

PANEL DISCUSSION MESOC, INVENT & UNCHARTED



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INVENT: approach and focal points

- Bottom-up, comparative, multi-method analysis of cultural understandings, values, and practices of various social groups within and across European countries
- **Focal points**
 - Understanding how understandings of culture, cultural values and practices are associated with wider **societal values and socio-cultural divisions**
 - People's perceptions and experiences of **changes in everyday culture, lifestyles, and cultural participation** brought about by **megatrends** of Europeanization, globalization, migration, digitalization, and rising social inequalities and how these changes affect societal values (e.g. social cohesion, social solidarity, tolerance, inclusivity)
 - Understanding how – at the individual level – various concepts of culture and forms of cultural participation are related to **cultural and social openness, tolerance, and well-being**.
- **Ultimate aim:** Providing relevant knowledge for the creation of **more just and inclusive cultural policies** that meet the cultural and social needs of underserved groups and communities in contemporary European societies





Exploring culture's contribution to well-being in INVENT

- Recent **CultureforHealth** scoping review of the (Zbranca et al 2022) identified four categories of health and well-being outcomes associated with arts and cultural participation;
- INVENT research covers elements of categories 2, 3 and 4;
- Focus on 'wellbeing' than 'health': subjective wellbeing and mental health (rather than disease treatment, physical health)
- 'Culture' rather than 'arts': broad range of – both 'receptive' and 'active' - cultural practices (not only participation in traditional 'high' arts)
- Relation between culture and well-being not central in INVENT's research, but nonetheless interesting findings

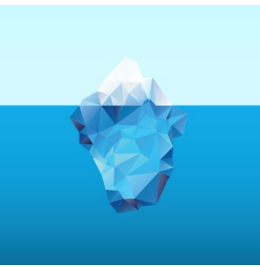
1. Culture and Health

2. Culture and subjective well-being

3. Culture and community well-being

4. Culture and COVID-1

Source: R. Zbranca et al (2022): *Culture's contribution to health and well-being. A report on evidence and policy recommendations for Europe*



Culture and subjective well-being

Personal fulfilment and engagement

- Acquiring and developing skills
- Self-expression
- Empowerment
- Increased social engagement, bonding and inclusion
- Sense of identity and belonging

Personal orientation

- Resilience
- Positive behaviours
- Empathy
- Confidence and self-value

Experiences of emotions

- Improved mood
- Positive emotions
- Emotional regulation
- Reduced anxiety and depression
- Reduced stress, improved relaxation and flow
- Bereavement support

Personal evaluations of life

- Improved well-being and quality of life
- Life satisfaction and motivation
- Finding of meaning
- Improved knowledge and reflectivity

Culture and community well-being

Social inclusion

- Social bonding and inclusion
- Inclusion of disadvantaged groups
- Increasing social engagement and reducing isolation
- Reducing stigma
- Well-being and inclusion of refugees

School- and work-related well-being

City cultural profile and well-being

- Well-being and quality of life
- Active citizenship
- City cultural profile and well-being

Built environment and well-being

- Built heritage
- Environmental design in healthcare
- Public space design

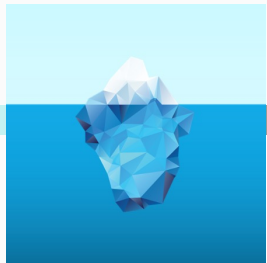
Culture and Covid-19

- Creative activities as preferred leisure
- Innovative, coping strategies
- Resilience
- Reducing stress and short-term anxiety
- Delivery of public health information
- Counteract negative effects of social isolation

INVENT empirical studies in nine European countries

- ❖ Exploratory survey (> 700 respondents)
- ❖ Representative survey (> 14.000 respondents)
- ❖ In-depth interviews (> 220 participants, incl. 90 migrants)
- ❖ 27 case studies of inclusive, participatory policies and practices
- ❖ 36 focus groups with cultural practitioners, policy makers and volunteers
- ❖ Content analysis of online engagement with culture on digital platforms (Twitter, Facebook, Reddit)
- ❖ Smartphone study (experience sampling) among cultural participants/audiences





life satisfaction (INVENT survey data)

- Positive correlation with **satisfaction with cultural offerings nearby**
- Positive correlation with overall degree of **offline cultural participation** as well as specific forms of cultural participation, e.g.:
 - Reading books
 - Attendance popular music events
 - Attendance classical cultural institutions and events (museums, historical sites, classical concerts, theatre performances)
 - Making music (singing, playing an instrument)
 - Doing handwork or handicraft
 - Doing volunteer work
- No significant correlation with overall degree of **digital cultural participation, internet use** and **social media use**
 - negative correlation with Engagement in Digital Entertainment
- Engagement in other leisure activities also positively associated with life satisfaction
 - Going out to bar or pub; Dining out; Sports and physical exercise; visiting recreational area; Do-It-Yourself work



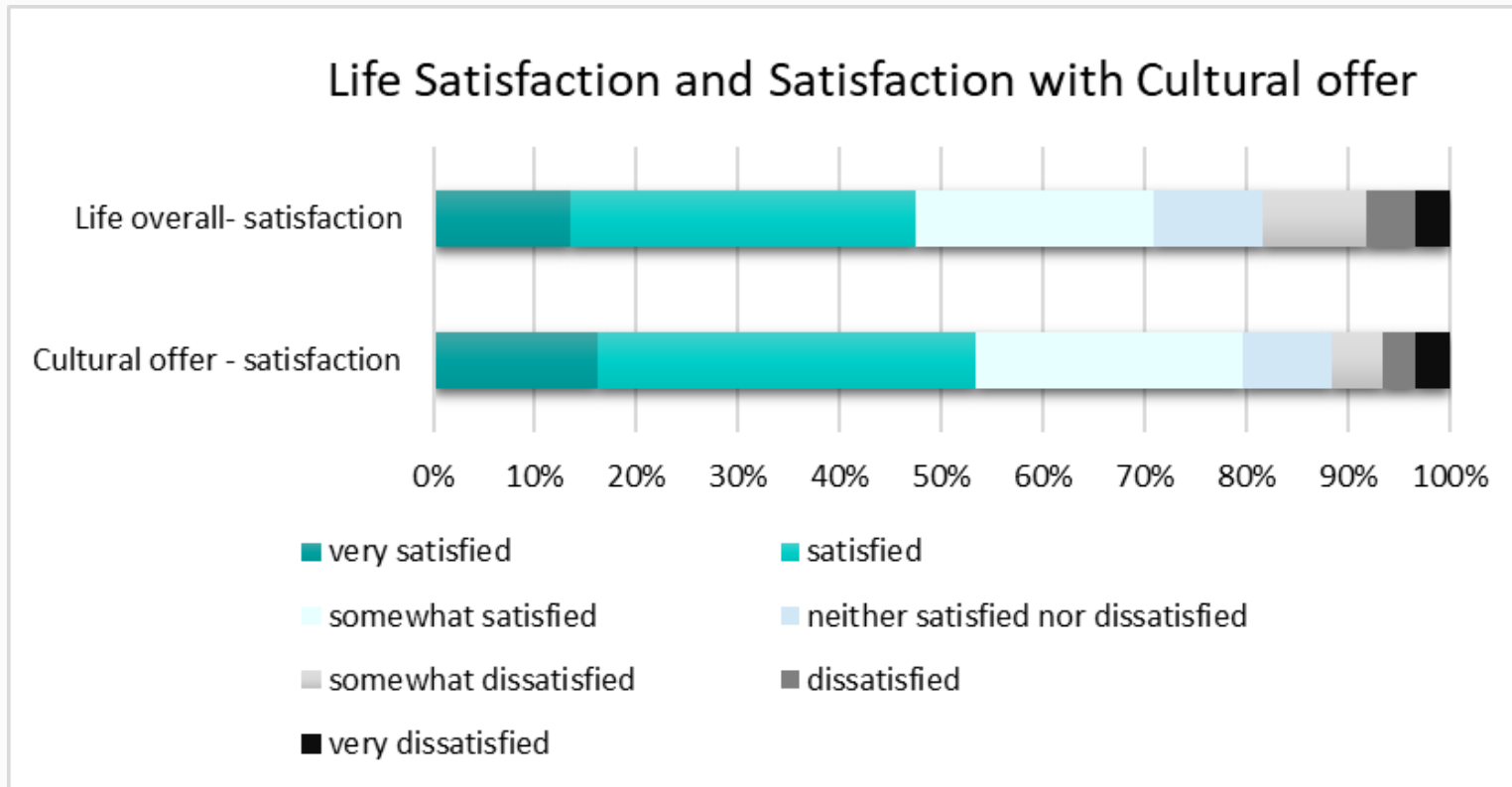
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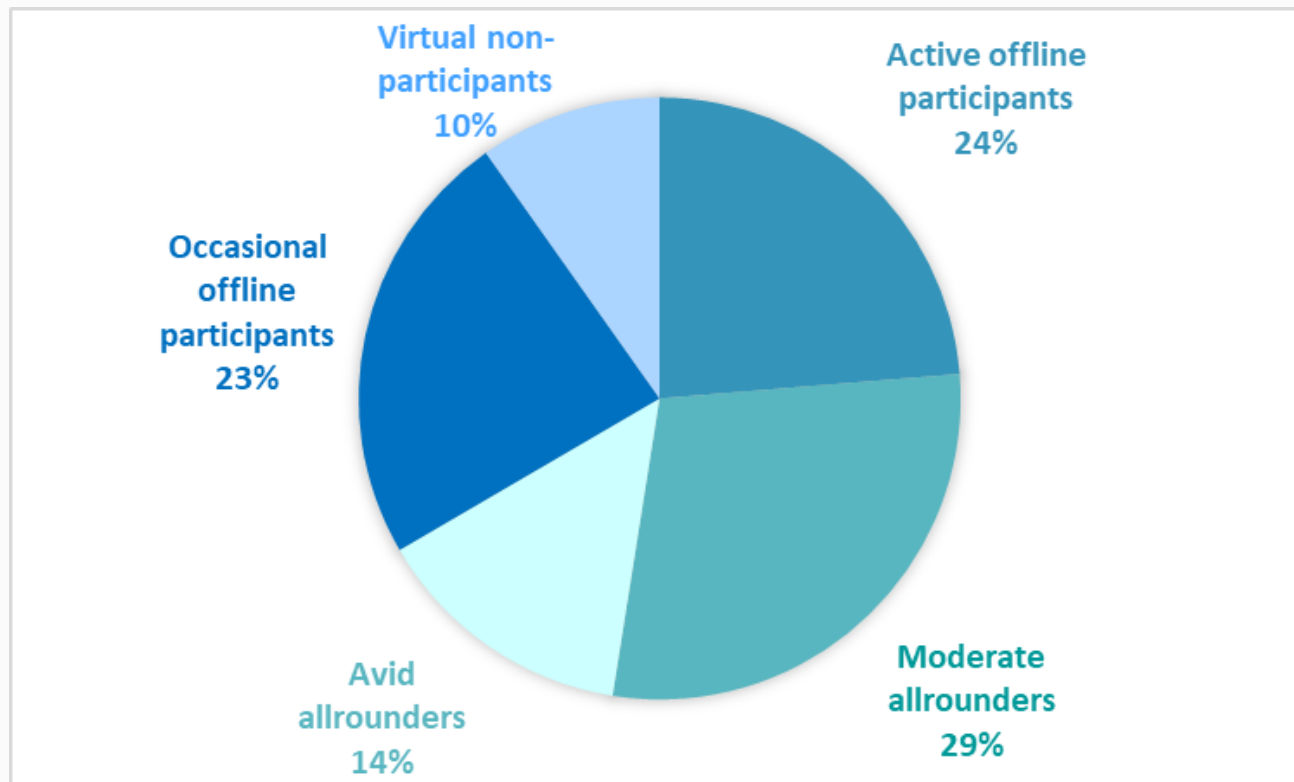
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Repertoires of cultural participation (INVENT survey data)



- Important cross-international differences:
 - Biggest proportions of **virtual non-participants** in Serbia (27%), Croatia (25%), France (12%)
 - **Occasional offline participants** most salient in UK (32%), Serbia (28%), Croatia (25%)
 - Switzerland by far the highest proportion of **active offline participants** (36%)
 - **Avid allrounders** most prominent in France (19%) and the Netherlands (18%)
 - **Moderate allrounders** most common in Denmark (37%), Finland (36%), Netherlands (35%)