

Life Satisfaction and Sense of Meaning and Purpose in Newfoundland and Labrador by Gender

Objective

To compare life satisfaction and sense of meaning and purpose in Newfoundland and Labrador (NL) and Canada by gender.

Practice Points

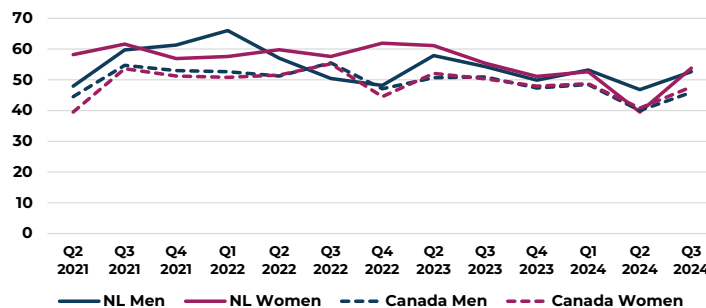
1. Life satisfaction refers to the overall assessment of feelings and attitudes about one's life at a particular point in time. It is influenced by factors such as personal values, cultural background, economic conditions, and social relationships.
2. Sense of meaning and purpose refers to an individual's evaluation of the worthwhileness of the things that they are doing in life.
3. Life satisfaction and sense of meaning and purpose are key parts of subjective well-being and are central to having a good quality life.
4. Quality of Care NL acknowledges that gender expression exists on a spectrum and not as a binary. Due to limited data availability on gender as well as privacy concerns, this sex/gender-based analysis is limited to male/female or men/women. Please note, the use of the terms sex, gender, male/female and men/women in this analysis correspond with the original data sources.

Methods

1. Data on life satisfaction and sense of meaning and purpose were obtained from Statistics Canada.
2. Life satisfaction was measured using the following question, "Using a scale of 0 to 10, where 0 means 'very dissatisfied' and 10 means 'very satisfied', how do you feel about your life as a whole right now?"
3. Sense of meaning and purpose was measured using the following question, "Using a scale of 0 to 10, where 0 means 'not at all' and 10 means 'completely', to what extent do you feel the things you do in your life are worthwhile?"
4. Indicators were compared over time for NL and Canada by gender (Q2 2021 to Q2 2024) and between provinces by gender (Q2 2024).

Results

Life Satisfaction



*Data not available for Q1 2023

Figure 1. Life Satisfaction (rating 8,9,10) for those Aged 15 Years and Older in NL and Canada by Gender (%), Q2 2021 to Q3 2024

- Life satisfaction has generally been higher in NL compared to Canada for both men and women (with a few exceptions).
- In Q3 2024, life satisfaction was higher for both men and women in NL compared to men and women in Canada (15% higher for men and 13% higher for women).
- In NL, higher life satisfaction has fluctuated between men and women. Across Canada, rates have been similar for both men and women.

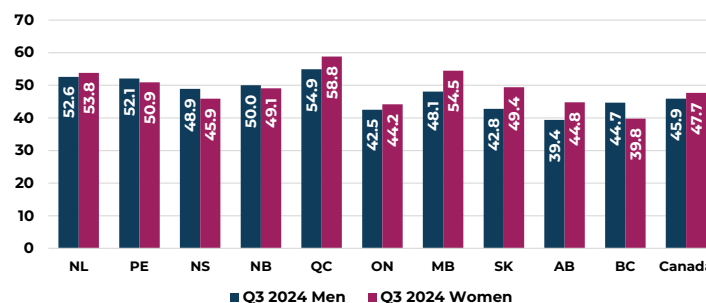
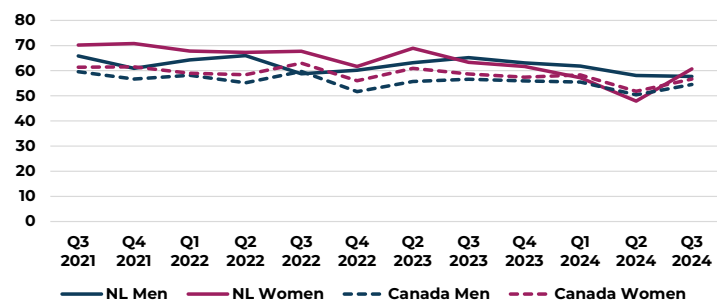


Figure 2. Life Satisfaction (rating 8,9,10) for those Aged 15 Years and Older by Province and Gender (%), Q3 2024

- In Q3 2024, NL men ranked second for life satisfaction among the Canadian provinces and NL women ranked third (1=best and 10=worst).

Source: Statistics Canada. Table 13-10-0843-01 Life satisfaction by gender and province; Canadian Social Survey (CSS), Q2 2021 to Q3 2024.

Sense of Meaning and Purpose



*Data not available for Q1 2023

Figure 3. Sense of Meaning and Purpose (rating 8,9,10) for those Aged 15 Years and Older in NL and Canada by Gender (%), Q3 2021 to Q3 2024

- Sense of meaning and purpose has generally been higher in NL compared to Canada for both men and women (with a few exceptions).
- In Q3 2024, having a greater sense of meaning and purpose was 6% higher for men in NL compared to men in Canada and 7% higher for women in NL compared to women in Canada.
- In NL, having a greater sense of meaning and purpose has fluctuated between men and women. Across Canada, women have had a slightly greater sense of meaning and purpose compared to men.

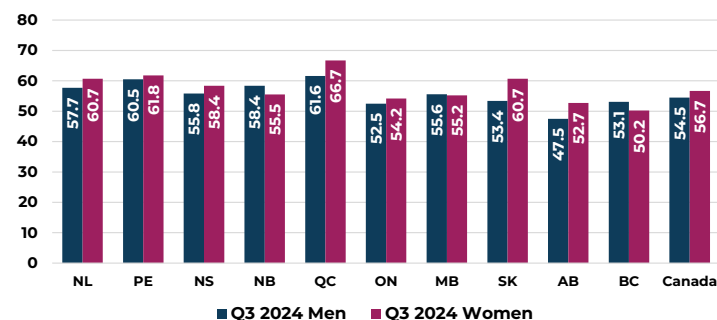


Figure 4. Sense of Meaning and Purpose (rating 8,9,10) for those Aged 15 Years and Older by Province and Gender (%), Q3 2024

- In Q3 2024, NL men ranked fourth among the Canadian provinces and NL women ranked third (tied with SK) (1=best and 10=worst).

Source: Statistics Canada. Table 13-10-0845-01 Sense of meaning and purpose by gender and province; Canadian Social Survey (CSS), Q3 2021 to Q3 2024.

Conclusions

1. Men and women in NL tend to rate their life satisfaction and sense of meaning and purpose higher than their Canadian counterparts (with a few exceptions).
2. Over the past three years, rates for life satisfaction and sense of meaning and purpose have trended similarly for men and women across Canada. In NL, there has been no consistent trend over time by gender.