

There are MANY of personal (P), interpersonal (IP), and societal (S) influences on hauora and wellbeing so it is useful to have a collection of these ideas summarised and ready to refer to. The following table of influences is for you to use and add to.

## Factors that influence hauora and wellbeing

Note that this is not a fixed list. More ideas can be added, and it depends on the situation as to whether some of these ideas will be seen as personal (P), interpersonal (IP), and societal (S) influences.

### Personal factors that influence wellbeing include things like a person's own:

- Values and beliefs about the situation – and whether or not these support their wellbeing
- Feelings of self-worth, self-belief, self-confidence, etc
- State of mind – self-esteem, etc
- State of health – whether the person is physically or mentally well or not well
- Knowledge – *do they have knowledge to know how to deal with this situation?*
- Skills like .... being able to manage self (time management, set goals, plan, various stress management strategies and techniques, etc), communicate effectively (use I statements, give and receive feedback, listen effectively), be assertive, make decisions, problem solve, think critically and rationally ... noting some of these become interpersonal skills when they are used but in a person has to have their own knowledge of these skills (and confidence/ability to use them) in the first place
- Life experiences – do they have experience of managing situations like this before – do they know what to do?
- Circumstances – what financial resources they have, where they live, how stable is their family life, do they have friends, hobbies, interests, etc.

*Add others*

### Interpersonal factors that influence wellbeing include things like:

- The quality of people's relationships with their friends, family and peers, and relationships with romantic/sexual partners
- The quality of communication between people
- The capabilities of people in relationships to communicate effectively – has everyone in the relationship got effective communications skills and other skills like problem solving and negotiation, etc
- The fact that a person has quality relationships with others
- How supportive and equal their relationships are – or if there is a power imbalance in the relationship.
- The values and beliefs of people about their relationships and how these are shown in their interactions
- Whether or not a people are being pressured or mistreated by those that they know (e.g. bullied, cyberbullied, harassed, abused intimidated, victimised, assaulted).

*Add others*

### Societal factors that influence wellbeing include things like:

- Cultural and social norms – attitudes, values, beliefs and practices that are shown and impact people through things like:
  - Media – news, film & TV, social media, music, etc
  - Community events
  - Social organisations (like schools)
  - The provision of services in communities – what's valued and available - and what isn't
  - Who communities 'include' (and celebrate or embrace) and who they 'exclude' (and discriminate against or marginalise)
  - Globalisation (through multinational companies marketing of their goods, social media, internet, etc)
  - The practices and traditions of ethnic and other cultural groups, or subcultures
- What laws and policies how well operate at national and local/community level (including school policy)
- People's access to resources – financial and other (usually what money buys or needs money to pay for it so it can be provided), e.g. access to opportunities like education, health services and other community-based facilities, access to recreational opportunities and community events, opportunities for meaningful employment etc.

Think of societal as also being about (local) communities and not just nationwide.

*Note: These societal ideas are developed in much more detail at Levels 2&3 NCEA so you only need to have basic understanding at Level 1.*