

# Student well-being

The PILNA student questionnaire collected information about children's physical health, mental health, relationships, and material circumstances. The intention was to collect a holistic picture of the well-being of the students who participated in PILNA.

Students were given a list of circumstances, as set out in Table STT1.5, and were asked to indicate how often they experienced them. They could respond with 'Never', 'Sometimes', 'Most of the time', or 'Always'. For reporting the results, 'Most of the time' and 'Always' were combined, as they were considered to be materially similar in terms of student experience.

## Well-being experiences

Table STT1.6 shows the proportions of year four and year six students who reported experiencing the associated condition at least most of the time.

In Tokelau, 47% of year four students and 59% of year six students reported that they had a good day 'Most of the time' or 'Always' and 41% of year four students and 83% of year six students reported they looked forward to the next day 'Most of the time' or 'Always'.

For frequent negative experiences, between 7–30% of students reported feeling hungry, tired, upset, or not having enough friends either 'Most of the time' or 'Always'. Interesting differences are also seen between the year levels in these areas. These are shown in Table STT1.6.

Table STT1.6

### Percentage of students that frequently experience issues related to wellbeing

	Year 4	Year 6
<b>Negative experiences</b>		
Hungry	26% (11.8)	7% (7.1)
Tired	10% (10.2)	20% (11.0)
Sick	11% (4.2)	7% (0.5)
Don't have enough clean clothes/shoes	11% (3.5)	3% (0.0)
Don't get enough pocket money	4% (0.1)	7% (1.3)
Could not sleep because worried	10% (3.5)	10% (2.8)
Don't have enough friends	19% (6.5)	30% (7.1)
Could not eat because worried	10% (5.0)	4% (0.4)
Upset, sad/unhappy	19% (11.9)	13% (16.3)
<b>Positive experiences</b>		
Had a good day	47% (2.7)	59% (9.7)
Cheerful	31% (6.9)	39% (4.2)
Calm and relaxed	42% (5.8)	38% (7.9)
Looking forward to the next day	41% (1.6)	83% (17.2)

Percentage of students who frequently experienced issues related to well-being, Tokelau, PILNA 2021

( ) Standard errors appear in parentheses.

## What does this mean?

More than one out of three students in Tokelau, at least most of the time, are cheerful, have good days, and look forward to the next day. Many students in Tokelau are regularly experiencing positive well-being but a substantial proportion are not. Year four and year six students are also experiencing different rates of well-being and well-being challenges.