UTS UNIVERSITY OF TECHNOLOGY SYDNEY

What information technology do young Aboriginal men use for their health and wellbeing, identity and resilience?

by Peter William Pinnington

Thesis submitted in fulfilment of the requirements for the degree of

Master of Analytics (Research)

under the supervision of A/Professor Christopher Lawrence

University of Technology Sydney
Faculty of Engineering and Information Technology

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My journey through my Masters has been a very testing time for but has afforded me time to clarify my Indigenous Standpoint.

In this section, if I miss acknowledging anyone with whom I have spoken with about my studies, I apologise. I have communicated with many people about *yarning* being a valid way to talk about issues, to swap ideas and to develop our own Indigenous standpoints. We all stand on the shoulders of those who have gone before us.

I would like to acknowledge and thank my principal supervisor, Associate Professor Christopher Lawrence, who is the Director of Indigenous Engagement at the Faculty of Engineering and Information Technology, University of Technology Sydney. Through the encouragement and support that Chris gave me, he advised me to expand the research question to include my beginnings in Adelaide in 1978 where I worked with Aboriginal youth in the justice system in South Australia. Dealing with youth, I also thought about their lifestyles and what they thought about their health and healthy lifestyle. Then after 50 years in the workforce, I would be given the opportunity to investigate those issues but in a 21st Century. First, completing this Masters with the emphasis of developing a template for a best health practice model for young Aboriginal men by investigating how those young men engage with social media and it was Chris who prompted me to include social media in the research question. Secondly, to continue on to a PhD to further develop the best practice model for young Aboriginal men. I would like to say thank you to Professor Bronwyn Carlson, Macquarie University, Department of Indigenous Studies, Macquarie University for her support. Also, for inviting me to the Forum for Indigenous Research Excellence workshops where Aboriginal issues were presented by fellow Aboriginal students that gave me 'food for thought' while researching for the Masters.

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shared our experiences in health, where Angela Phillips and I have both taught. Angela is a doctoral candidate within the Faculty of Health at UTS.

I would also like to thank Dr. Nick Hopwood who taught research methods that gave me an insight into the various forms of methods and their applications but I can now see how to utilise Indigenous research methods and pedagogy, and their veracity. In class, I said to Nick I now have a framework to better articulate the Aboriginal issues I have come across in the Masters. This is the framework I did not know, when I was at the Monash Aboriginal Research Centre in 1979, as a research assistant. However, I had a commitment to develop a training program for the workers in the Aboriginal community organizations and in the then Victorian Public Service so, I listened to what was being said and repeated back to the workers what they were saying to have exactly what they wanted in gaining the skills to be more effective in their jobs.

I also want to thank David Litting UTS Librarian who assisted me by setting up a number of search engines for articles relevant to the research of social media and the health of young Aboriginal men and Janet Stack, FEIT Academic Officer for assistance with administrative matters.

In closing I would like reiterate, we all stand on the shoulders of those who have gone before.

ABSTRACT

In this thesis the following terms relate only the Australian context for Aboriginal and Torres Strait Islanders and Indigenous and they are interchangeable depending on the context for example, for this thesis in some cases Aboriginal young will be used for specific instances.

This thesis is a literature of research articles and Australian Government policies related to the engagement of young Aboriginal men with social media for their health and wellbeing, as well as develop a best practice health model for practitioners working with them. The review includes articles on health related matters, research Indigenous methods. There is also the application of Indigenous Graduate Attribute (IGA). The IGA is comprised of six attributes relevant to engineering and information technology students when engaged with Aboriginal or Torres Strait Islander community projects. For example, the students will be introduced to the historical context of Aboriginal and Torres Strait Islander peoples because this will provide the present context within which the students and the communities and in this section communities means Aboriginal and Torres Strait Islander, with whom they are operating. The researcher has been involved in the workshops to develop the IGA and is developing with Dr. Zucker a FEIT colleague a digital library to be a resource for the FEIT teaching staff to address the six attributes and for the students to acquire the attributes to interact respectfully and professionally with the communities. The researcher will endeavour to introduce the IGA into the 'yarning circles', explained later, with the cohort of his further research in a PhD which is a valid qualitative research method utilized by Indigenous researchers when interacting with communities because it will afford the cohort the opportunity to gain the skills of interacting with individual, communities or organizations.

The researcher is not an engineer or an information technologist; he has an education and health background, hence, the following research question is asked:

> What information technology activities (using today's technologies of social media) do young Aboriginal men use for their health, and wellbeing and resilience; and how does the influence of their immediate families, extended families and friends on their health and wellbeing mediate these relations?

In 2016, after speaking with Associate Professor Christopher Lawrence from FEIT, he suggested the inclusion of social media in the research question. A leading Aboriginal researcher in social media, Carlson (2013), reinforced that the medium being used by Aboriginal and Torres Strait Islander peoples to stay up-to-date with informal and formal approaches to technology, which will help them maintain and strengthen their literacy and numeracy as well as support their identity and connections to culture.

Yarning is a valid Indigenous research method to be incorporated into the project, as suggested by Bessarab and Ng'andu (2010) because it is culturally appropriate for building trust and rapport between individuals and groups (Smith, 2012).

The research analyses presented in this thesis will inform the methodology to undertake further research to complete a PhD. In the PhD research, the researcher will partner with community organizations and invite Indigenous participants to be a part of the research. This will allow the cohort to share their personal lived experiences, cultural knowledge and cultural competency to assist in building the trust and rapport essential for the success of the research. Once established, the researcher will explore the idea with participants of establishing an online 'chatroom' to be housed within the application (http://thismymob) of FEIT that connects various Indigenous groups. Permission will be granted from the cohort for the principal researcher to gain access to the 'chatroom' to ascertain the types of issues discussed and offer assistance if needed.

The researcher has been involved with the development of Faculty of Engineering and Information Technology (FEIT) Indigenous Graduate Attribute (IGA) principles that will be incorporated into the project to up-skill the cohort in critical thinking and reflection for their health and wellbeing.

The eight chapters of the thesis comprise of: (i) introduction; (ii) research methods; (iii) Implementation of IGA in FEIT; (iv) Proposed Implementation of IGA into research cohort; (v) Health framework; (vi) Proposed Case study – Men's shed Mt Druitt; (vii) conclusion; and (viii) further postgraduate research.

TABLE OF CONTENTS

STATEMENT OF ORIGINAL AUTHORSHIP I

ACKNOWLEDGMENTS II

ABSTRACT IV

TABLE OF CONTENTS VI

LIST OF ABBREVIATIONS X

LIST OF FIGURES XII

LIST OF TABLES XII

CHAPTER 1: INTRODUCTION 1

Research position 1

Research standpoint 3

Resilience 4

Different research methods 8

Background to the research question 11

How do Aboriginal people interact socially? 12

Literature review 13

Module 1: The big picture – what it means to think about design research 15

Module 2: Making our research relevant 16

Module 3: Indigenous/decolonizing approaches and participatory action research 17

Supervision 17

Reflection 17

References 18

CHAPTER 2: RESEARCH METHODOLOGY 20

My critical identity 20

Conclusion 26

References 27

CHAPTER 3: IMPLEMENTATION OF IGA IN FEIT 28

Introduction 28

Teaching with empathy 28

Draft pedagogical principles 34

1. Principle of critical reflexivity 34

2. Examples of Aboriginal engineering 35

3. Addressing Aboriginal engineering and information technology (IT) 35
4. Incorporating core activities 36
5. Monitoring the IGA 36
6. Conducting FEIT staff meetings 37
7. Developing of whole of faculty curriculum 37
8. Experiencing personal learning from 2019 UTS Corporate Plan 37

Faculty of Health Indigenous Graduate Attribute Principles (FHIGAP) ... 38

1. Heterogeneity of Indigenous Australia 38
2. Health, social and emotional wellbeing 38
3. Indigenous was of knowing 39
4. Spirituality 40
5. Colonisation, racism and chronic disease 40
6. Social justice 40
7. Transgenerational trauma 41

Conclusion 42

References 43

CHAPTER 4: PROPOSED IMPLEMENTATION OF IGA INTO THE RESEARCH COHORT 45

Introduction 45

Application of selected FEITIGA principles in the research project 45

Abridged principles from UWSIGA Nos 2 and 5 49
Western Sydney University 49

National Male Health Policy (NMHP) 55

National Aboriginal and Torres Strait Islander Health Plan 2013- 2023 ... 57

National Aboriginal and Torres Strait Islander Male Health Framework 57

Principles of the NATSIMHF 58

Conclusion 60

FEITIGA 60
WSUIGA 61
MHIRC situational approach to suicide including Westerman's complementary approach 61
Points for further consideration in the research 62
NHMS 63
NATSIHP 2013-2023 63
NATSIMHF 63

References 65

CHAPTER 5: HEALTH FRAMEWORK 67

Introduction 67

Social determinants of health 73

1. Social gradient 74
2. Stress 74

3. Early life 75
4. Social exclusion 76
5. Work 76
6. Unemployment 76
7. Social support 77
8. Addiction 77
9. Food 78
10. Transport 79
Conclusion 79
References 80

CHAPTER 6: PROPOSED CASE STUDY – MEN'S SHED MT DRUITT 82
Introduction 82
Core values 88
Spirit and integrity 88
Cultural continuity 88
Equity 88
Reciprocity 88
Respect 89
Responsibility 89
Research guidelines 89
1. Net benefits for Aboriginal people and communities 89
2. Aboriginal community control of research 90
3. Cultural sensitivity 90
4. Reimbursement of costs 90
5. Enhancing Aboriginal skills and knowledge 90
Conclusion 91
References 91

CHAPTER 7: CONCLUSION 93
Introduction 93
Principles of the National Health and Medical Research Council 94
Spirit and integrity 94
Cultural continuity 94
Equity 94
Reciprocity 94
Respect 95
Responsibility 95
AHMRC guidelines 95
FEITIGA 99
WSUIGA 100
MHIRC 100
NMHP 101
NATSIHP 2013-2023 102

NATSIMHF 102
Points for further consideration in the research 103
References 104

CHAPTER 7: FURTHER POSTGRADUATE RESEARCH 106
Research aims 106
Research cohort 107
Ethics 107
Analysis of findings 108
Resources 108
Research plan 108
Conclusion 109

BIBLIOGRAPHY 110

LIST OF ABBREVIATIONS

ACT	Australian Capital Territory
ACWC	Aboriginal Community Workers Course
AHS	Aboriginal Health Service
AIATSIS	Aboriginal and Torres Strait Islander Studies
AIHW	Australian Institute of Health and Welfare
AMAP	Aboriginal Midwifery Access Program
ANU	Australian National University
ANUMS	Australian National University Medical School
BTH	Bringing Them Home Report
CDAMS	Committee of Deans Australia Medical School
Commission	Commission on Social Determinants of Health
CRT	critical race theory
CWTI	Community Welfare Training Institute
employees	Aboriginal and Torres Strait Islander employees
FEIT	Faculty of Engineering and Information Technology
FH	Faculty of Health
FHIGA	Faculty of Health Indigenous Graduate Attribute
HSC	Higher School Certificate
IASM	Indigenous Australian Studies Major
IGA	Indigenous Graduate Attribute
IS/s	indigenous standpoint/s
MARC	Monash Aboriginal Research Centre
NAHS	National Aboriginal Health Strategy
NAIDOC	National Aboriginal and Islander Day Observance Committee

NATSIHP	National Aboriginal and Torres Strait Islander Health Plan
NATSIMHF	National Aboriginal and Torres Strait Islander Male Health Framework
NATSIMHL Group	National Aboriginal and Torres Strait Islander Male Health Leadership Group
NHMRC	National Health and Medical Research Council
NMHP	National Male Health Policy
NT	Northern Territory
SFM	Social Foundations of Medicine
Strategy	Department of Health National Men's Health Strategy 2020-30
UNDRIP	United Nations Declaration on the Rights of Indigenous Peoples
USA	United States of America
UTS	University of Technology, Sydney
VPS	Victorian Public Service
WASC-A	Westerman Aboriginal Symptoms Checklist for Adults
WASC-Y	Westerman Aboriginal Symptoms Checklist for Youth
WSU	Western Sydney University

LIST OF FIGURES

Chapter 1

Figure 1.1: Map of the boundary of the Ngarrindjeri and Ors Native Title claim 1

Chapter 4

Figure 4.1 Rethinking the proportionality of risk factors associated with illness 50

Figure 4.2 Rethinking the proportionality of risk factors associated with suicide 51

Chapter 6

Figure 6.1 Rethinking the proportionality of risk factors associated with suicide 84

Figure 6.2 Impact of situational distress risk factors 84

Figure 6.3 Six core values 86

Chapter 7

Figure 7.1 AHMRC guidelines 96

LIST OF TABLES

Chapter 1

Table 1.1 Life expectancy at selected ages, Australia (a) – 2015-2017(b) 5

Chapter 4

Table 4.1 Selected principals in the research project 48

Chapter 5

Table 5.1 National Male Health Policy 2010 structural overview 68

Table 5.2 Health condition risks for priority population groups – evidence of risk higher than the general population 71