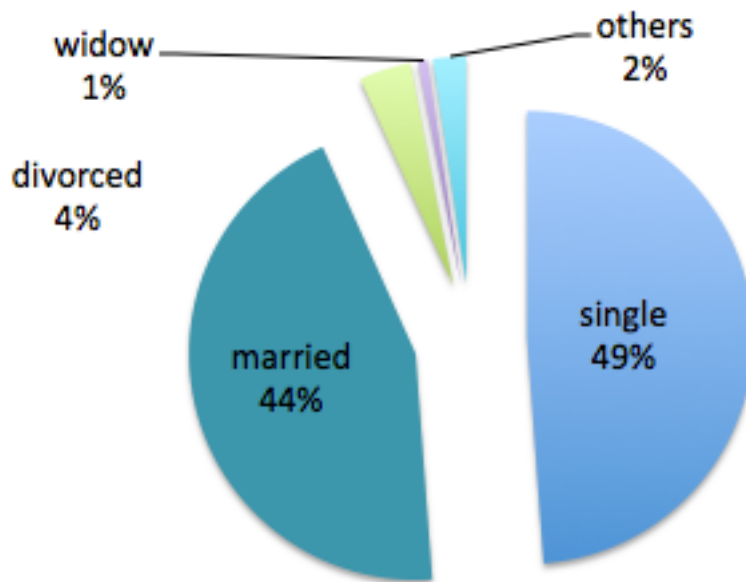


## Age

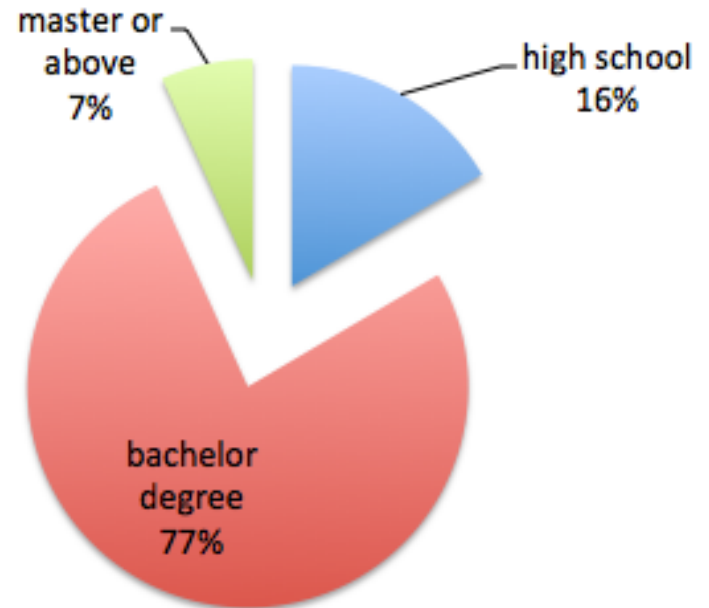


# Data

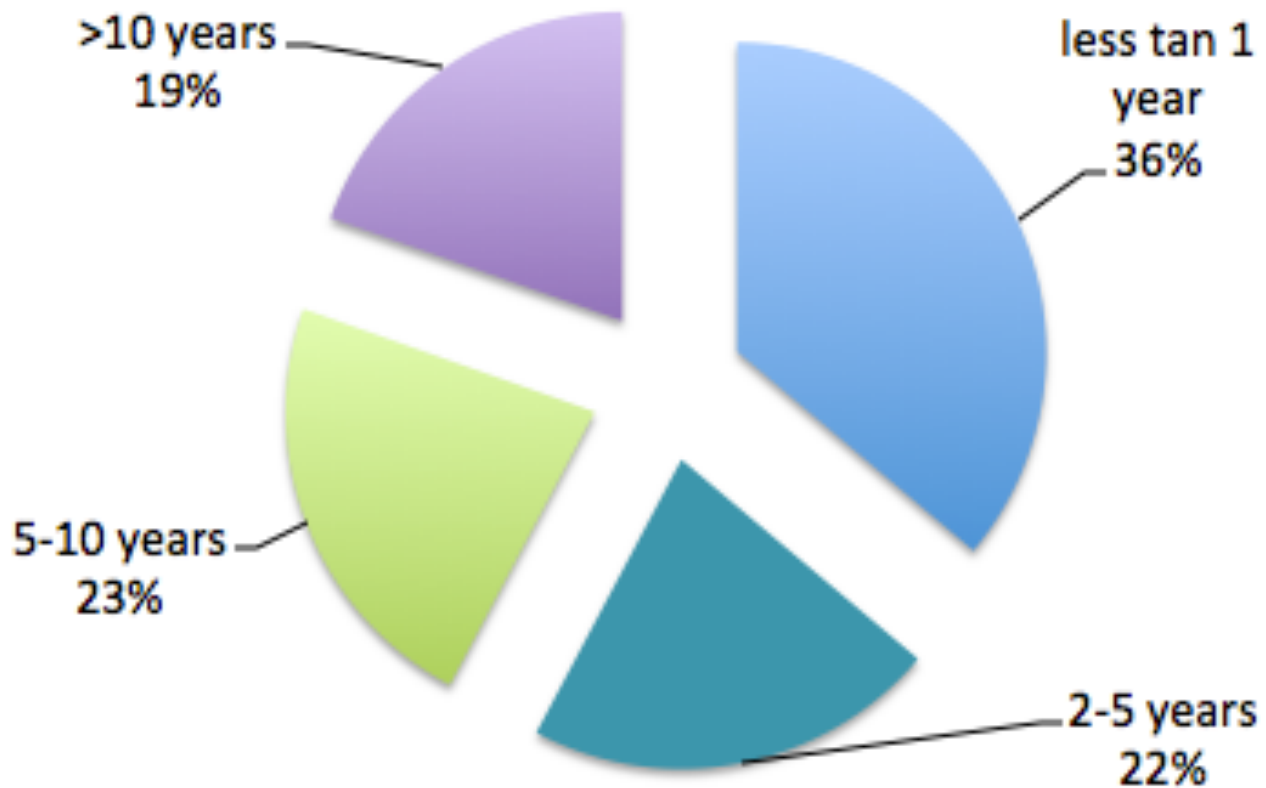
## Marital Status



## Education Level

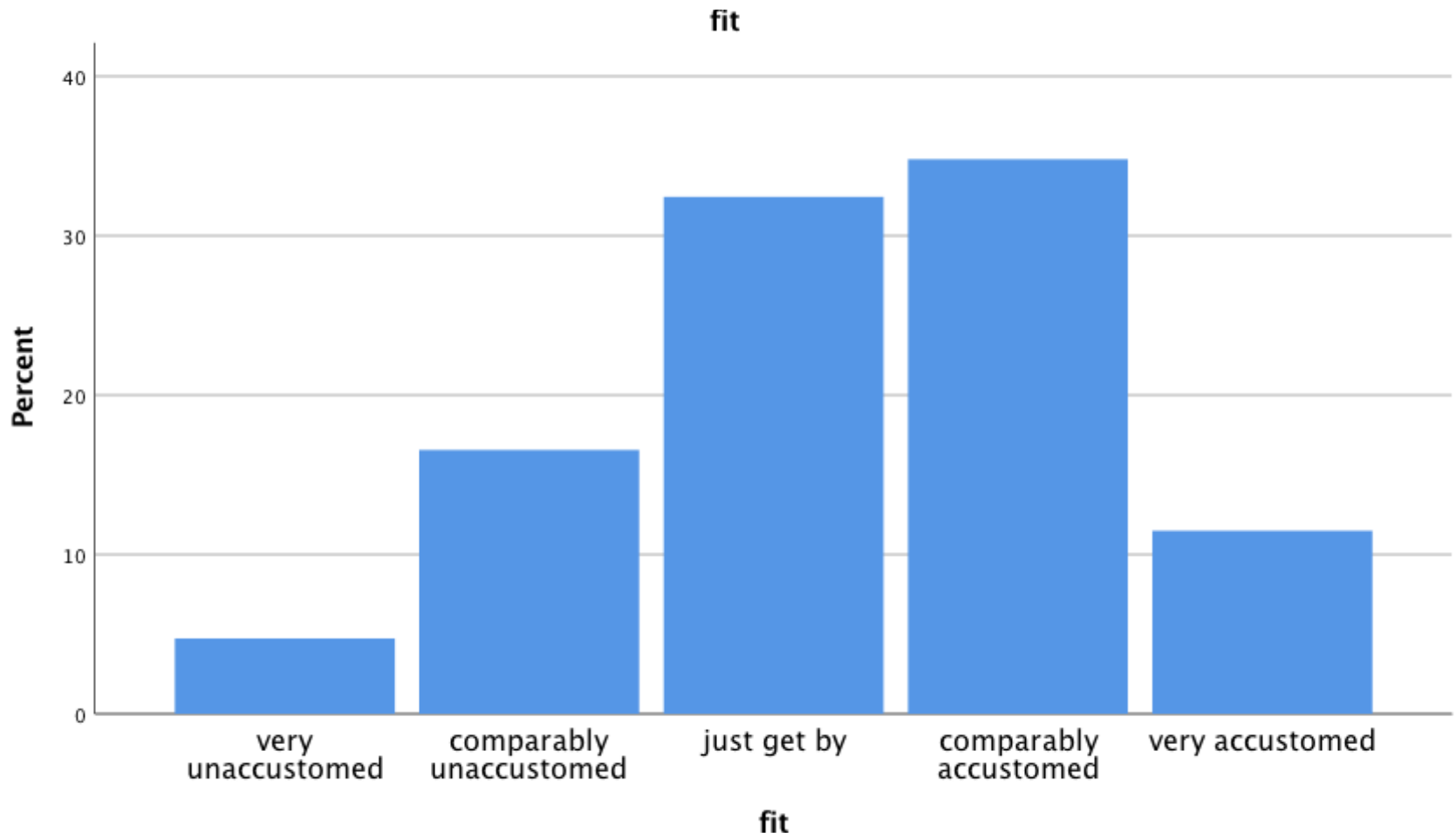


## Living Durations



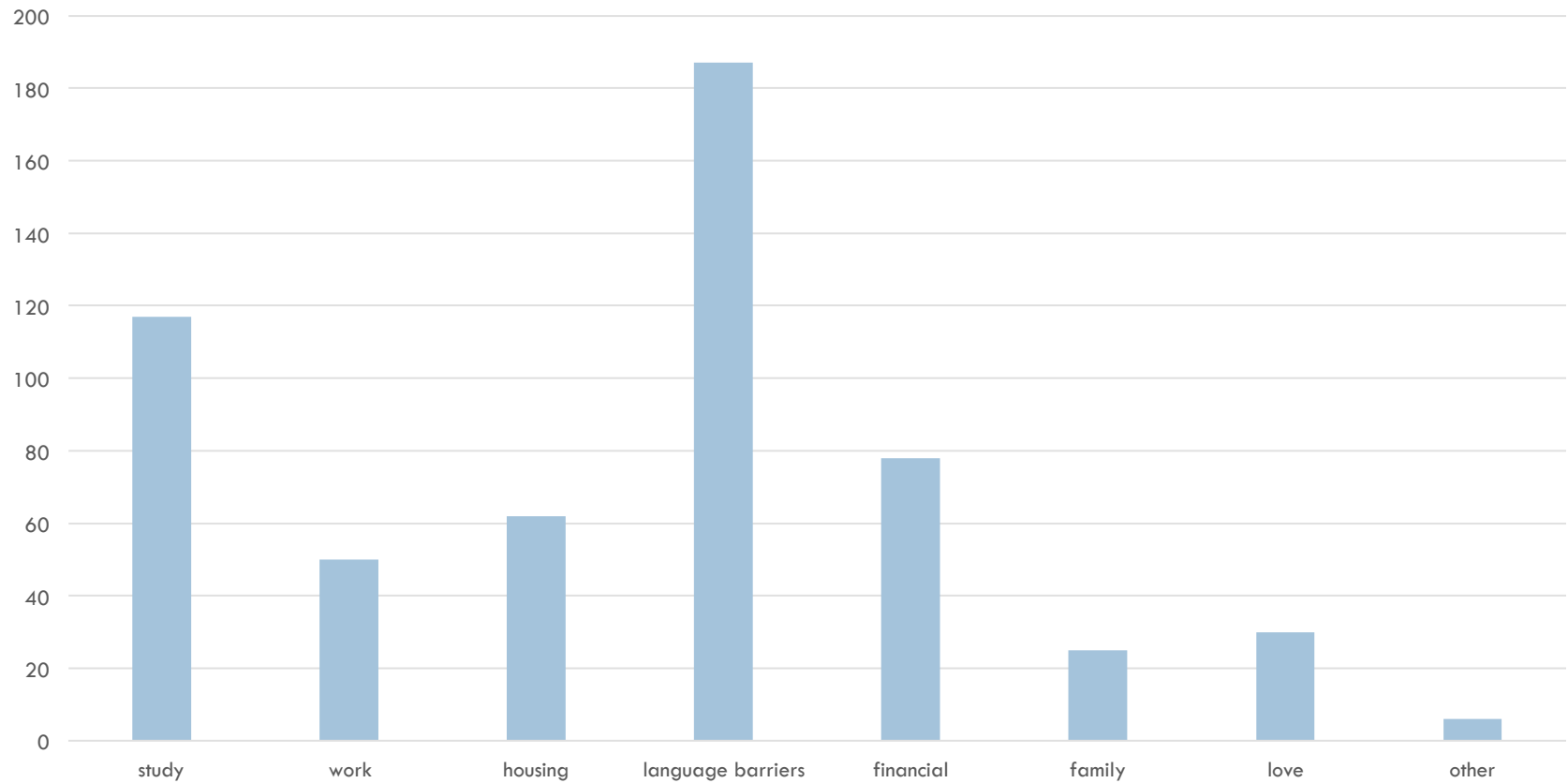
# Analysis and findings (1)

## environmental fit

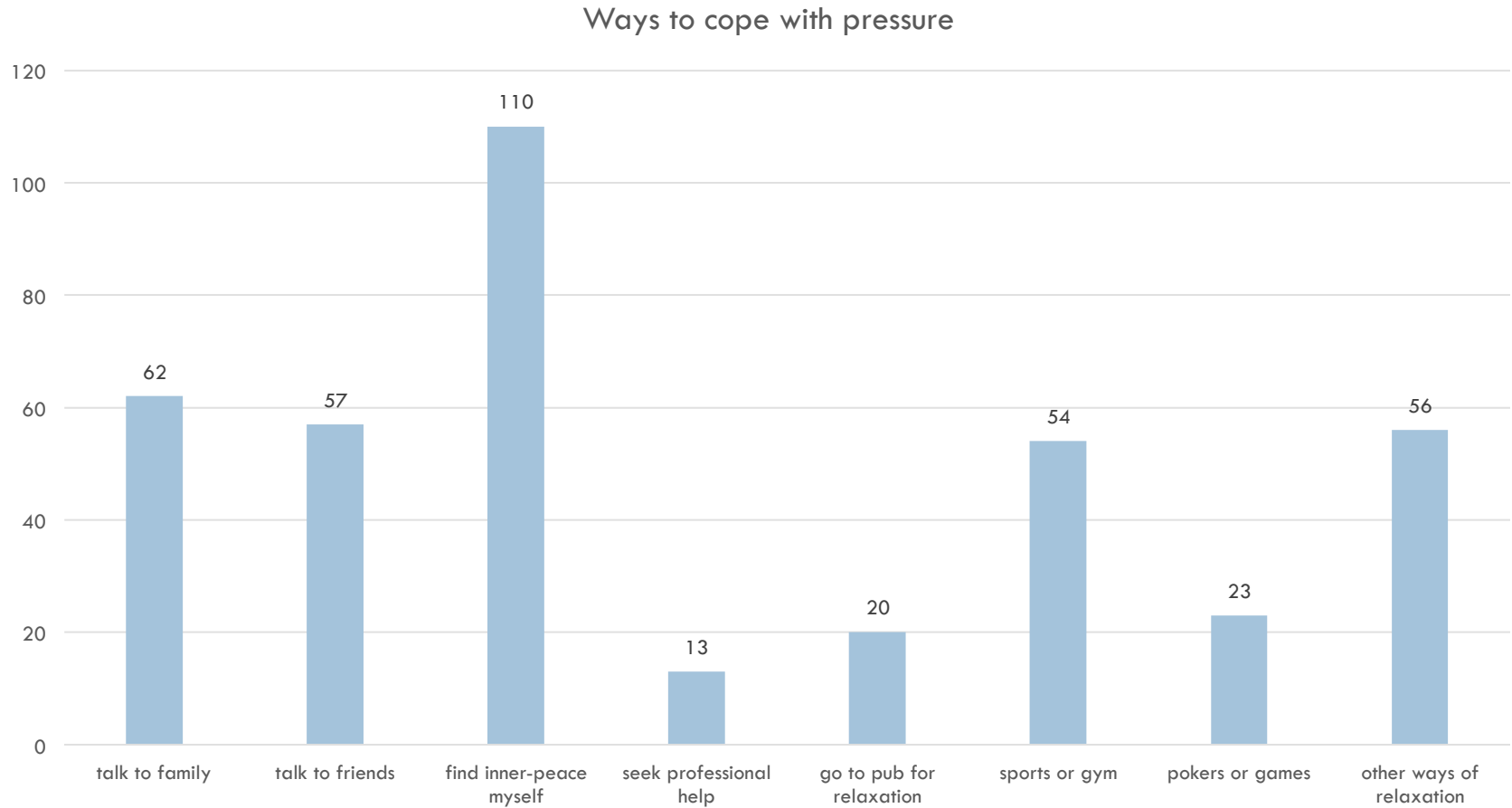


# Sources of mental pressure

psychological pressure source



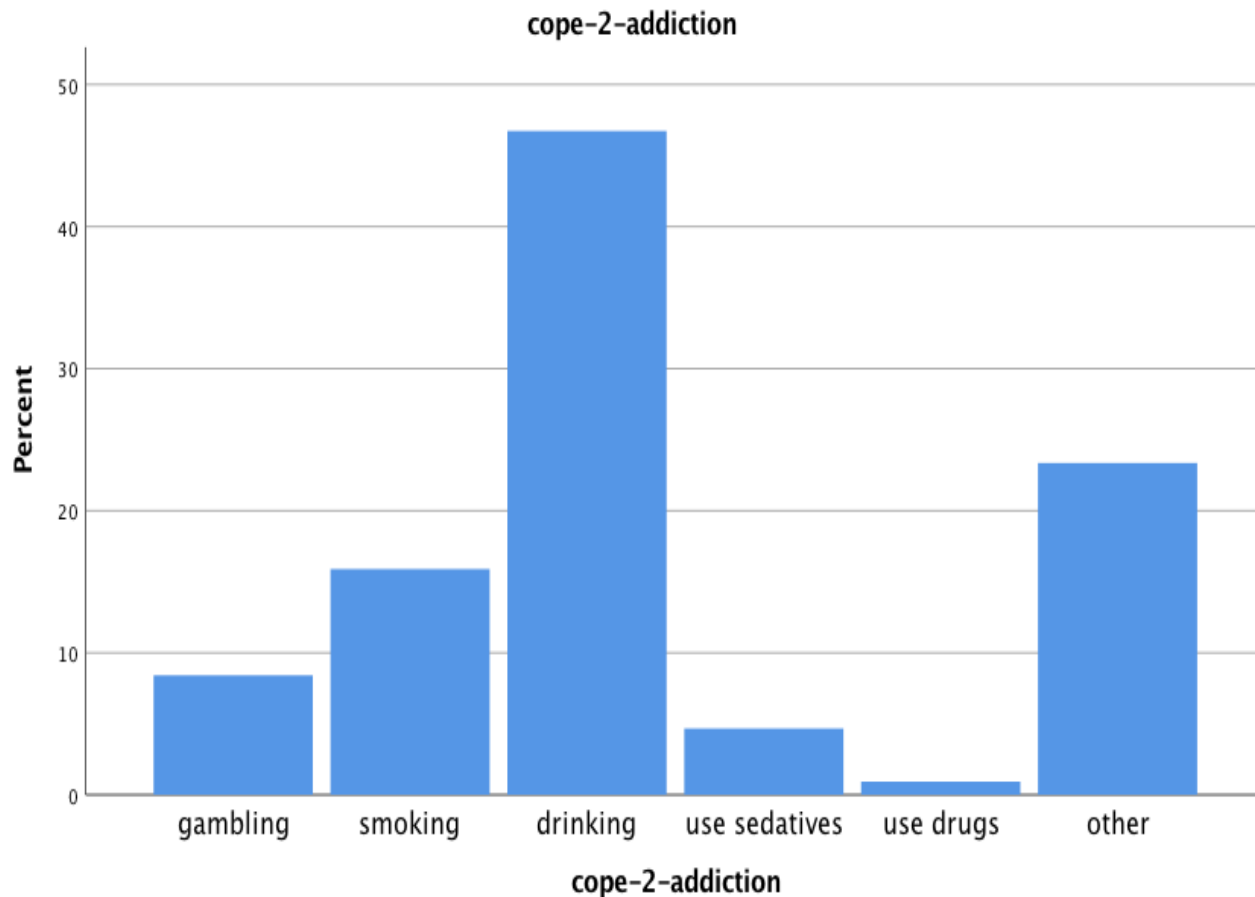
# Ways to cope with pressure



# Alternative ways to cope with pressure



Asian Family Services  
Together enriching lives



# Life satisfaction and demographics

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Male and female show no difference.

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Younger Chinese seemed to be less satisfied with life.

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“Married” and “divorced” are happier than the “Single”s.

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Those live in Wellington for more than 5 years are happier than those less than 5 years; Settlers for less than a year showed the lowest life satisfaction.

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High-schoolers are less satisfied than bachelors and masters.

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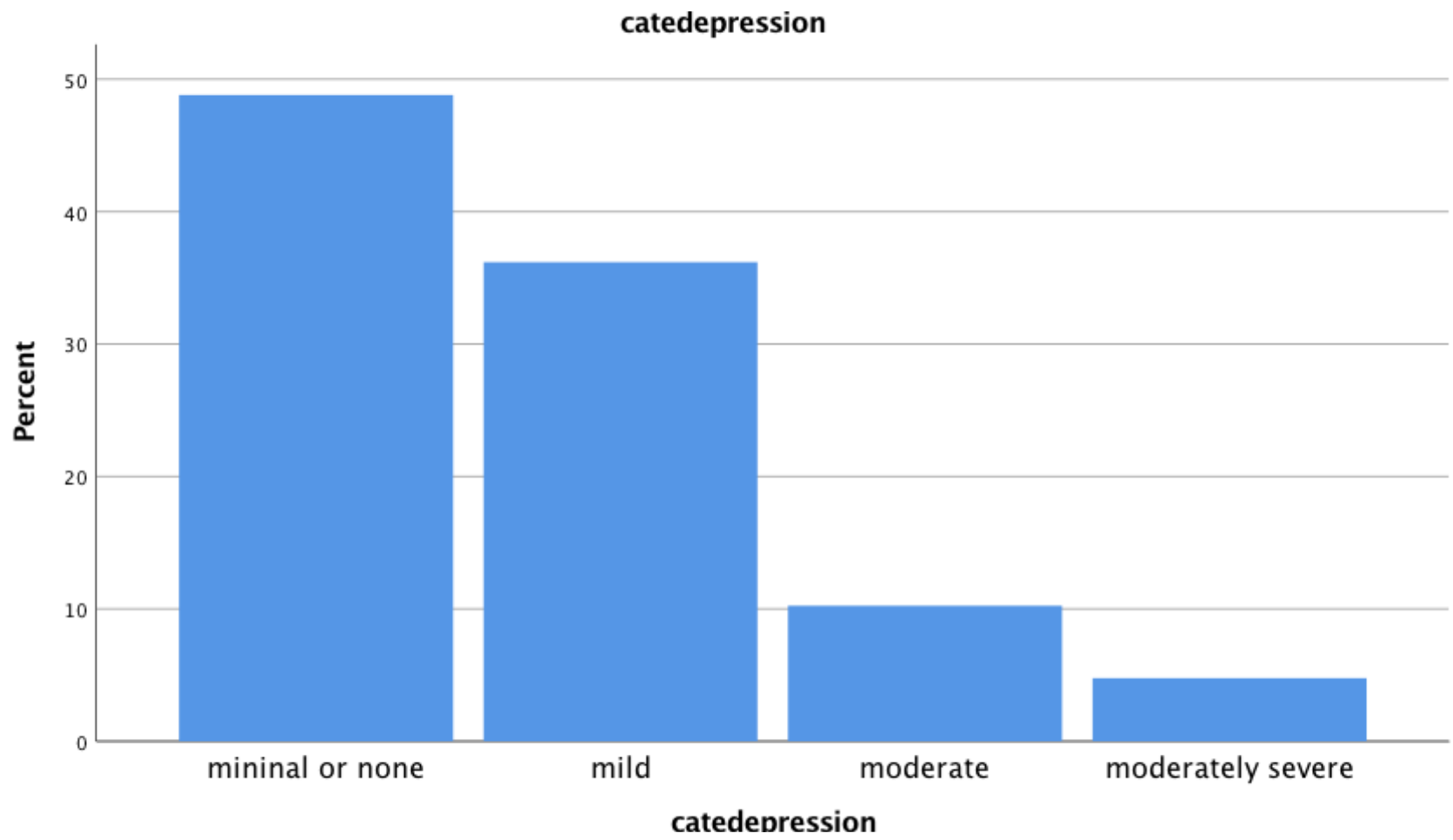
The Chinese immigrants who own houses have the highest level of life satisfaction, followed by cohabitating with family and friends.

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Working professionals are happier than students.

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# Distress levels and demographics(1)



# Distress levels and demographics (2)



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No difference between male and female

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Wellington-based Chinese aged 19 to 37 generally have the greatest level of psychological emotional distress

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“Single”s have higher emotional pressures than the “married” counterparts

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Those who held higher education degrees seemed to worry less.

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The longer the Chinese respondents settled in New Zealand, the less emotional distress they suffer in daily life.

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The groups who own house or cohabit with friends, are less distressful in general than their boarding or renting counterparts.

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The immigrating students have higher level of emotional distress than professionals, visitors or travellers.

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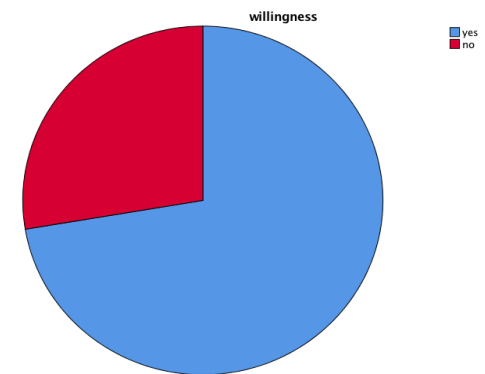
# Awareness of medical resources

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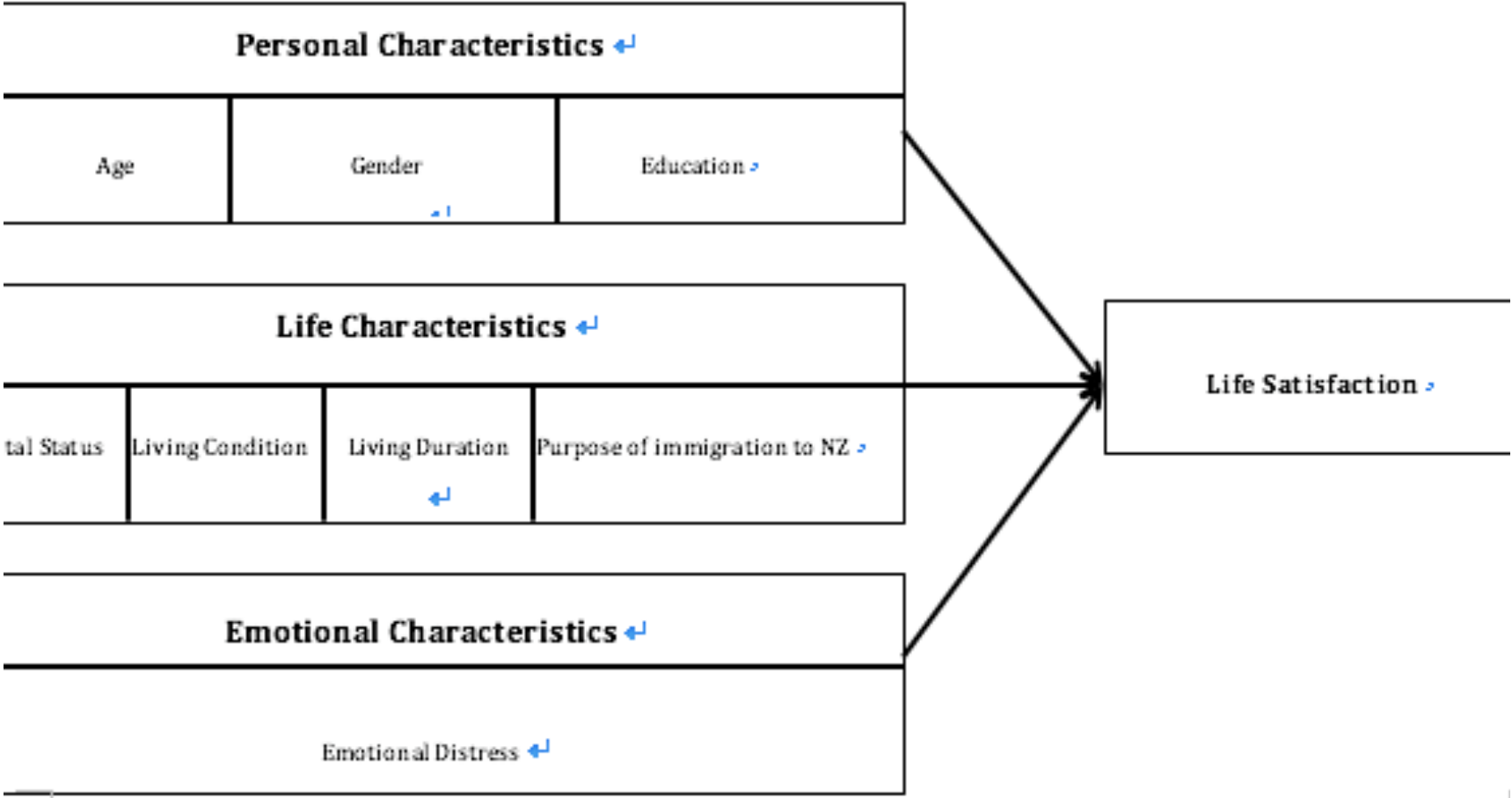
28.7% of the respondents have a certain knowledge about New Zealand psychological health care system. The rest Chinese participants are not fully aware of how to find professional help in this regard.

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72.4% of the Wellington-based Chinese demonstrated acceptance of psychological counselling.



# The life satisfaction model



## Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	Change Statistics			
						F Change	df1	df2	Sig. F Change
1	.502 <sup>a</sup>	.252	.231	1.17513267	.252	12.014	8	285	.000

a. Predictors: (Constant), sumdepression, marital, sex, education, duration, reason, livingcondition, age

## ANOVA<sup>a</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	132.722	8	16.590	12.014	.000 <sup>b</sup>
	Residual	393.567	285	1.381		
	Total	526.289	293			

a. Dependent Variable: avgsatisfaction

b. Predictors: (Constant), sumdepression, marital, sex, education, duration, reason, livingcondition, age

Age      Duration      Education      Living Condition

## Coefficients<sup>a</sup>

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	3.558	.737		4.825	.000		
	sex	.078	.142	.028	.545	.586	.976	1.025
	age	.349	.122	.187	2.862	.005	.613	1.632
	marital	.087	.100	.051	.878	.381	.793	1.261
	duration	.143	.075	.121	1.913	.057	.660	1.515
	education	.526	.147	.186	3.580	.000	.967	1.034
	livingcondition	-.141	.074	-.121	-1.905	.058	.654	1.529
	reason	-.097	.079	-.075	-1.218	.224	.688	1.453
	sumdepression	-.075	.017	-.238	-4.336	.000	.871	1.148

a. Dependent Variable: avgsatisfaction

# Findings and implications

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**Age is positively associated with the level of life satisfaction** ( $p < 0.01$ ). The older the Chinese in Wellington, the happier they felt life would be.

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**Living duration is positively associated with life satisfaction** ( $p < 0.1$ ). The longer people settled in Wellington, the happier they felt.

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**Education levels are positively associated with life satisfaction** ( $p < 0.01$ ). The higher the academic degree they acquire, the happier they felt.

# Findings and implications

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**Living conditions are also found to influence life satisfaction** ( $p < 0.1$ ). Whether an immigrant owns a house, or rent/ flat-mate to live is an indicator of the household wealth. This finding is consistent with previous research that more affordable income boost life satisfaction.

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**Emotional distress level negatively affects life satisfaction** ( $p < 0.001$ ). Psychological wellbeing is a strong predictor of life satisfaction, this highlights the importance of psychological health promotion.

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**gender, marital status and living purpose are not predictors of life satisfaction in Wellington.**

# Asian Family Services

- Counselling Services
  - Social Work
  - Correction work
- Peer Support Group
  - Public Health
  - Asha Programme
- Asian Wellbeing Services
  - Staff Support Services
- Asian Helpline operated Nationwide Monday to Friday  
9am ~ 8 pm

# Thanks for your time.

English and Asian Languages –  
Mandarin, Cantonese, Korean, Thai, Japanese, Vietnamese  
and Hindi

Asian Helpline – 0800 862-342 or  
0800 TO BE HAPPY

- **Professional and Confidential**