

Hong Kong Happiness Index Survey 2013

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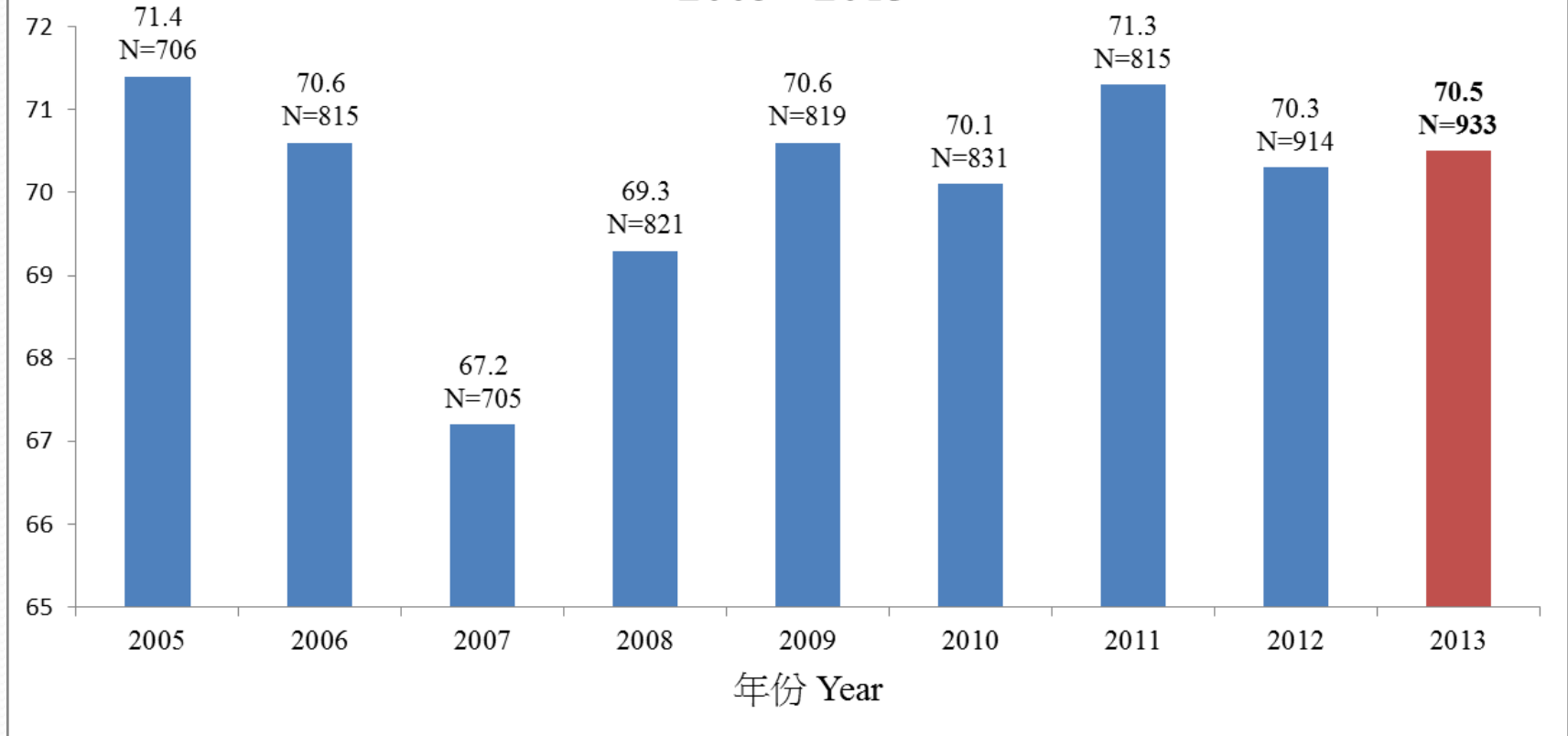
December 12, 2013



Survey backgrounds

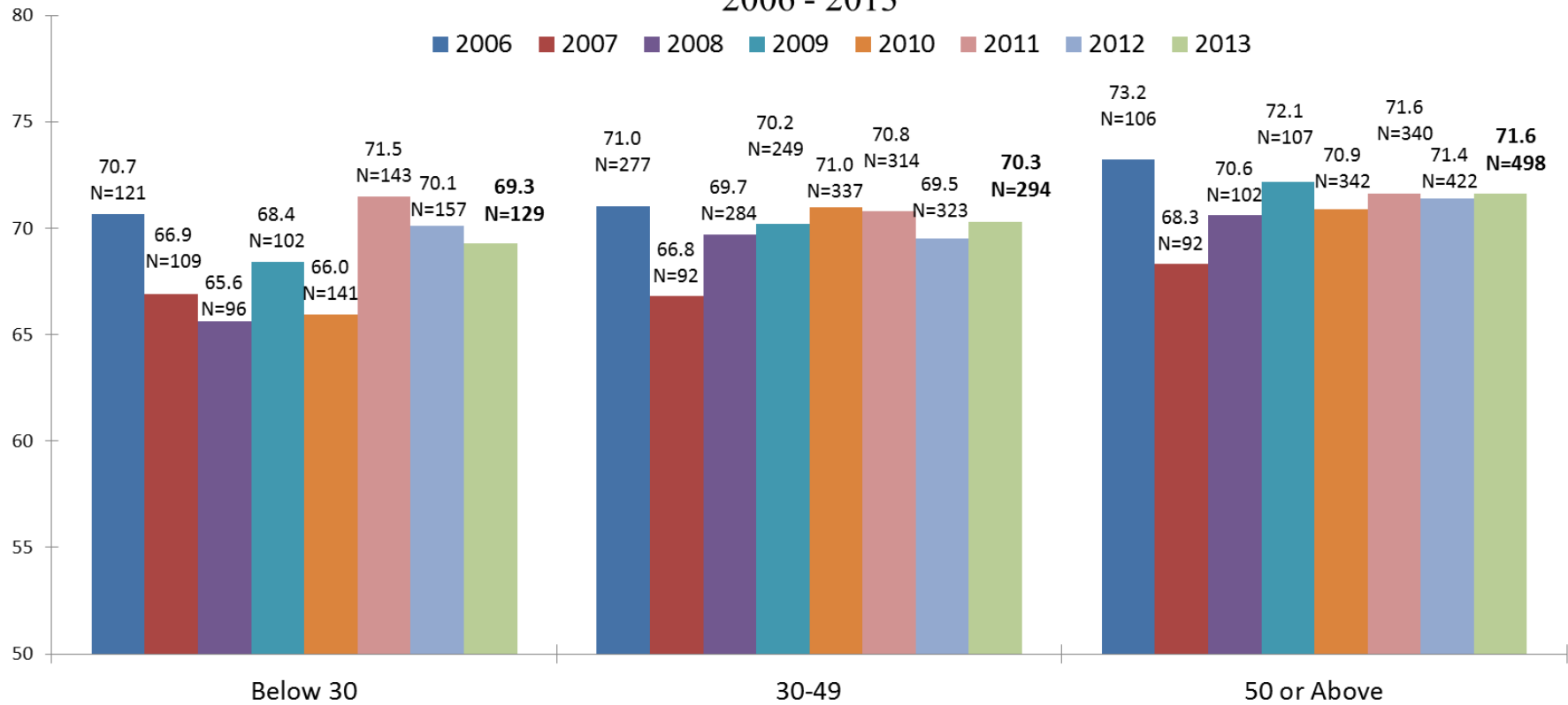
- The survey was conducted from October 29 to November 4, 2013.
- The total number of respondents is 942.
- The response rate is around 26 percent.
- We would like to acknowledge the generous financial support of Shih Wing Ching Foundation and the assistance of Public Governance Programme of Lingnan University in data collection.
- Key Happiness Question:
整體來說，你有幾快樂呢？ 0分代表非常不快樂，10分代表非常快樂。

快樂指數 Happiness Index 2005 - 2013

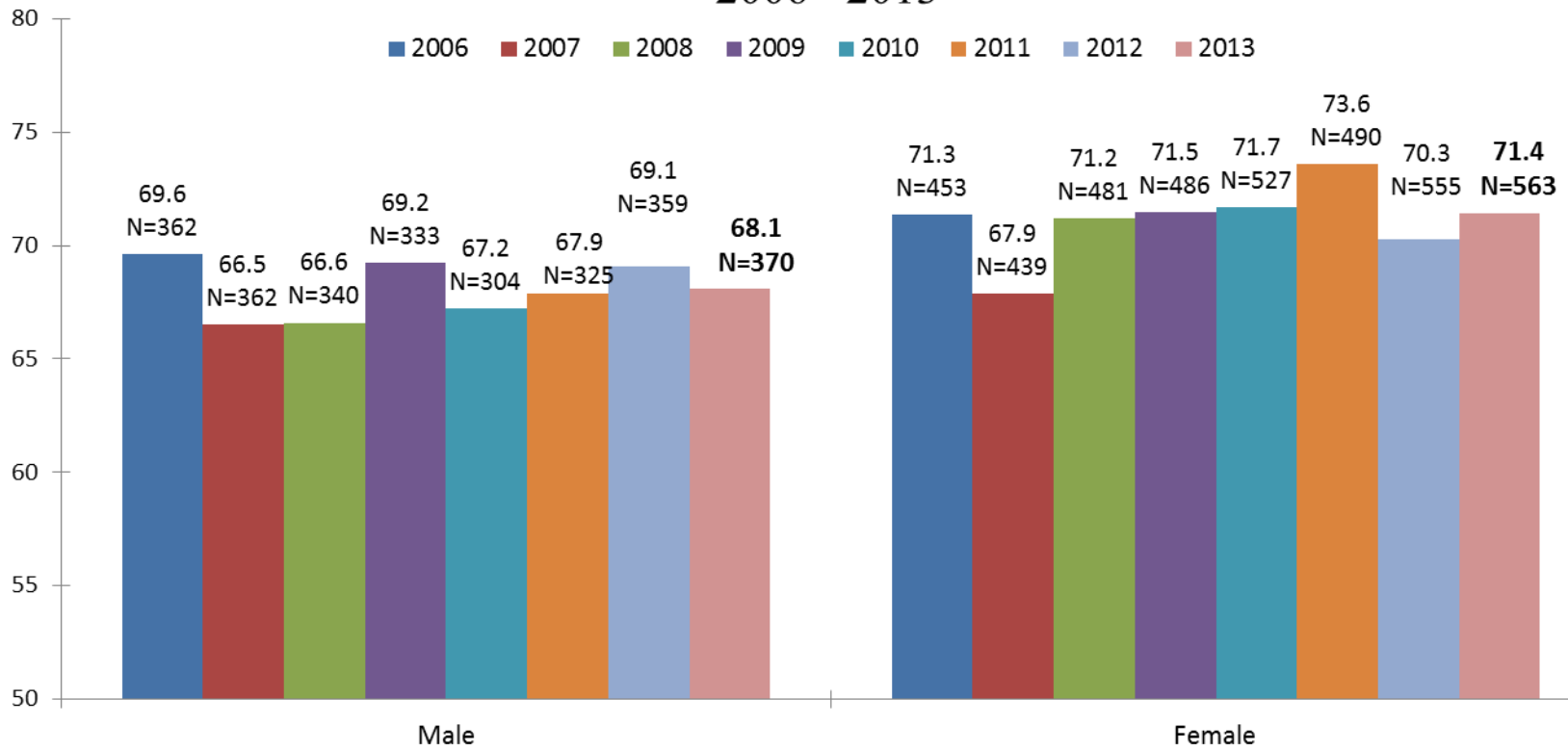


Note: 2012 and 2013 indices are compiled assuming 2011 age structure in the population census.

按年齡組別劃分快樂指數 Happiness Index by Age Group 2006 - 2013



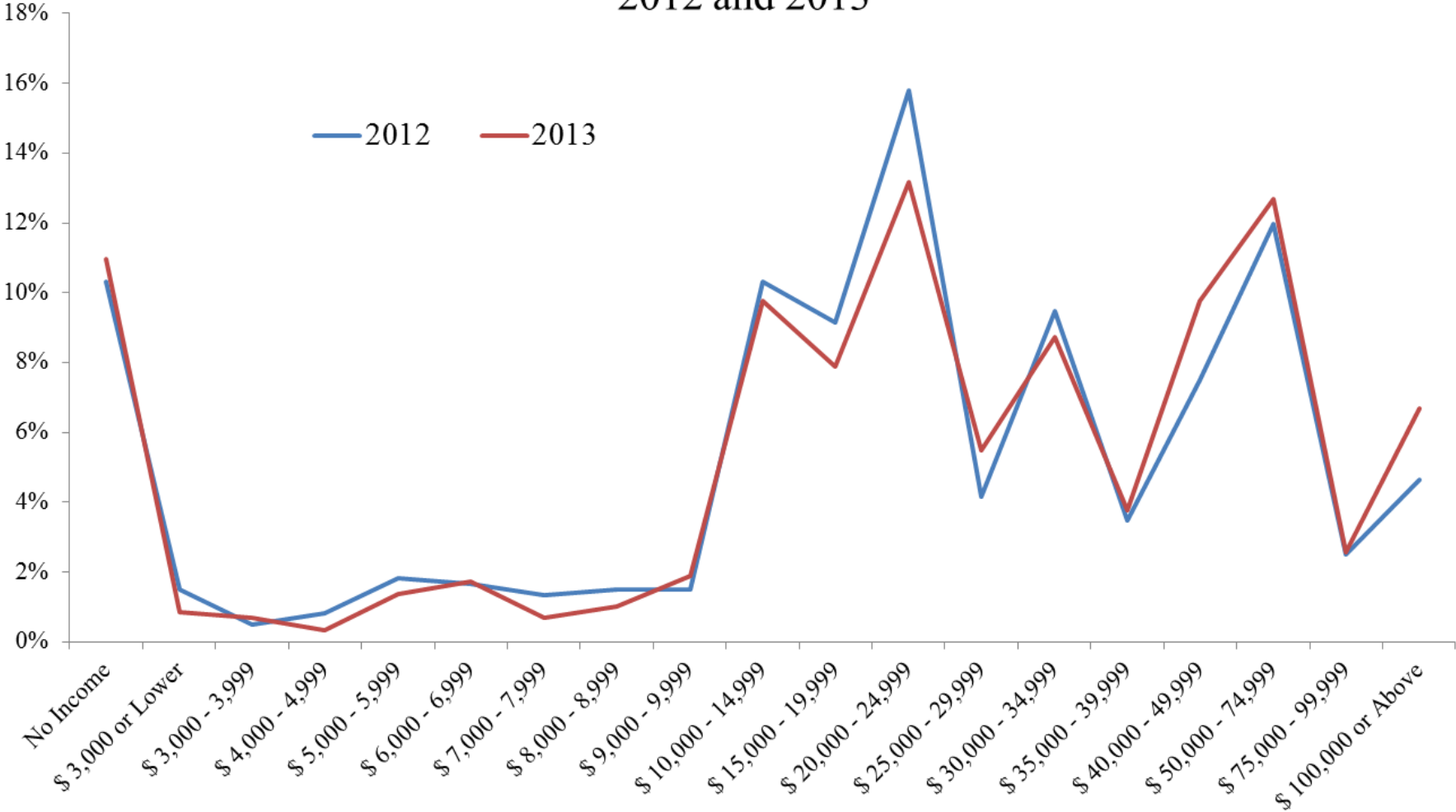
按性別劃分快樂指數 Happiness Index by Sex 2006 - 2013



家庭每月收入水平分佈

Distribution of Household Monthly Income

2012 and 2013



家庭每月收入與快樂指數 Household Monthly Income and Happiness Index 2005 - 2013

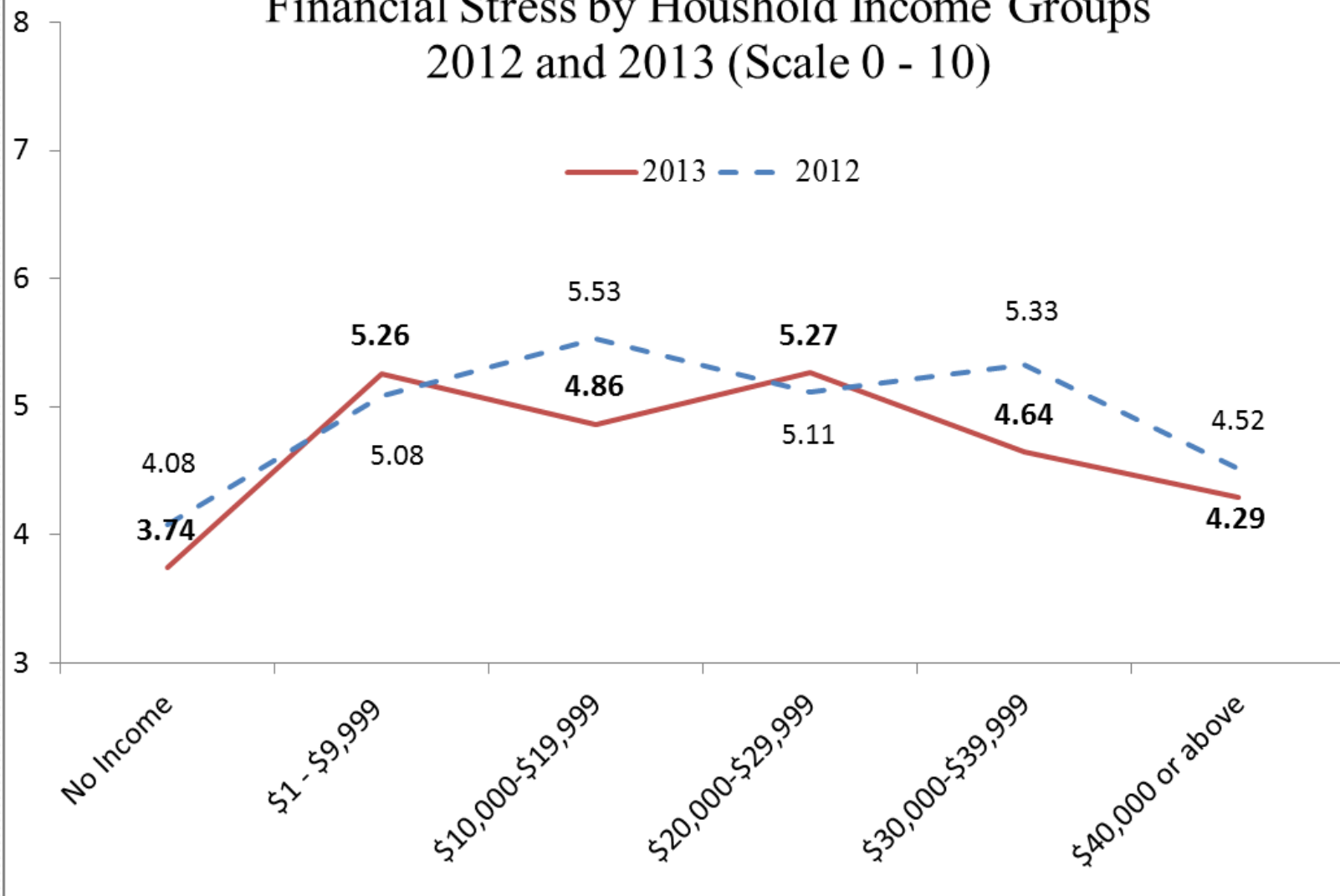


家庭每月收入	2009	2010	2011	2012	2013	2013 Change in Percentage
Household Income Per Month	平均值	平均值	平均值	平均值	平均值	
	Mean	Mean	Mean	Mean	Mean	
No Income	71.3	67.2	71.2	70.2	66.72	-4.96%
\$1 - \$9,999	63.85	66.21	73.1	68.4	65.31	-4.52%
\$10,000-\$19,999	70.42	69.57	71	68	68.24	0.35%
\$20,000-\$29,999	71.89	70.58	73.2	70.8	71.56	1.07%
\$30,000-\$39,999	70.13	70.6	74.1	66.9	70.14	4.84%
\$40,000或以上 or above	72.82	73.29	72.4	73.8	73.30	-0.68%

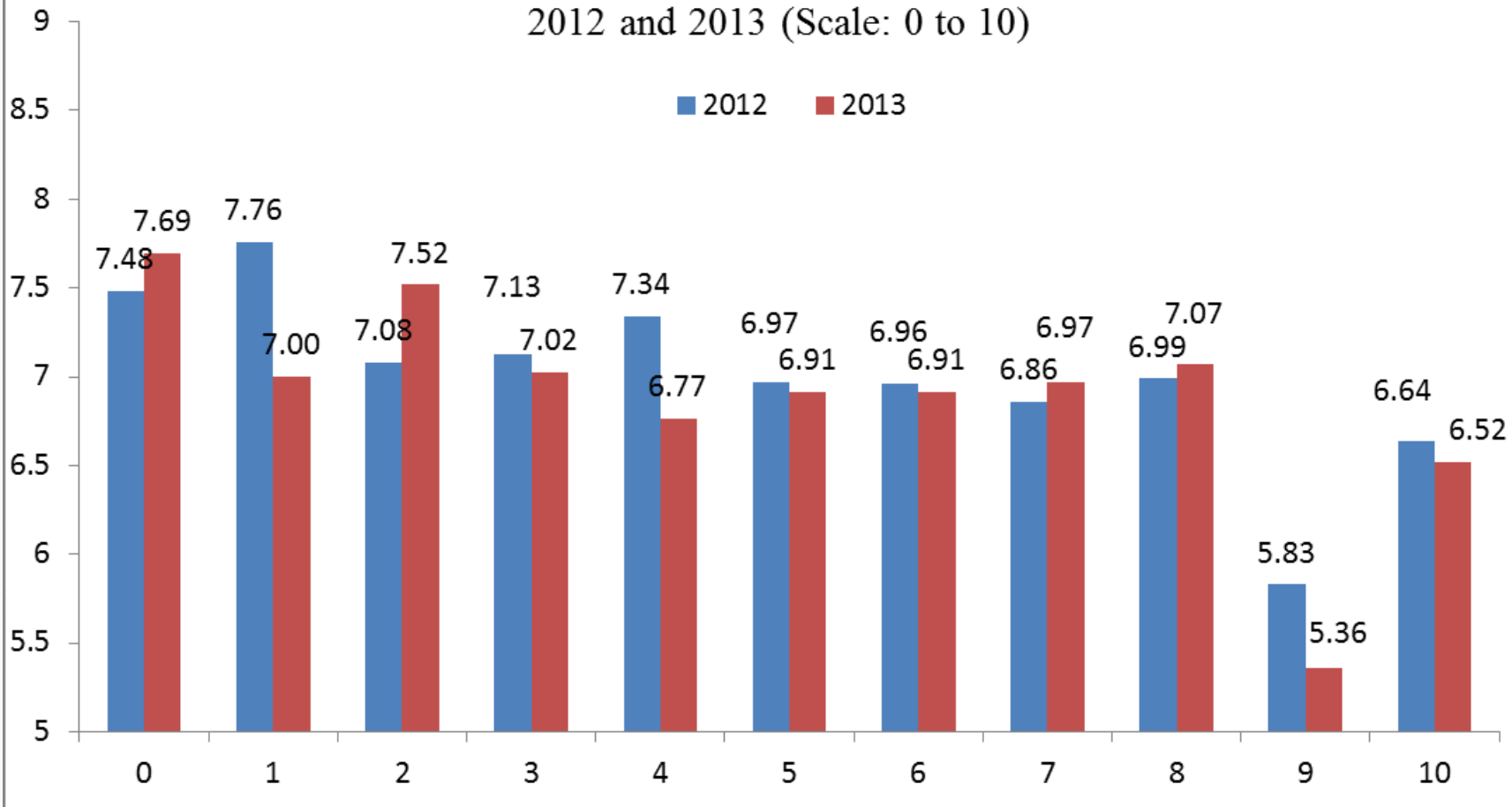
按家庭每月收入劃分財政壓力

Financial Stress by Household Income Groups

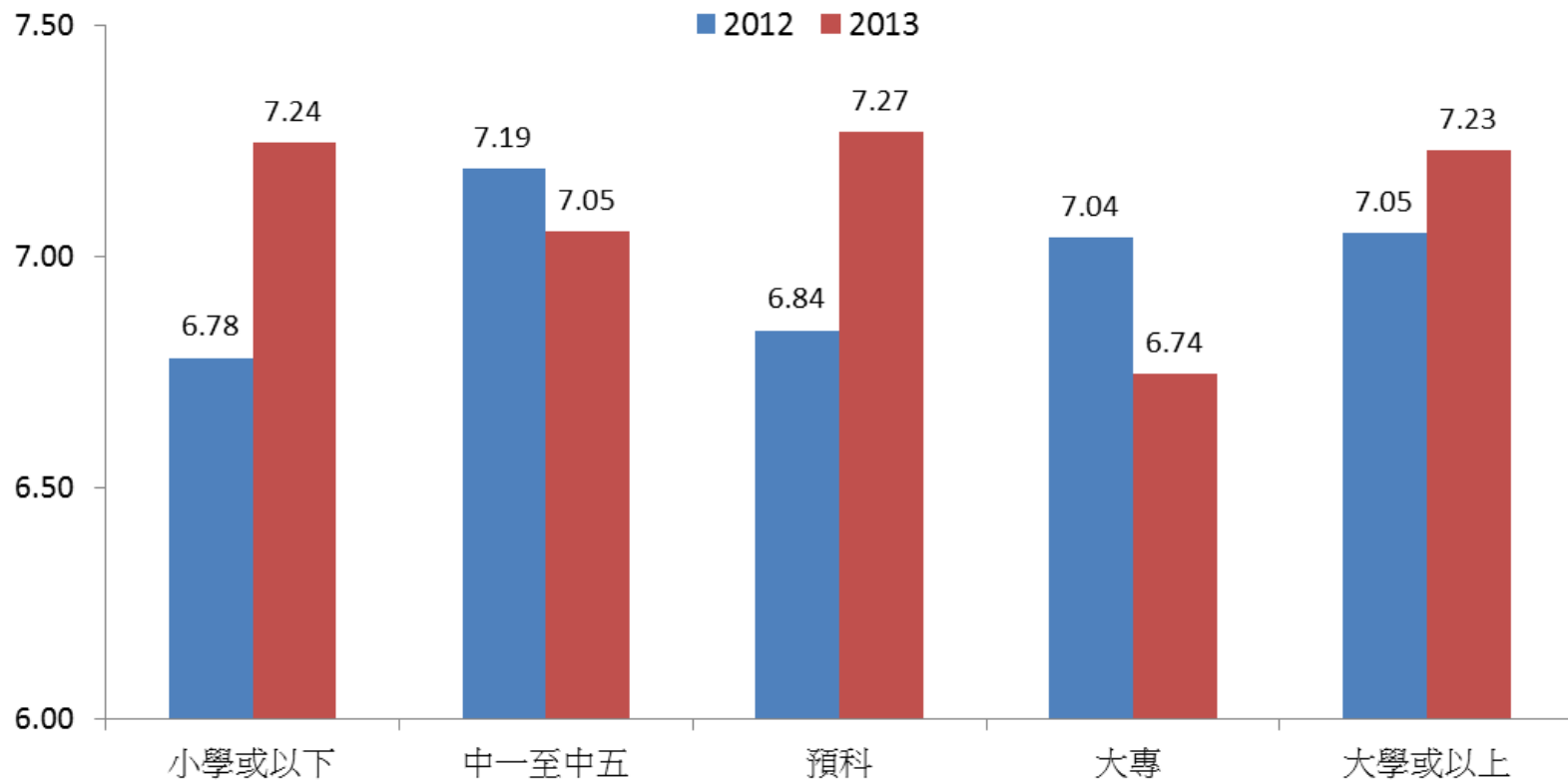
2012 and 2013 (Scale 0 - 10)



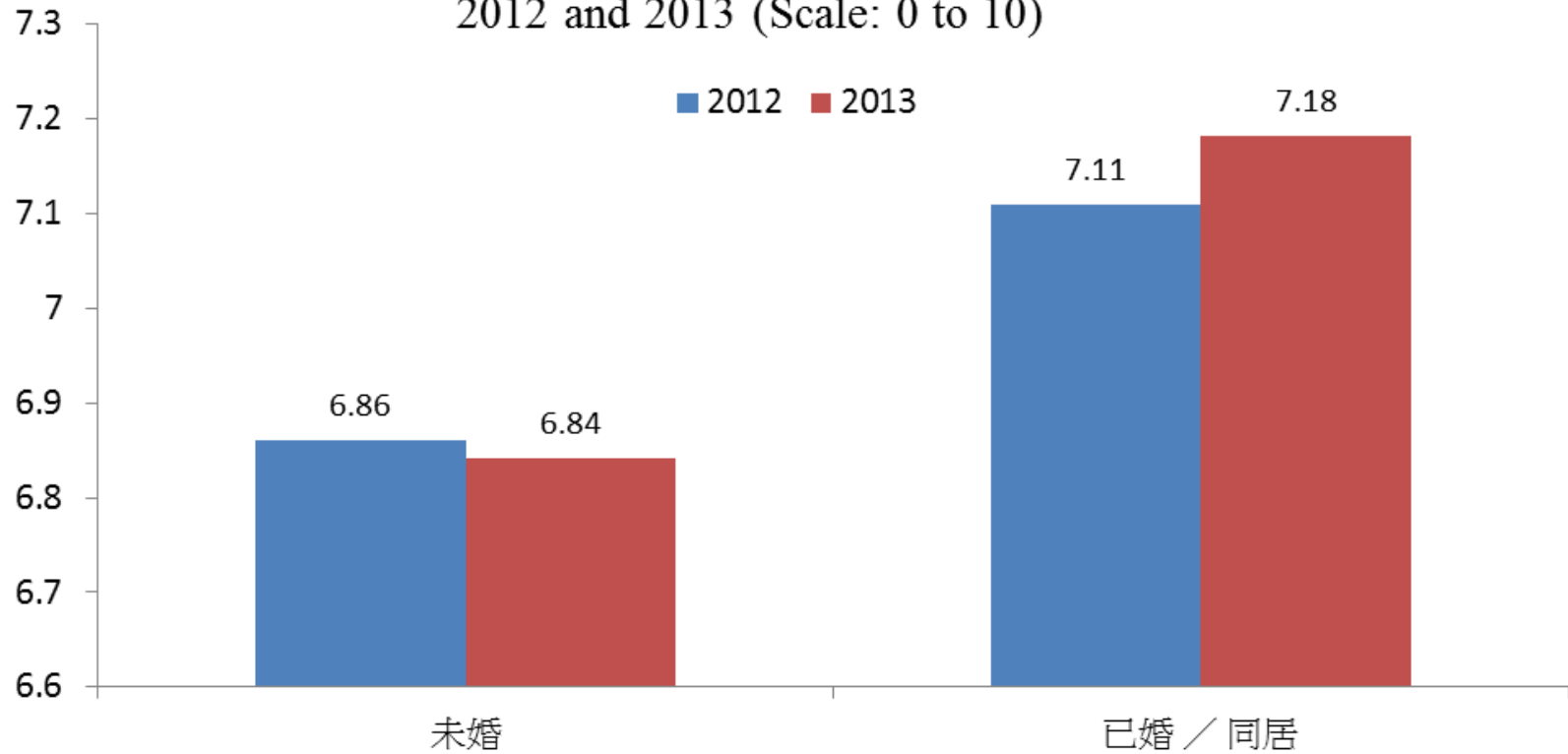
按財政壓力排列快樂指數 Happiness Index by the Level of Financial Stress 2012 and 2013 (Scale: 0 to 10)



按教育程序排列快樂指數
Happiness Index by Education Attainment
2012 and 2013 (Scale: 0 to 10)



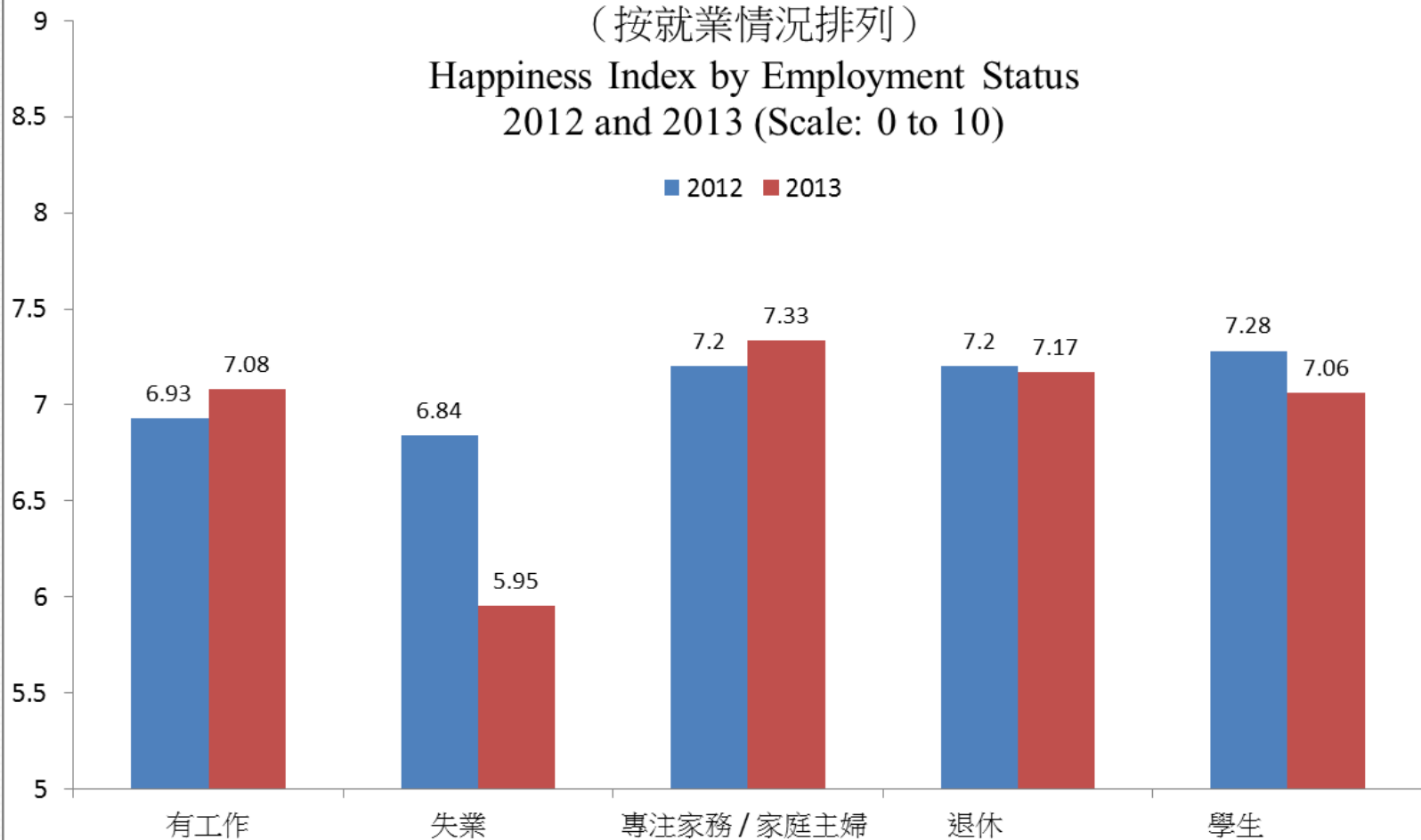
按婚姻狀況排列快樂指數
Happiness by Marital Status
2012 and 2013 (Scale: 0 to 10)



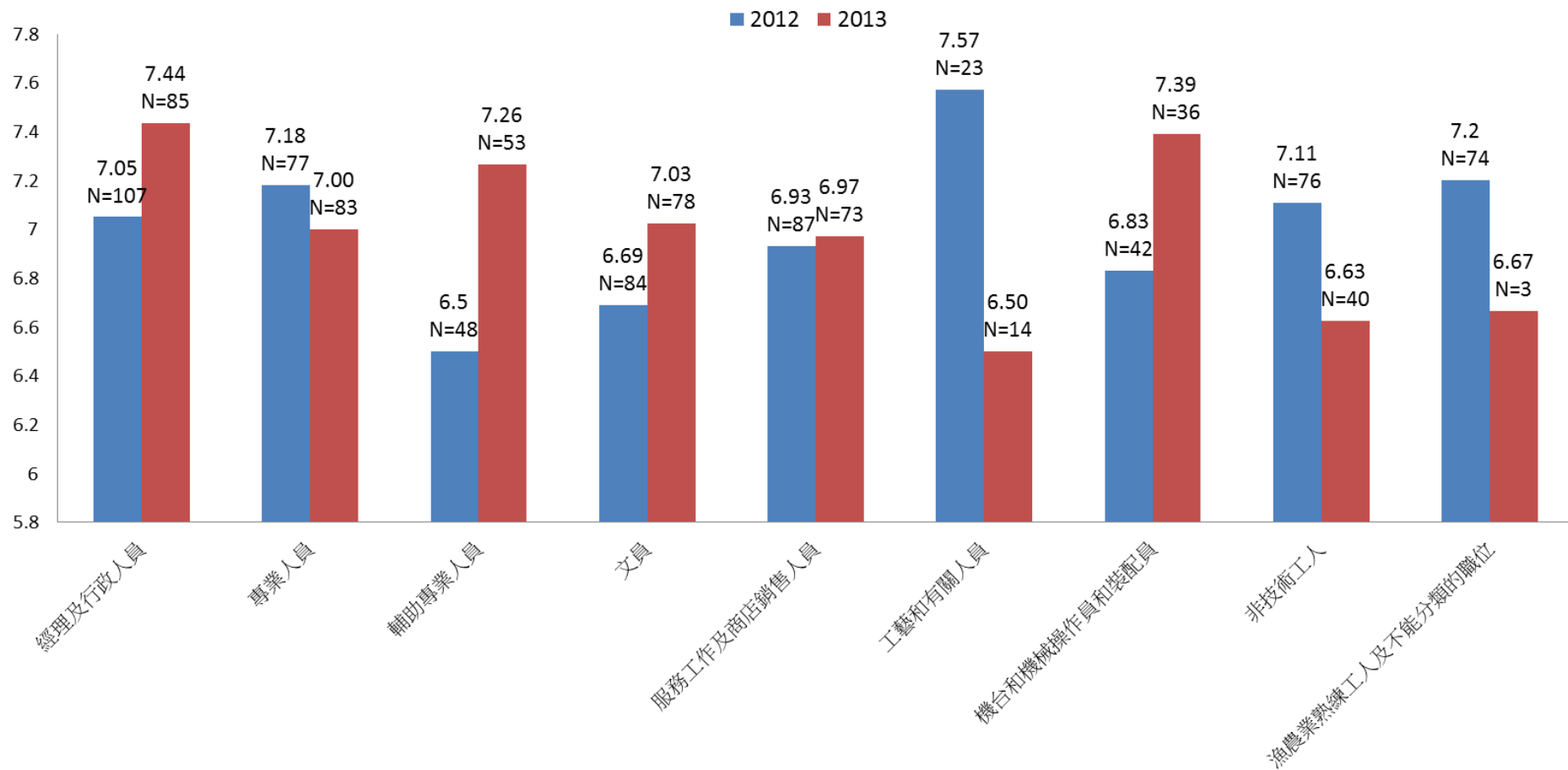
家庭主婦、退休人士及有工作的人快樂指數較高
(按就業情況排列)

Happiness Index by Employment Status
2012 and 2013 (Scale: 0 to 10)

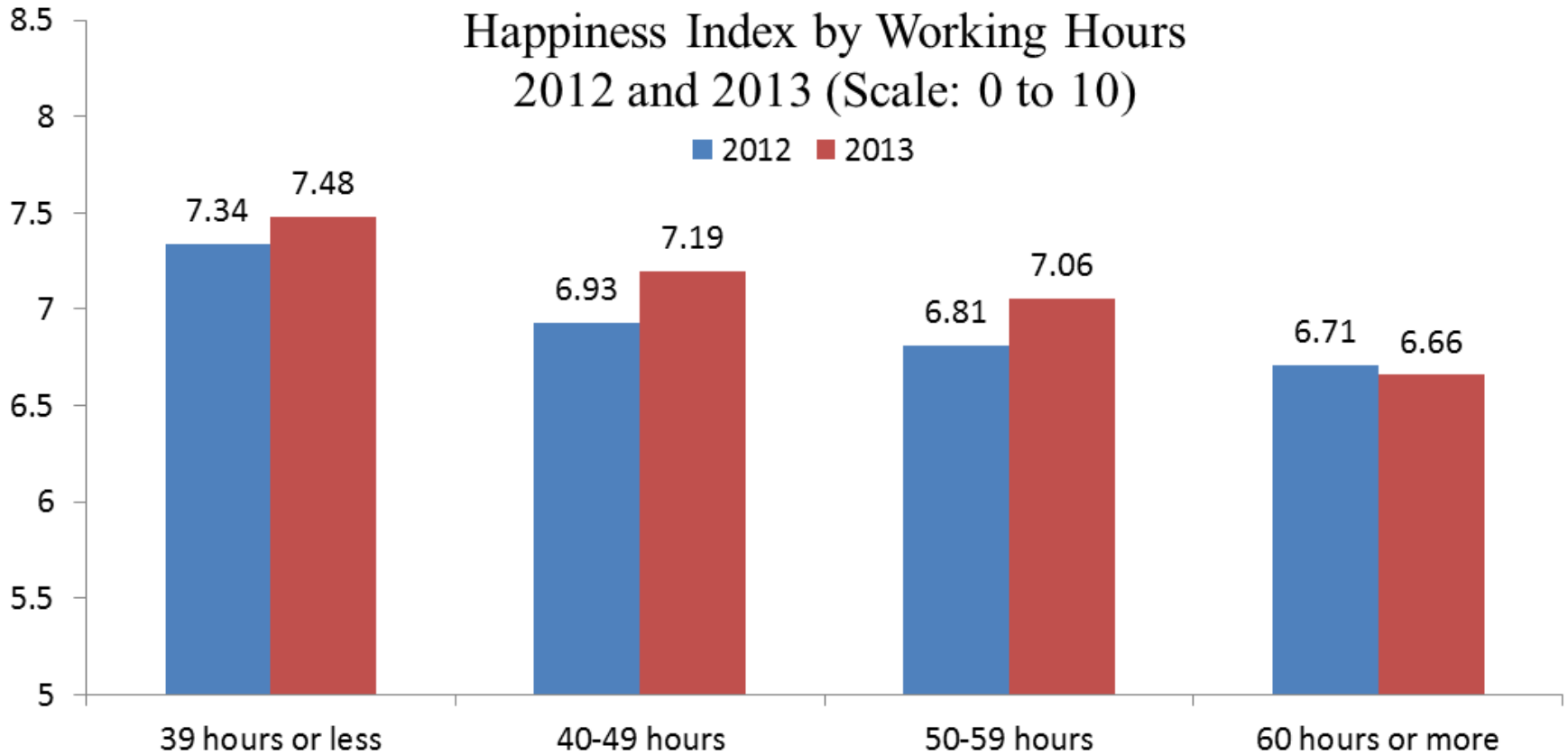
■ 2012 ■ 2013



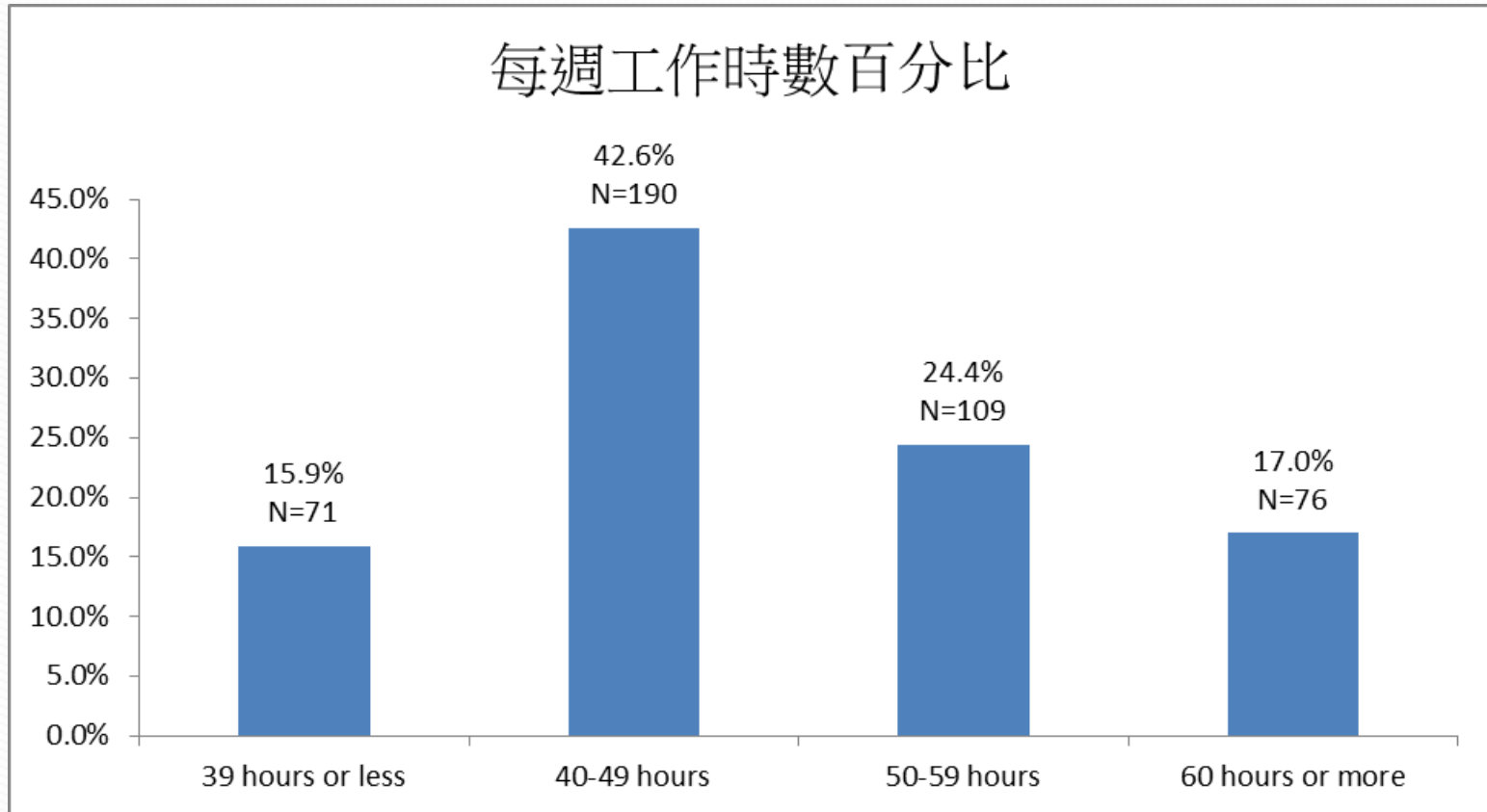
按職業劃分快樂指數(工作人口)
 Happiness Index by Occupation (Working Population Only)
 2012 and 2013 (Scale: 0 to 10)



按每週工作時數排列快樂指數
Happiness Index by Working Hours
2012 and 2013 (Scale: 0 to 10)

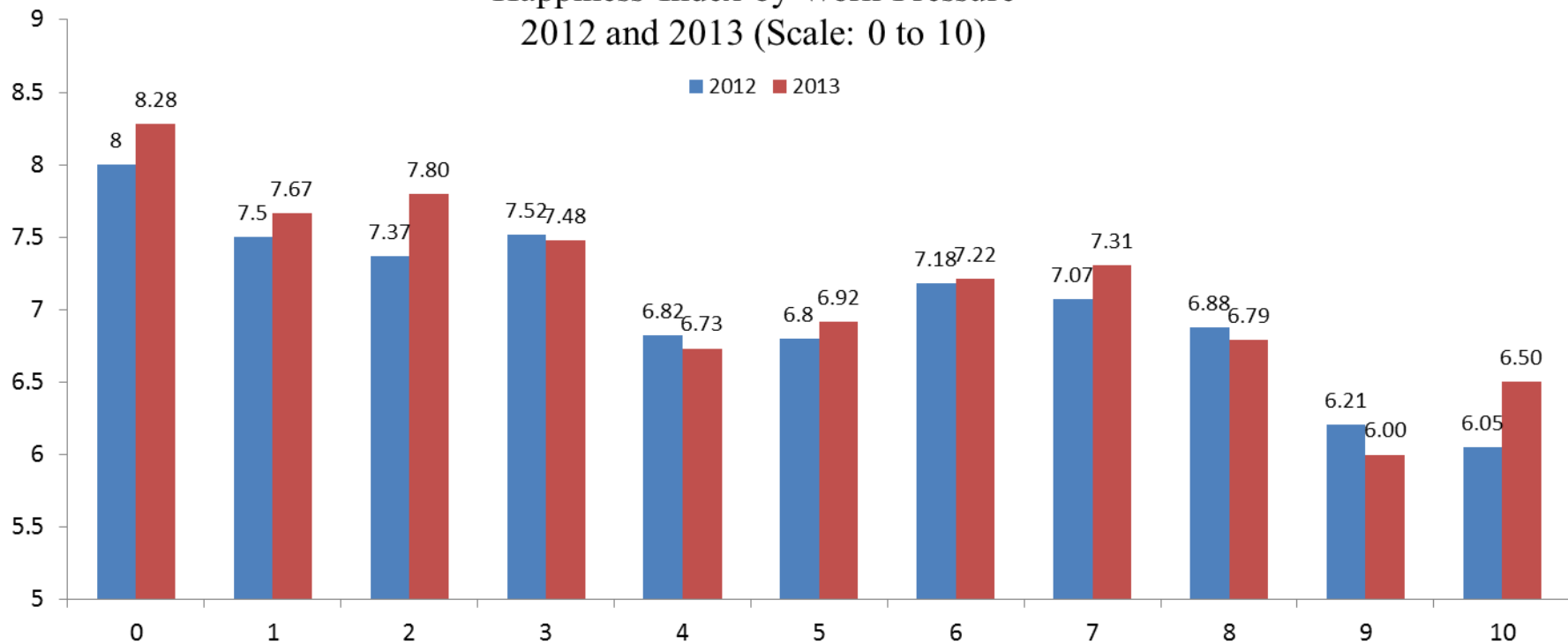


每週工作時數百分比

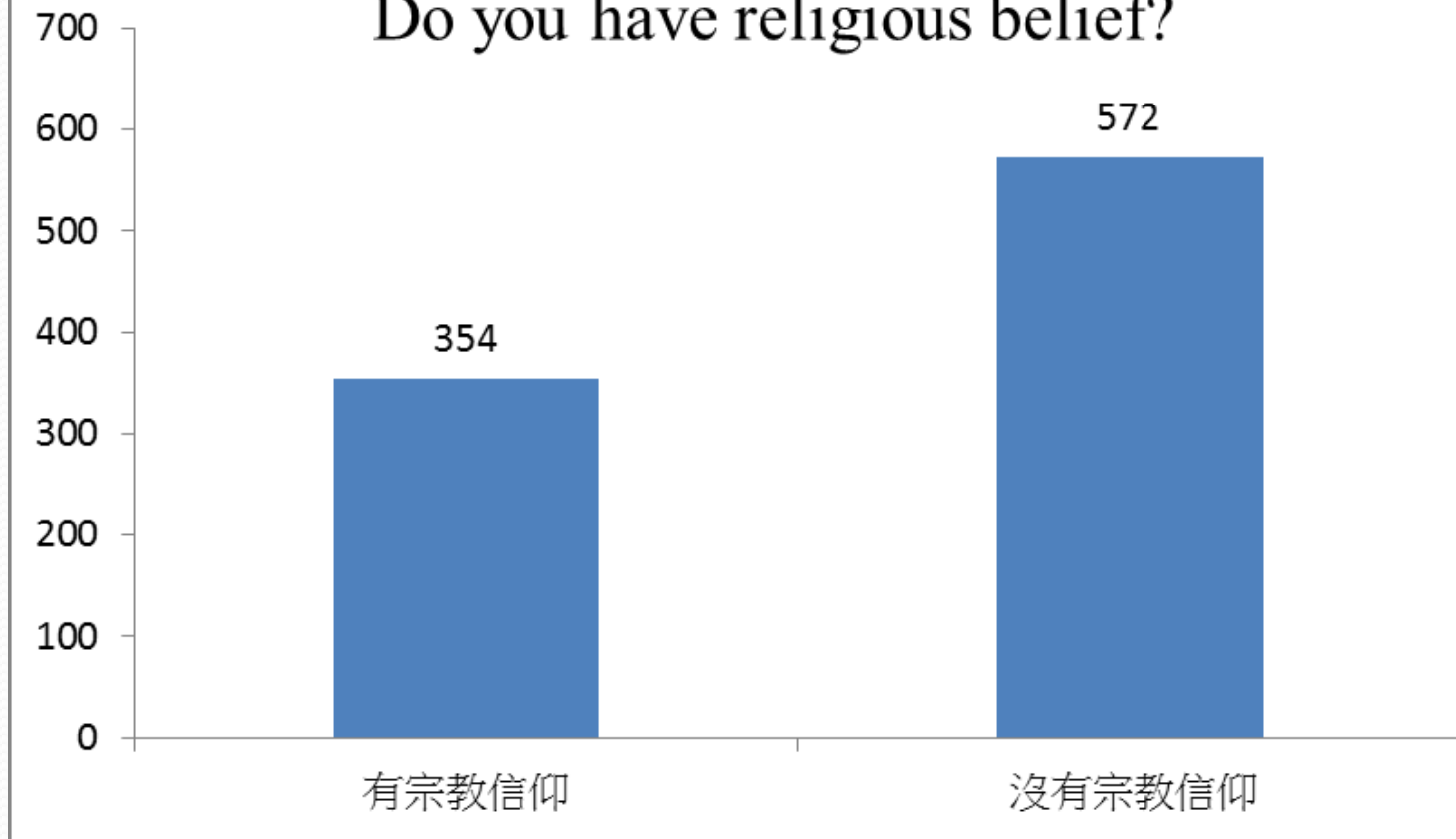


Over 40% of the sampled workers work in excess of 50 hours per week.

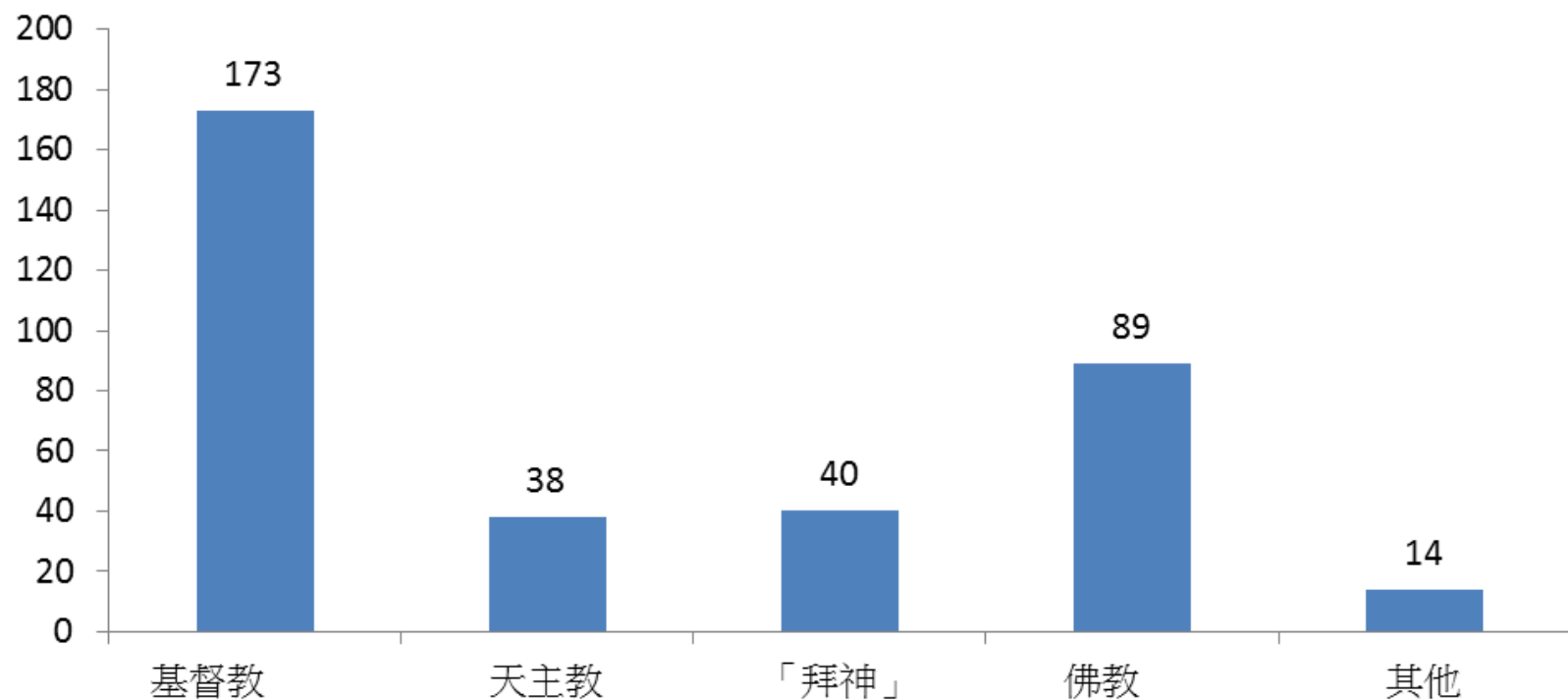
按工作壓力排列快樂指數
Happiness Index by Work Pressure
2012 and 2013 (Scale: 0 to 10)

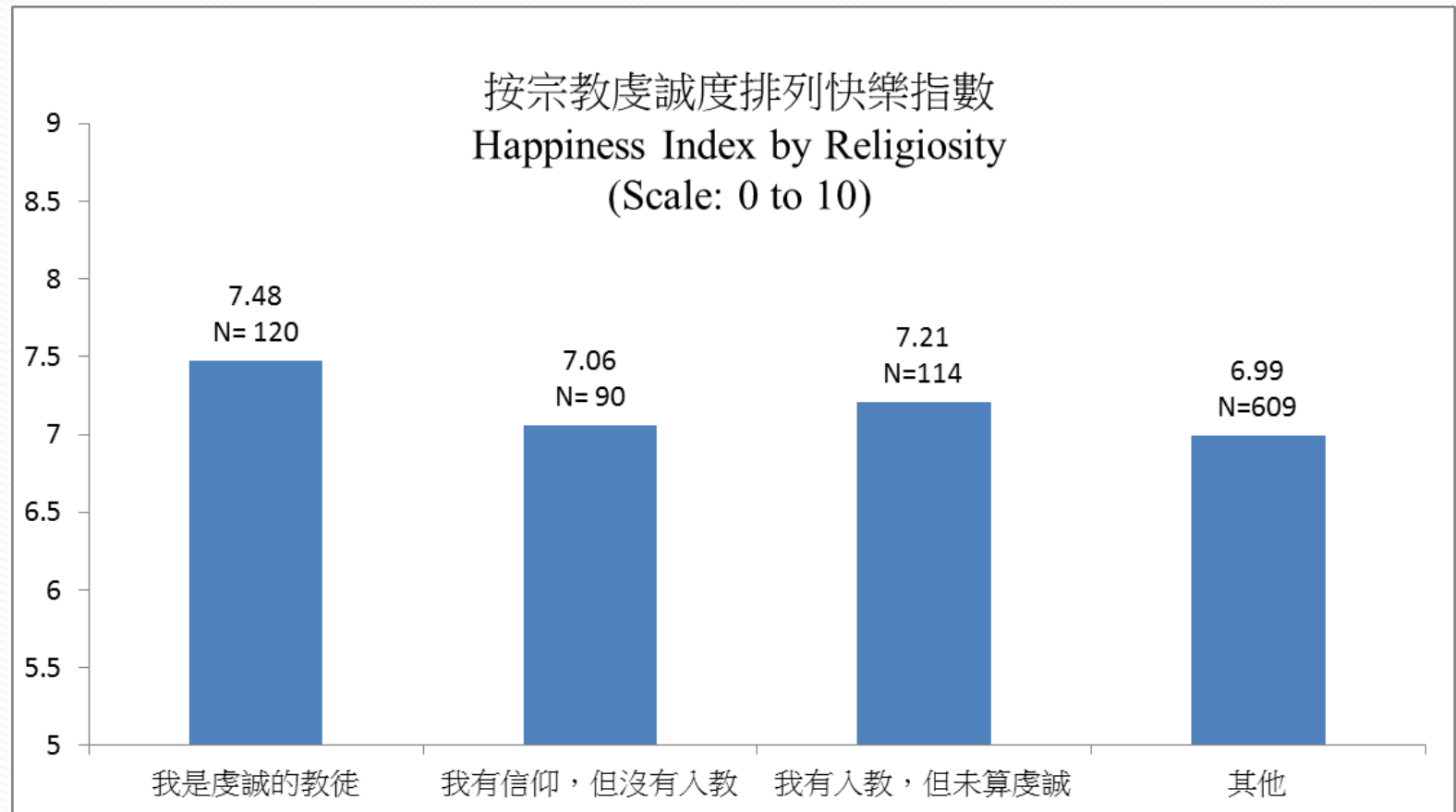


你是否有宗教信仰? Do you have religious belief?



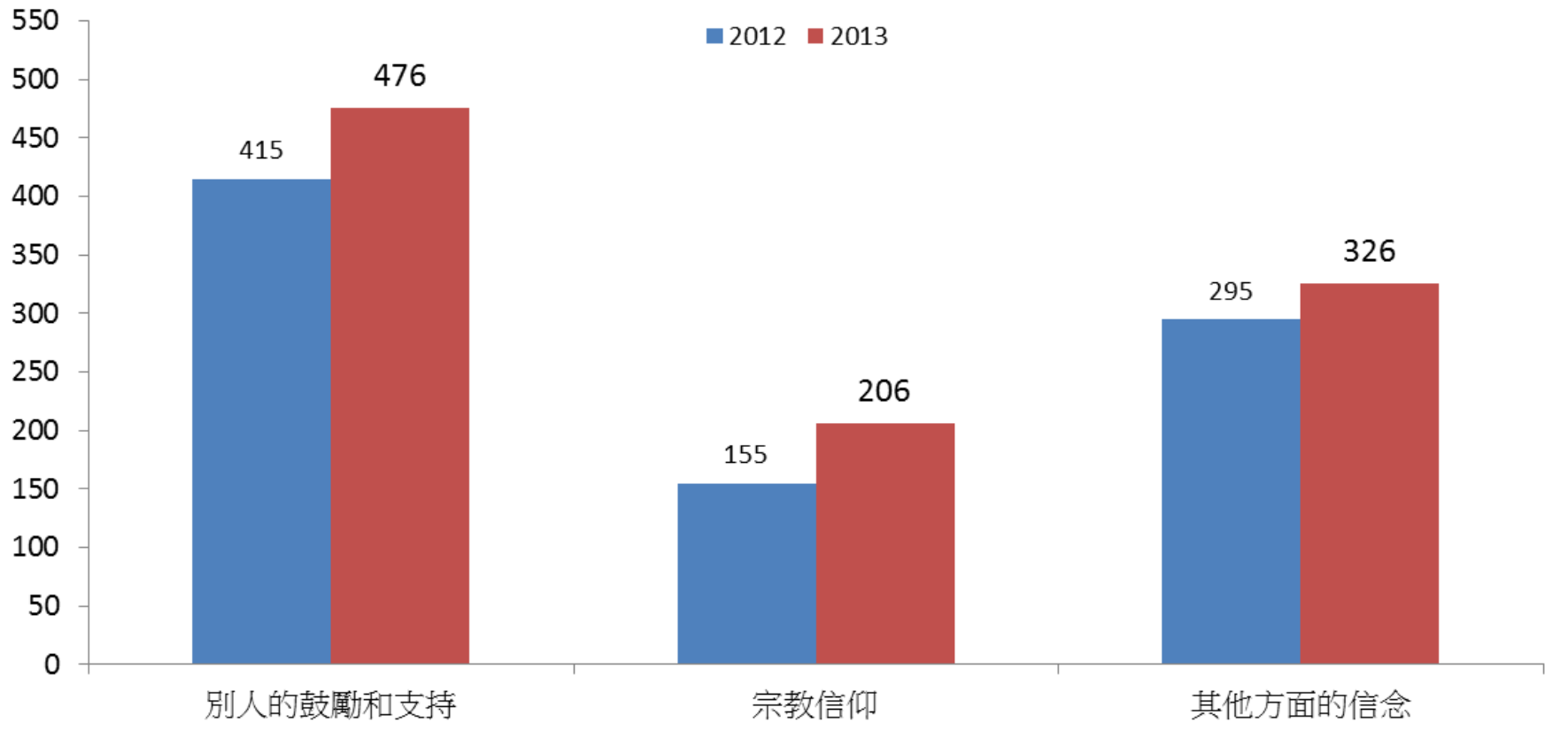
你信仰的是甚麼宗教? (有宗教信仰) Religion



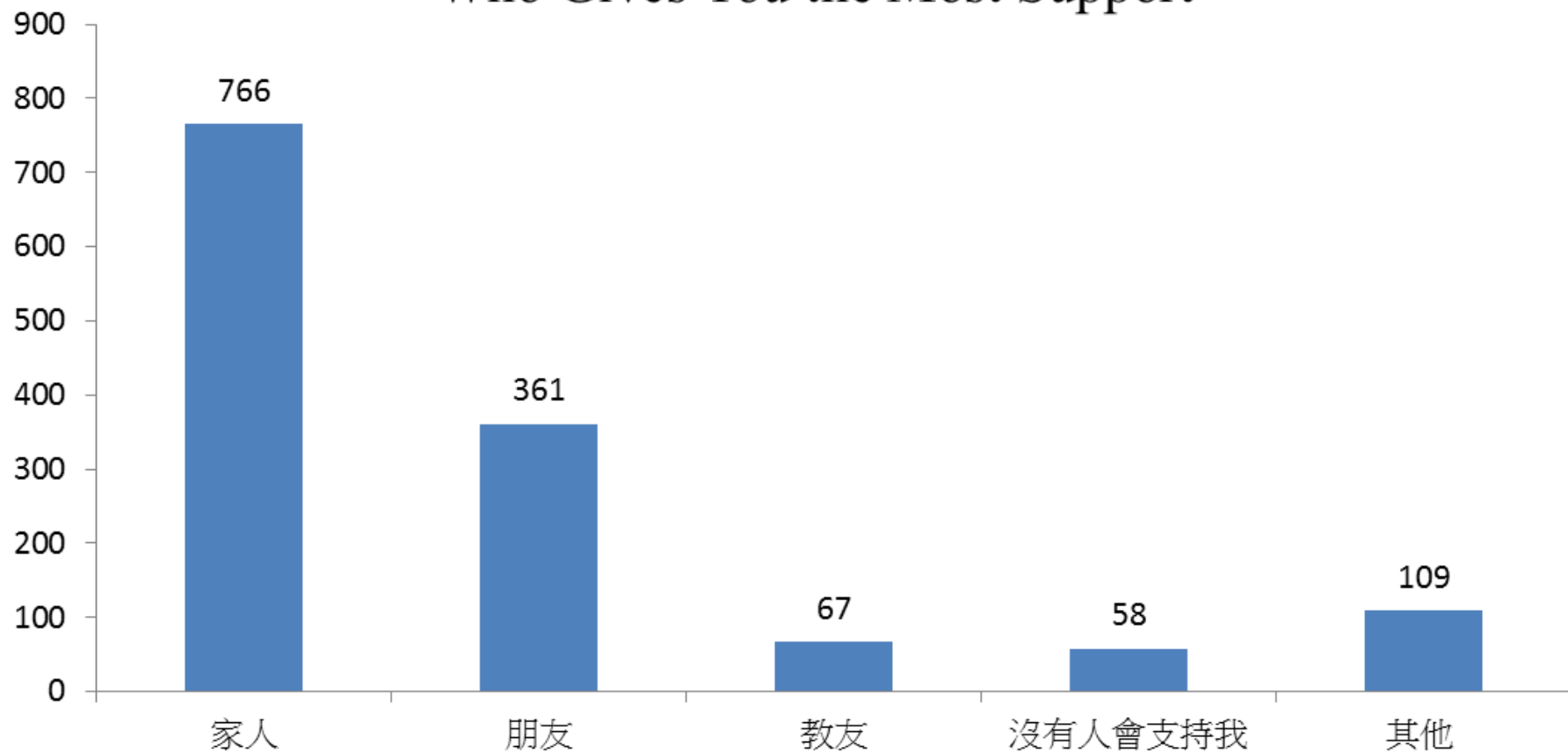


誰或甚麼在你有需要時給你支援

Who and What Supports You When You are in Need



誰給予你最大的支持 Who Gives You the Most Support

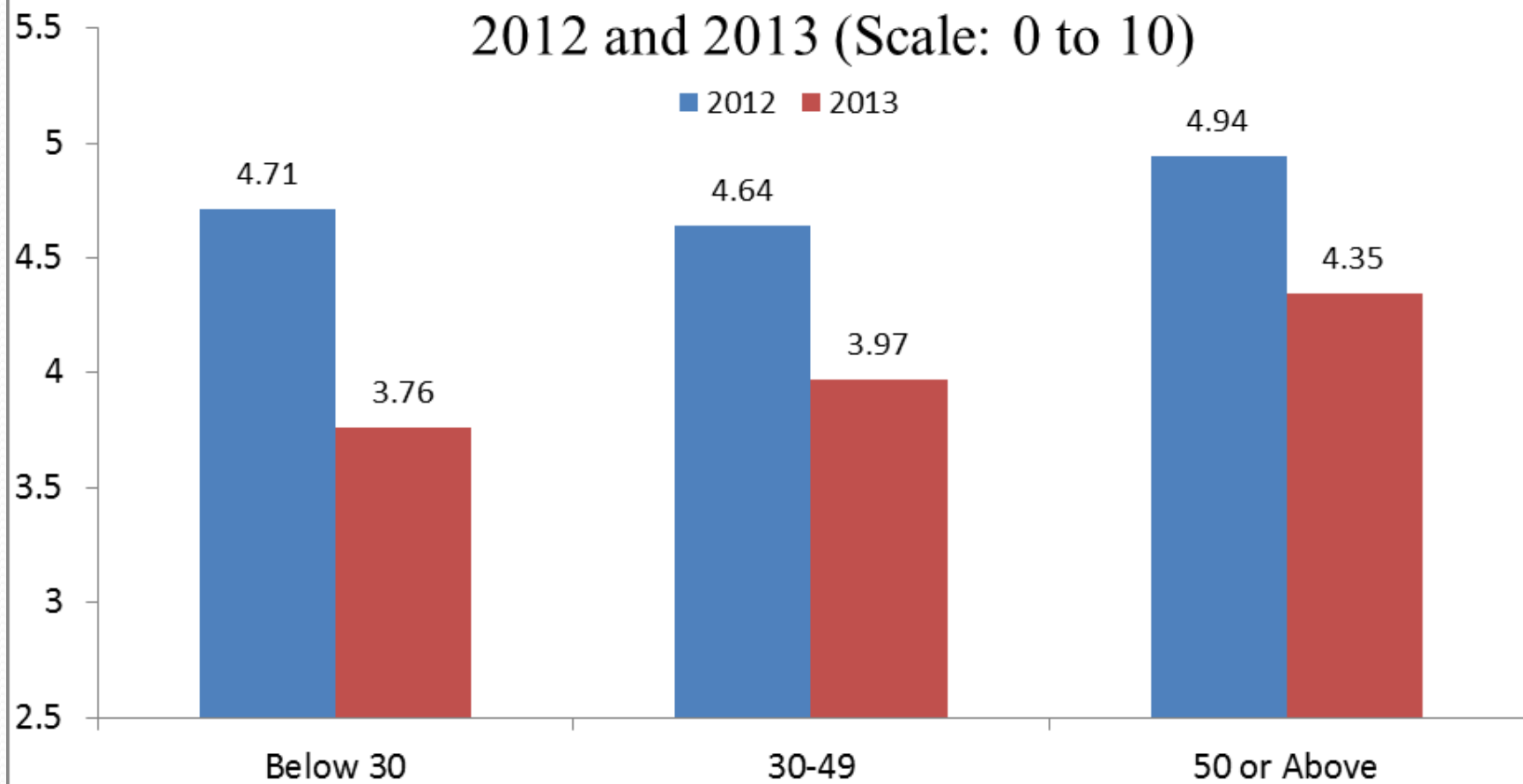


誰是你一生中最感激的人

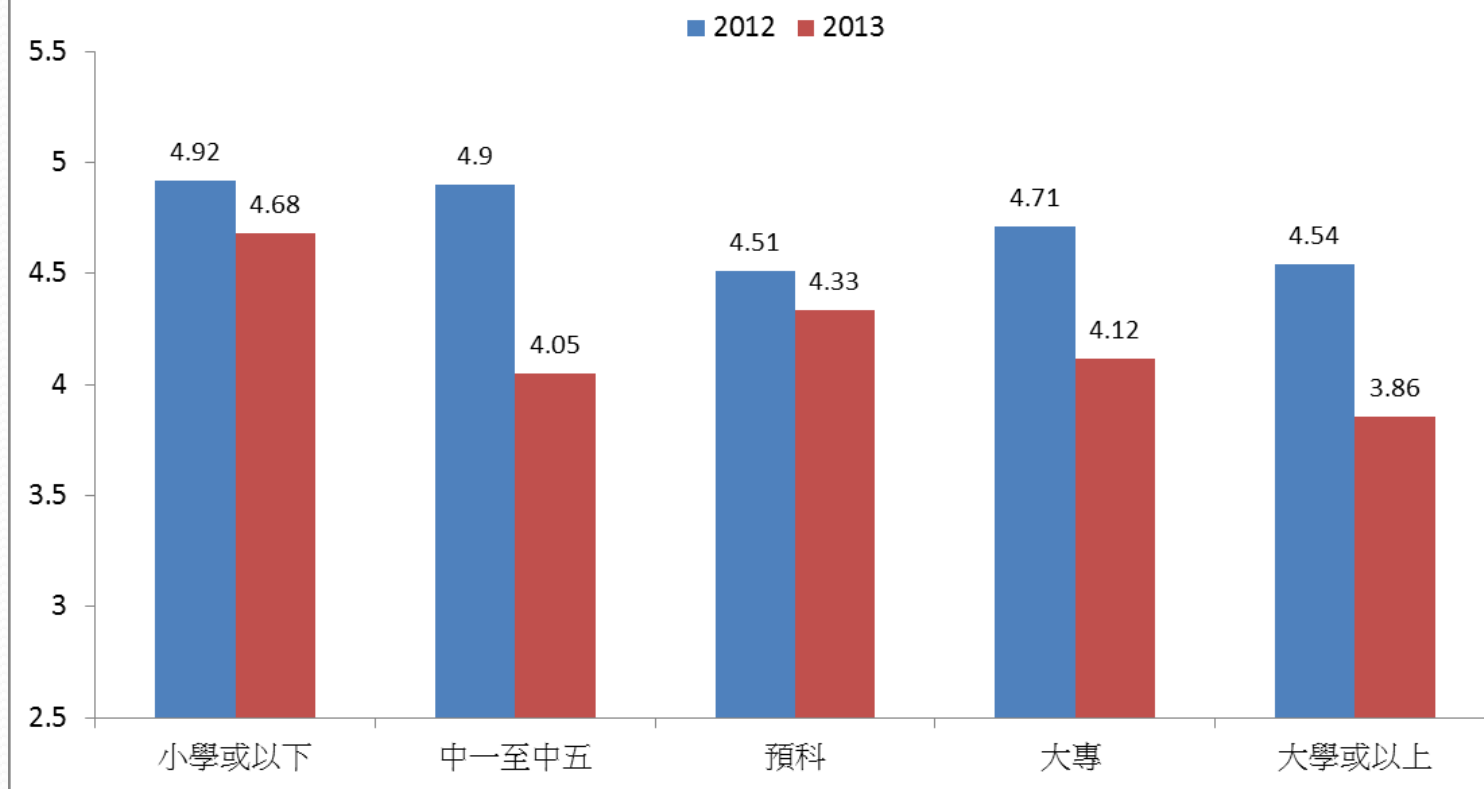
Whom You Want to Thank The Most



按年齡組別排列對香港政府的施政滿意程度 Satisfaction with the Public Policy by Age Groups 2012 and 2013 (Scale: 0 to 10)

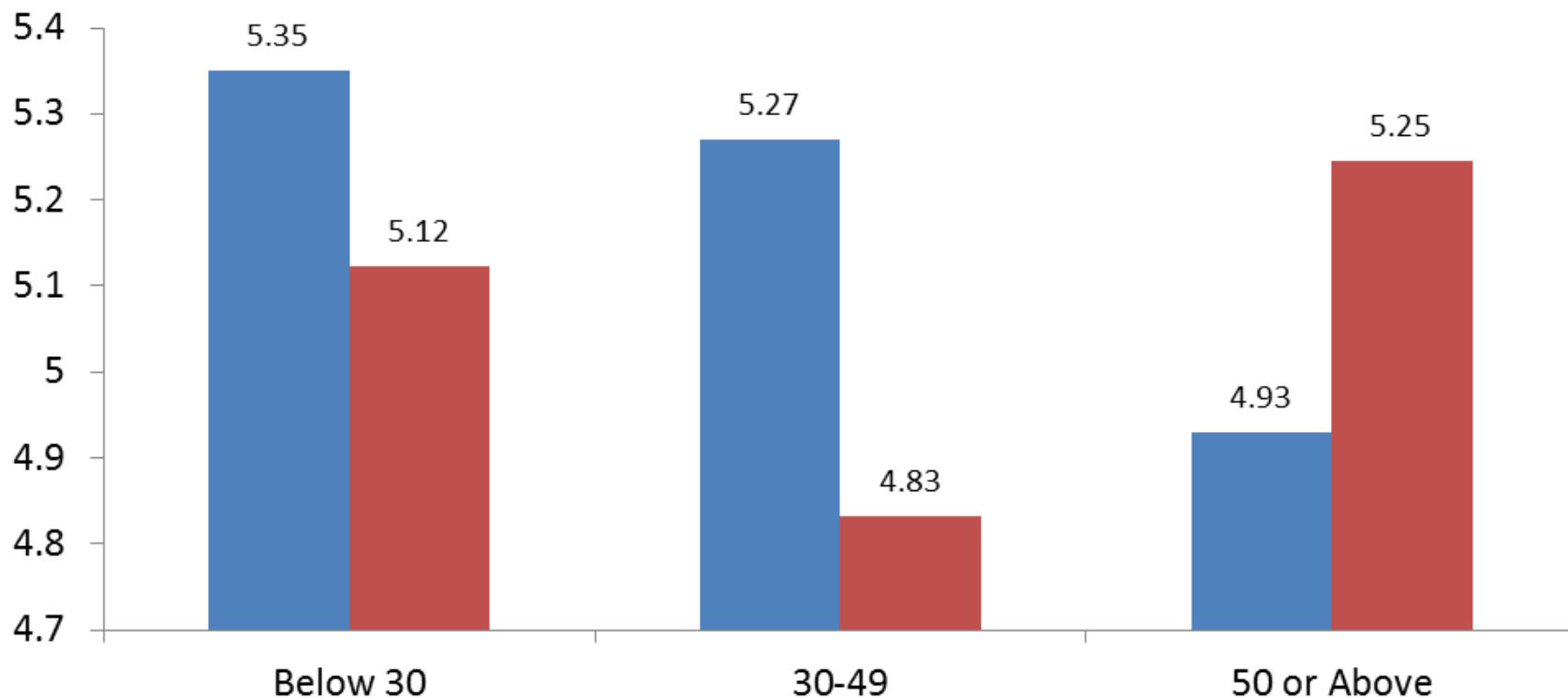


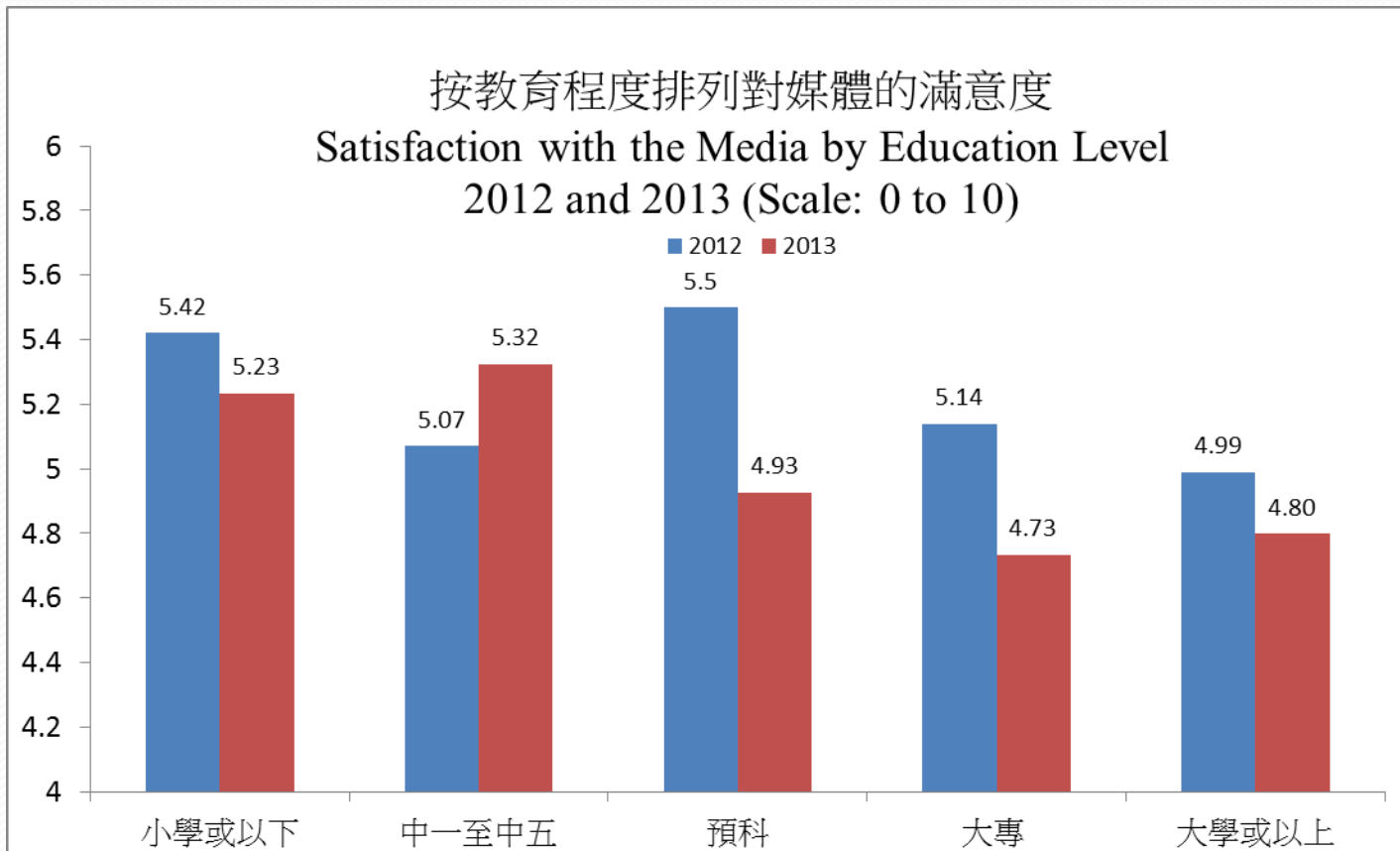
按教育程度排列對香港政府的施政滿意程度
Satisfaction with the Public Policy by Education Level
2012 and 2013 (Scale: 0 to 10)



按年齡組別排列對媒體的滿意度
Satisfaction with the Media by Age Groups
2012 and 2013 (Scale: 0 to 10)

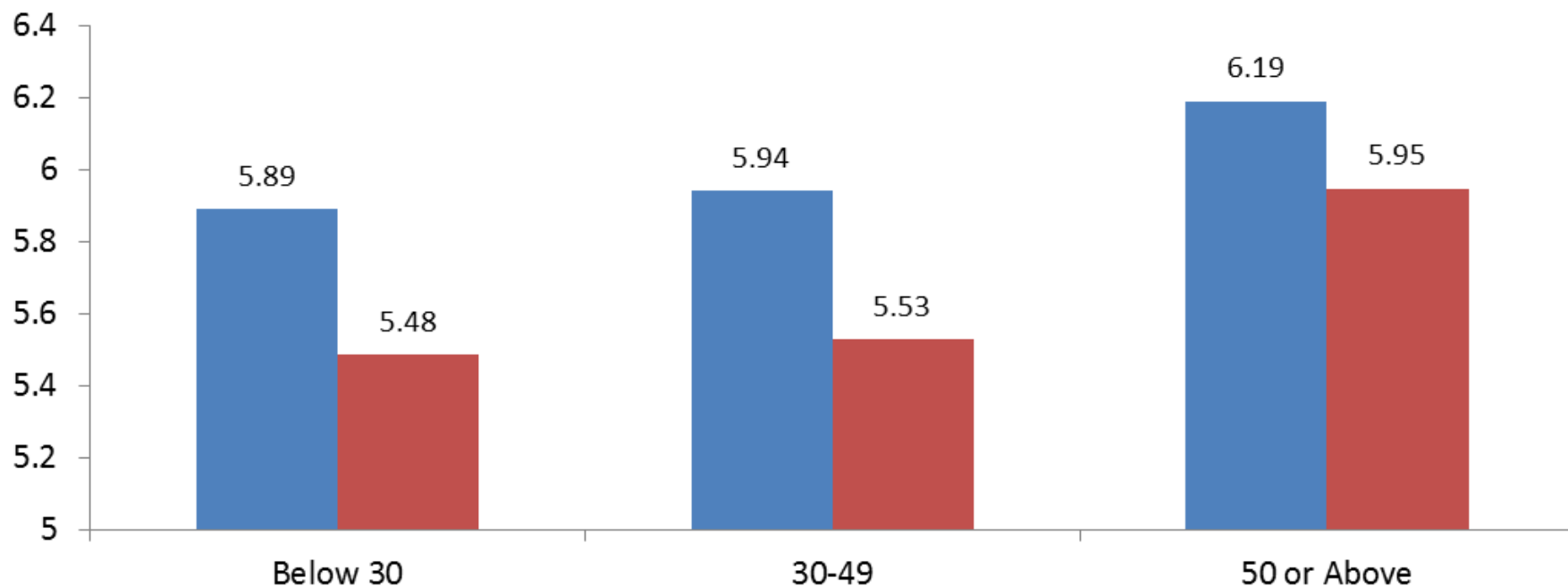
■ 2012 ■ 2013



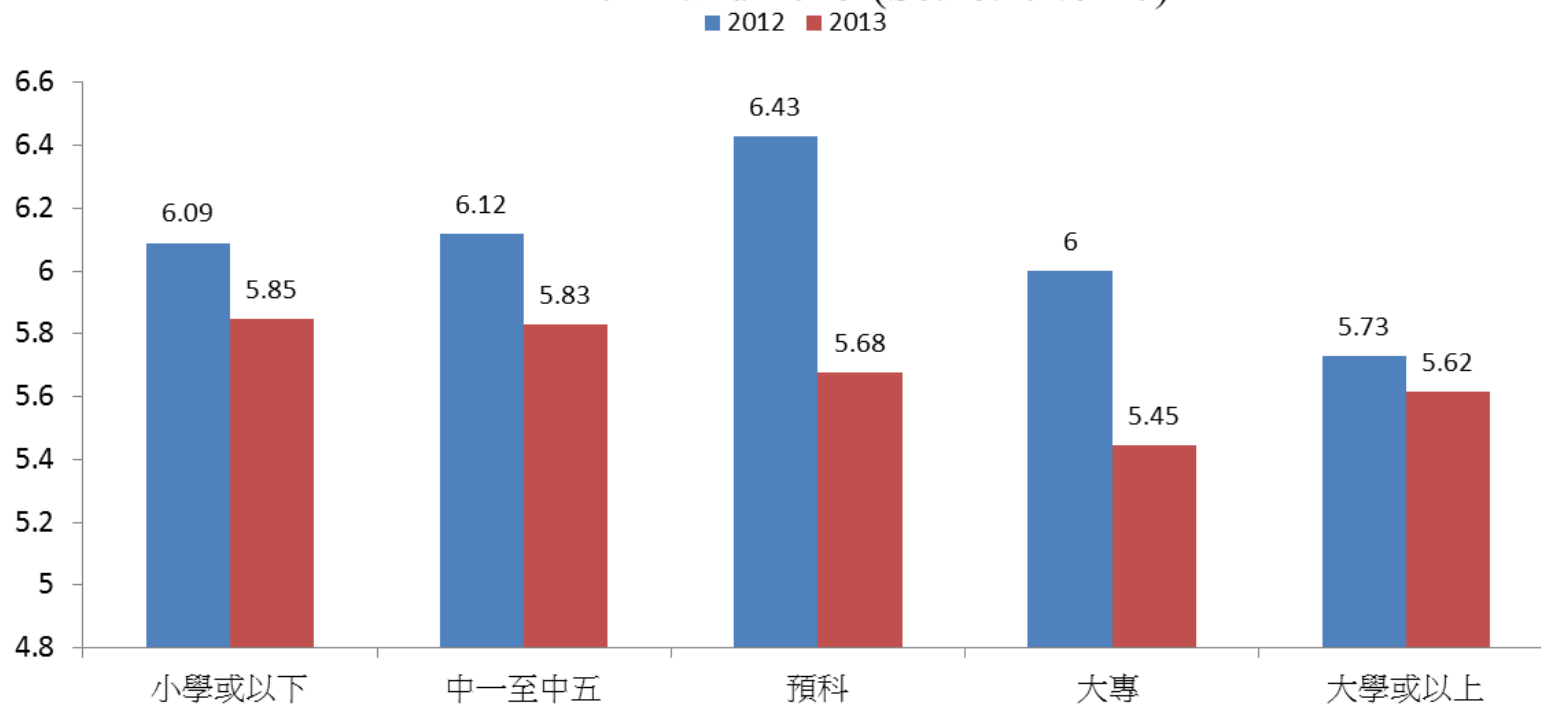


按年齡組別排列對生活環境的滿意度
Satisfaction with the Living Environment by Age Groups
2012 and 2013 (Scale: 0 to 10)

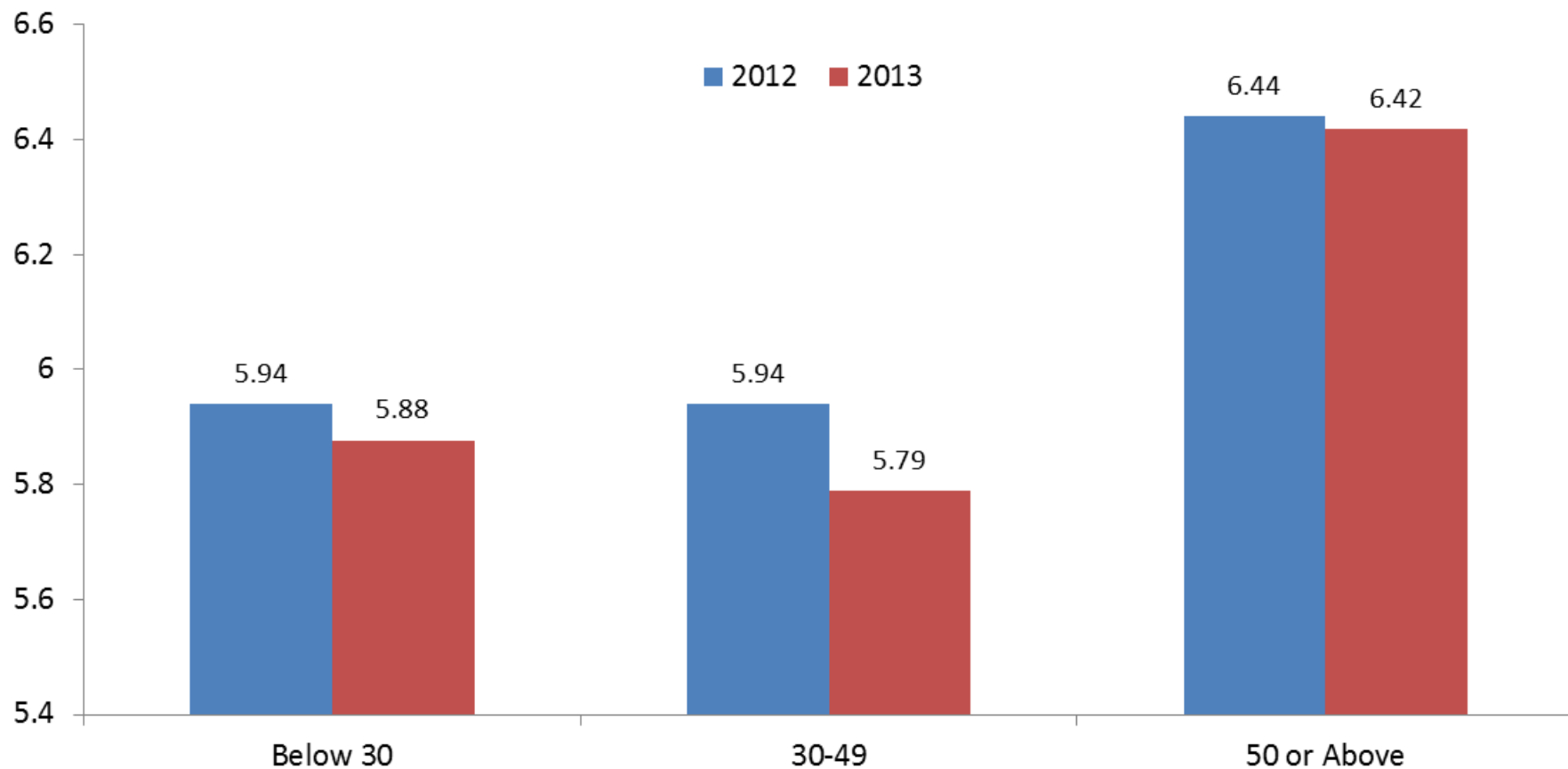
■ 2012 ■ 2013



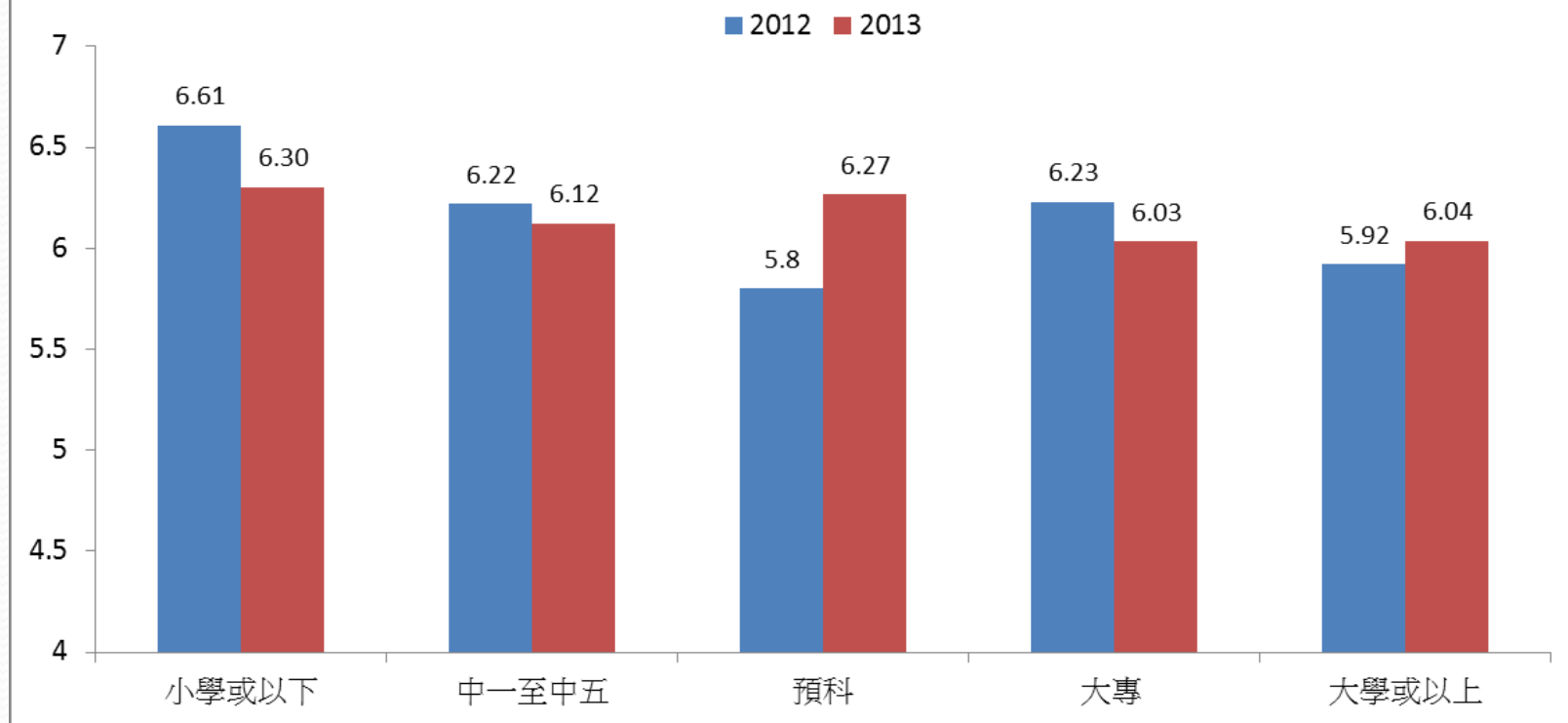
按教育程度排列對生活環境的滿意度
Satisfaction with the Living Environment by Education Level
2012 and 2013 (Scale: 0 to 10)



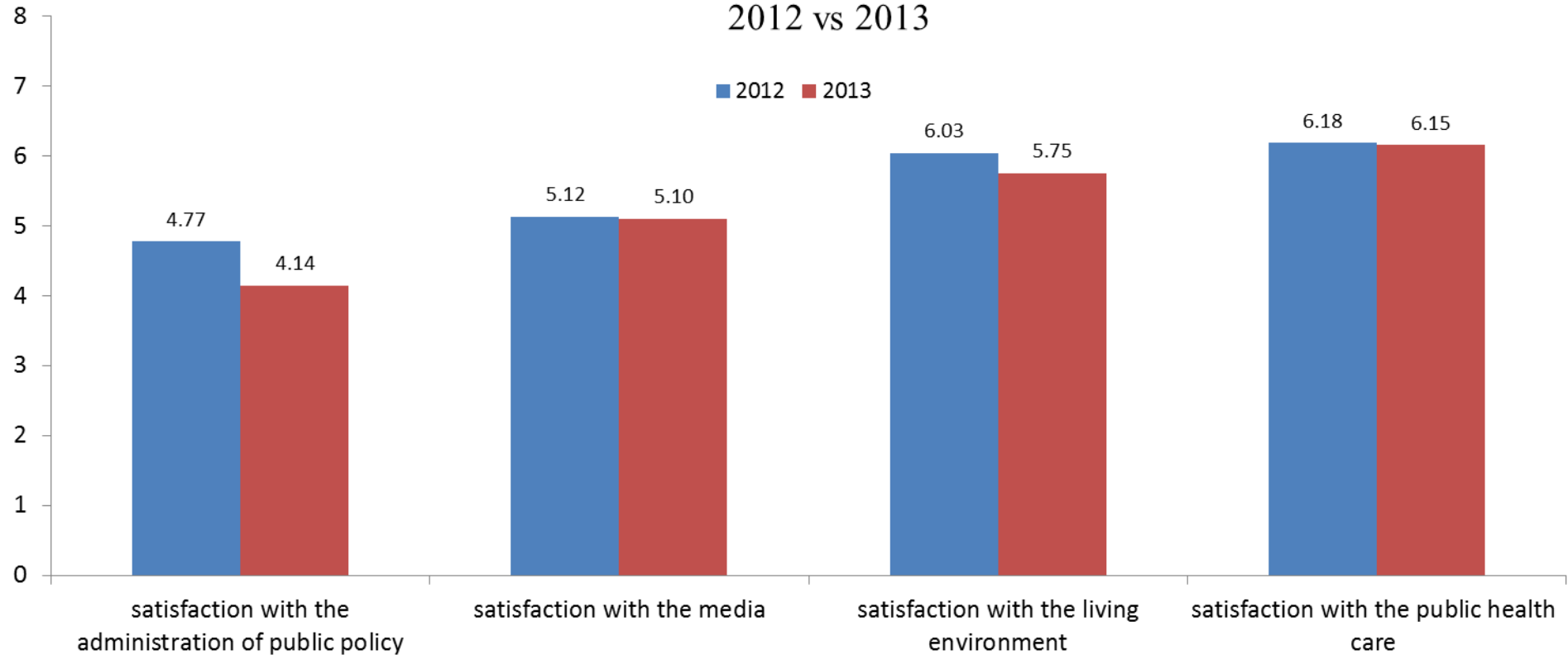
按年齡組別排列對公共醫療的滿意度
Satisfaction with the Public Healthcare Services by Age Groups
2012 and 2013 (Scale: 0 to 10)



按教育程度排列對公共醫療的滿意度
Satisfaction with the Public Healthcare Services by Education Level
2012 and 2013 (Scale: 0 to 10)



Comparison of Satisfaction with Key Dimensions of Concern 2012 vs 2013



快樂方程式

Happiness Formula = LIFE

- L = Love (關愛)
- I = Insight (智慧)
- F = Fortitude (堅毅)
- E = Engagement (行動)

關愛的量度指標

Measures of Love

- 我關心我的家人。(Lovefamily)

智慧的量度指標

Measures of Insight

- 只要 盡力做到最好，不論 結果如何，已屬成功。(Insight-trybest)
- 我 並不求 奢華的生活。(Insight-moderation)
- 對於 自己能力 處理範圍 以外 的事情，我 不會去 多想。(Insight-knowduty)
- 我 懂得 分配時間：工作、休息、陪伴家人 不會偏廢。(Insight-balance)
- 我願意 寬恕 得罪過我 的人。(Insight-forgive)

堅毅的量度指標

Measures of Fortitude

- 遇到挫敗我不氣餒。

行動的量度指標

Measures of Engagement

- 我有清晰的人生目標。(Engagementlifegoal)

快樂指數的迴歸分析

Regression of Happiness Index

Baseline Regression

快樂與愛智毅行的簡單關係

Baseline Equation – Specification 1

	Coefficient	t-Statistic	Prob.
關愛 Love**	0.080	2.309	0.021
智慧 Insight***	0.448	9.476	0.000
堅毅 Fortitude*	0.068	1.889	0.059
行動 Engagement***	0.144	4.715	0.000
常數 (Constant)***	1.626	4.848	0.000

Adjusted R-bar squared = 0.28

F-statistics = 80.80***

N = 844

(***indicates 1% significance)

(** indicates 5% significance)

(* indicates 10% significance)

Baseline Equation – Specification 2

	Coefficient	t-Statistic	Prob.
關愛 Love**	0.070	1.988	0.047
智慧 Insight – Try Best***	0.133	3.973	0.000
智慧 Insight – Moderation*	0.051	1.827	0.068
智慧 Insight – Know Duty***	0.098	3.909	0.000
智慧 Insight – Balance***	0.121	3.378	0.001
智慧 Insight – Forgive**	0.068	2.195	0.028
堅毅 Fortitude*	0.060	1.631	0.103
行動 Engagement***	0.137	4.430	0.000
常數 (Constant) ***	1.638	4.887	0.000

Adjusted R-bar squared = 0.28

F-statistics = 41.06***

N = 844

(***indicates 1% significance)

(** indicates 5% significance)

(* indicates 10% significance)

Happiness Regression – with Demographics Added

	Coefficient	t-Statistic	Prob.
關愛 Love**	0.078	2.294	0.022
智慧 Insight***	0.453	9.619	0.000
堅毅 Fortitude*	0.062	1.762	0.079
行動 Engagement***	0.137	4.551	0.000
女性 Female	0.108	1.041	0.298
30 – 49歲 Aged 30 – 49**	-0.576	-3.002	0.003
50歲或以上 Aged 50 or Up**	-0.450	-1.999	0.046
已婚或同居 Married or Cohabitation***	0.421	2.344	0.019
Aged50up X Married or Cohabitation	-0.373	-1.406	0.160
家庭收入 Household Income = \$0**	-0.465	-2.148	0.032
家庭收入 Household Income >\$0 and < \$10,000	-0.145	-0.617	0.537
家庭收入 Household Income > \$40,000	0.162	1.284	0.200
財政壓力 Financial stress***	-0.089	-5.112	0.000
常數 (Constant)***	2.325	6.554	0.000

Adjusted R-bar squared = 0.31
 (***) indicates 1% significance)

F-statistics = 30.05***
 (** indicates 5% significance) (* indicates 10% significance)

N = 842

Happiness Regression – Policy and Environment Factors Included

	Coefficient	t-Statistic	Prob.
關愛 Love**	0.077	2.310	0.021
智慧 Insight***	0.378	7.758	0.000
堅毅 Fortitude*	0.061	1.749	0.081
行動 Engagement***	0.117	3.864	0.000
女性 Female	0.106	1.040	0.299
30-49歲 Aged 30 - 49***	-0.486	-2.594	0.010
50歲或以上 Aged 50 or Up*	-0.407	-1.862	0.063
已婚或同居 Married or Cohabited**	0.357	2.028	0.043
Aged50up X Married or Cohabitation	-0.322	-1.243	0.214
家庭收入 Household Income = \$0**	-0.549	-2.554	0.011
家庭收入 Household Income >\$0 and < \$10,000*	-0.401	-1.721	0.086
家庭收入 Household Income > \$40,000	0.128	1.046	0.296
財政壓力 Financial stress***	-0.078	-4.541	0.000
對施政滿意度 Satisfaction with Administration of Public Policy**	0.062	2.705	0.007
對生活環境滿意度 Satisfaction with Living Environment***	0.144	4.797	0.000
常數 (Constant) ***	1.896	5.412	0.000

Adjusted R-bar squared = 0.36

(*** indicates 1% significance)

F-statistics = 30.77***

(** indicates 5% significance) (* indicates 10% significance)

N = 807

Trend of LIFE Scores from 2009 to 2013

LIFE Scores	2009		2010		2011		2012		2013	
	平均值 Mean	人數 N	平均值 Mean	人數 N	平均值 Mean	人數 N	平均值 Mean	人數 N	平均值 Mean	人數 N
關愛 Love	7.67	806	8.35	809	7.65	772	8.11	912	8.50	933
智慧 Insight	7.10	737	7.49	814	7.31	768	6.96	886	7.15	871
堅毅 Fortitude	6.89	693	7.28	807	7.28	791	7.43	876	7.68	919
行動 Engagement	6.76	807	6.73	797	7.35	742	7.28	896	7.3	921

Trend of LIFE Scores by Gender from 2009 to 2013

44

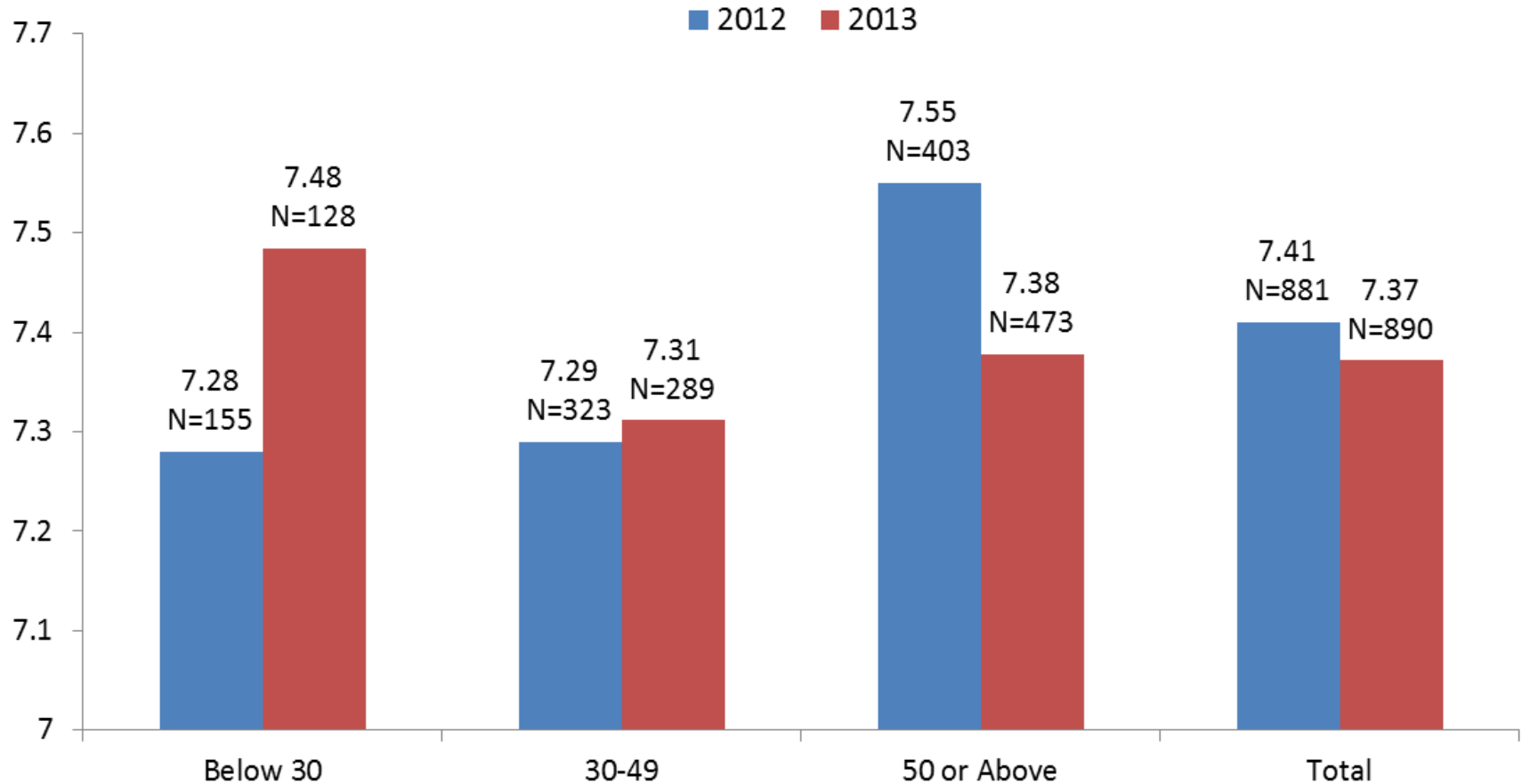
性別 Sex	Year	關愛 Love					智慧 Insight					堅毅 Fortitude					行動 Engagement				
		09	10	11	12	13	09	10	11	12	13	09	10	11	12	13	09	10	11	12	13
男性 Male	平均值 Mean	7.45	8.11	7.21	7.88	8.28	6.99	7.3	6.95	6.72	6.95	6.53	7.18	7.13	7.20	7.63	6.67	6.47	6.92	7.09	7.21
	人數 N	331	299	312	360	372	311	299	313	352	353	278	298	323	354	367	331	292	302	358	370
女性 Female	平均值 Mean	7.81	8.48	7.95	8.25	8.64	7.18	7.59	7.52	7.12	7.29	7.14	7.33	7.37	7.58	7.71	6.81	6.88	7.39	7.40	7.36
	人數 N	475	521	474	552	561	426	526	472	534	518	415	520	487	522	552	476	516	454	538	551
合計 Total	平均值 Mean	7.67	8.35	7.65	8.11	8.50	7.1	7.49	7.29	6.96	7.15	6.89	7.28	7.28	7.43	7.68	6.76	6.73	7.2	7.28	7.30
	人數 N	806	820	786	912	933	737	825	785	886	871	693	818	810	876	919	807	808	756	896	921

Trend of LIFE Scores by Age Groups from 2009 to 2013

45

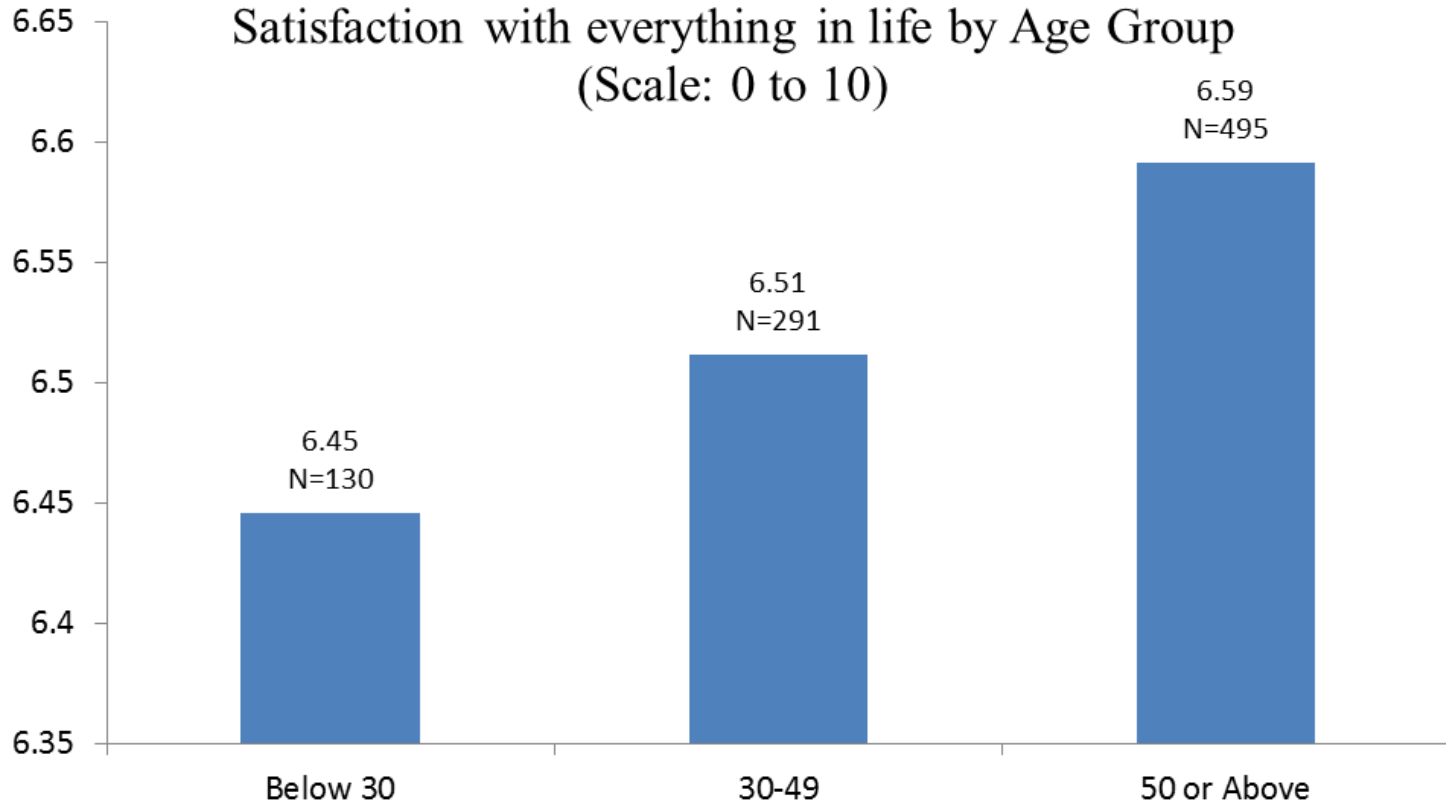
Age Group	Year	關愛 Love					智慧 Insight					堅毅 Fortitude					行動 Engagement				
		09	10	11	12	13	09	10	11	12	13	09	10	11	12	13	09	10	11	12	13
21-29	平均值	7.02	7.61	7.64	7.82	7.82	6.88	6.54	6.9	6.48	6.54	6.63	6.55	7.13	6.97	7.15	6.84	6.58	7.35	6.87	6.81
	人數	181	143	144	157	130	175	143	144	156	128	152	143	144	156	130	180	143	143	155	130
30-59	平均值	7.79	8.51	7.64	8.18	8.61	7.14	7.62	7.38	6.98	7.17	6.86	7.42	7.32	7.47	7.75	6.84	6.9	7.3	7.41	7.38
	人數	512	517	472	534	521	460	516	471	526	495	449	515	479	519	515	516	510	469	535	518
60 or above	平均值	8.24	8.52	7.71	8.11	8.61	7.31	7.93	7.5	7.31	7.45	7.54	7.51	7.3	7.73	7.81	6.23	6.27	6.66	7.21	7.39
	人數	102	149	156	207	269	93	155	153	191	237	82	149	168	189	262	99	144	130	193	261
Entire sample	平均值	7.67	8.35	7.65	8.10	8.50	7.1	7.49	7.31	6.96	7.15	6.89	7.28	7.28	7.44	7.68	6.76	6.73	7.2	7.27	7.30
	人數	795	809	772	898	920	728	814	768	873	860	683	807	791	864	907	795	797	742	883	909

Life is Really Worth Living by Age Groups 2012 and 2013 (Scale: 0 to 10)

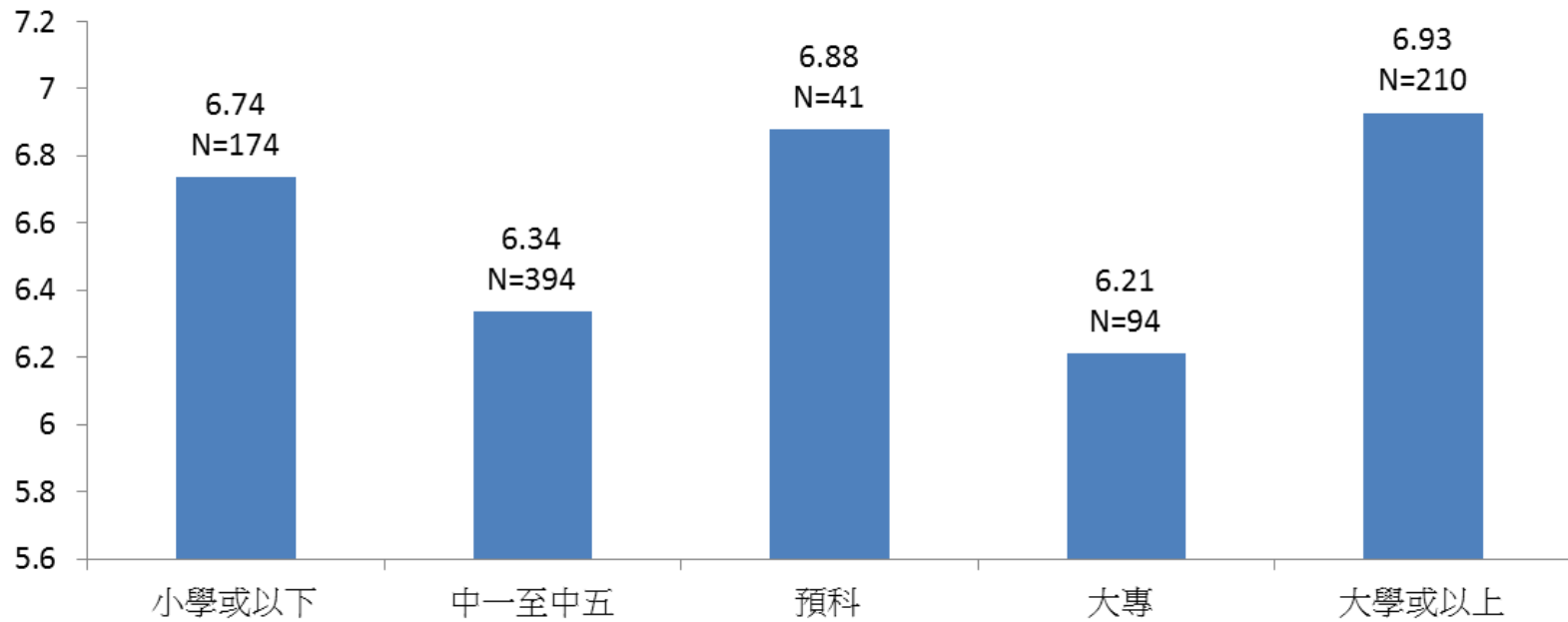


按年齡組別排列
對生活上的一切都很滿意的程度

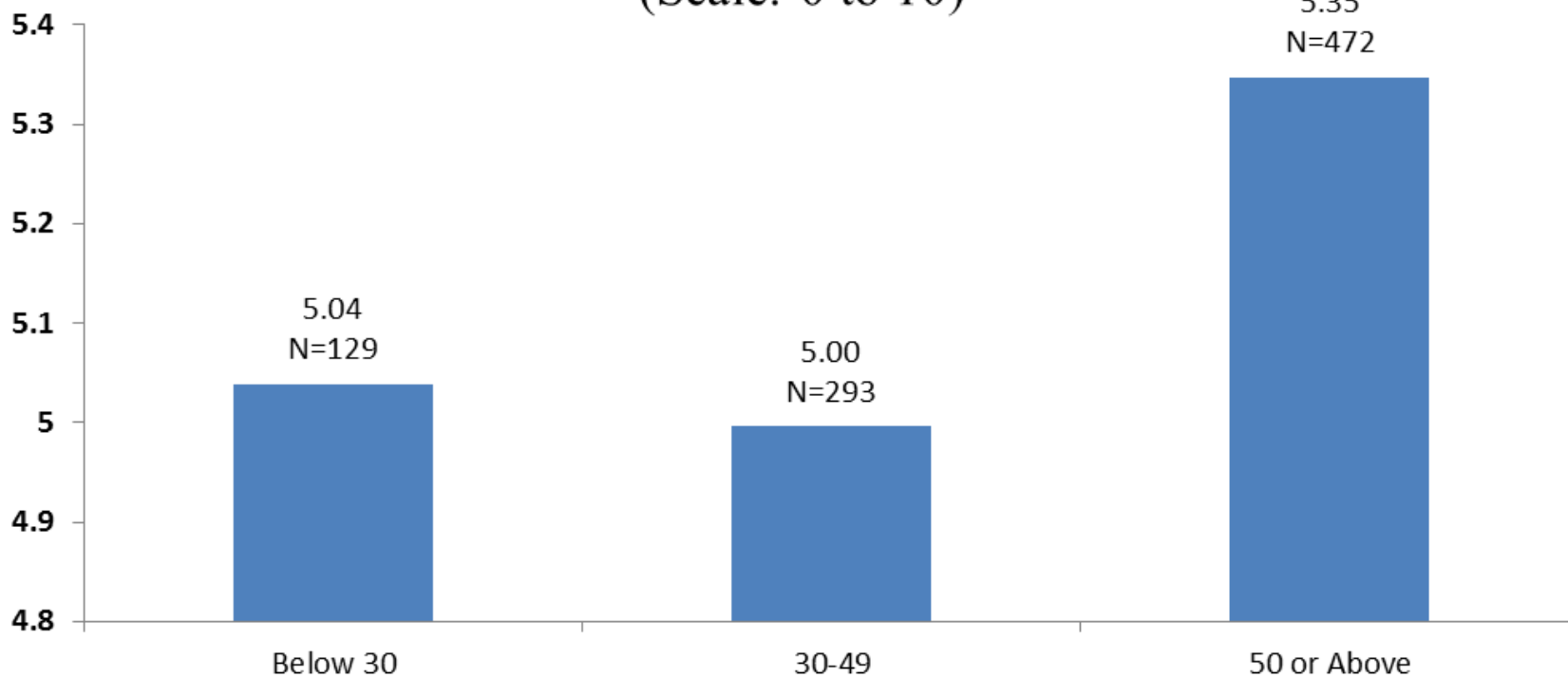
Satisfaction with everything in life by Age Group
(Scale: 0 to 10)



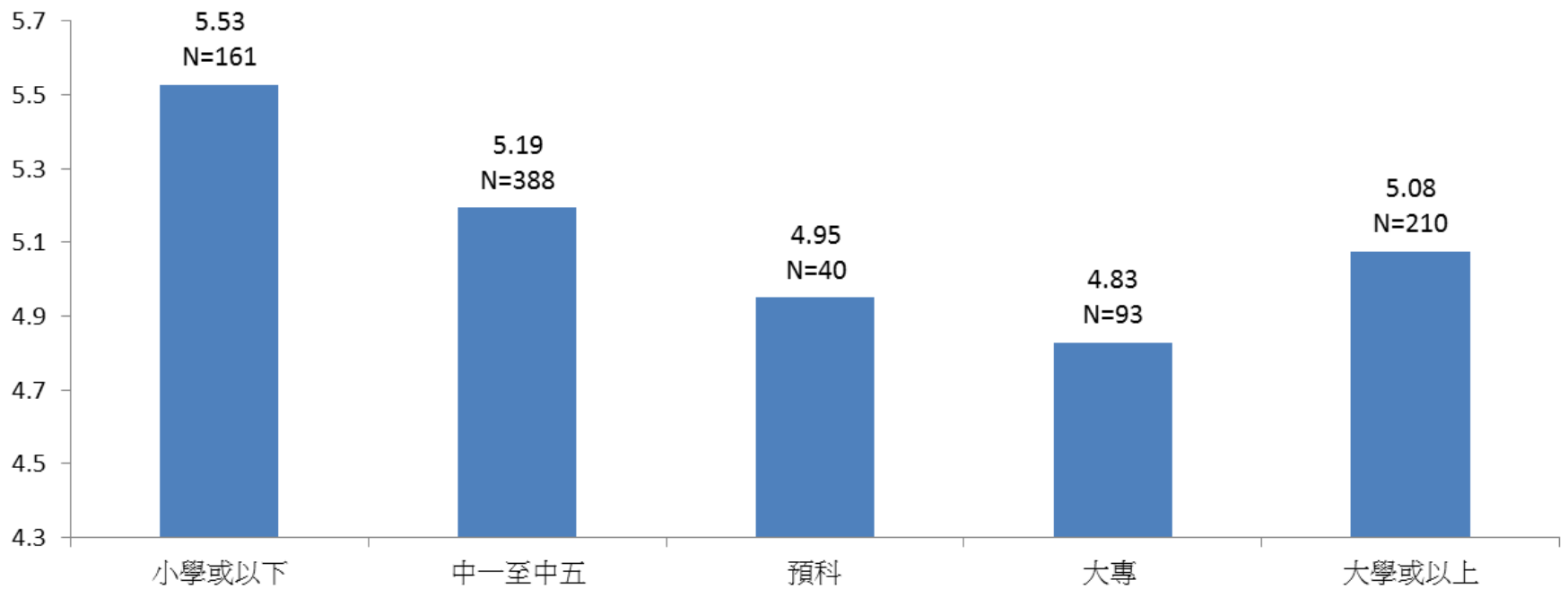
按年齡組別排列
對生活上的一切都很滿意的程度
Satisfaction with everything in life by Education level
(Scale: 0 to 10)



香港是一個理想的生兒育女的地方
Hong Kong is an ideal place to raise children by Age group
(Scale: 0 to 10)



香港是一個理想的生兒育女的地方
Hong Kong is an ideal place to raise children by Education level
(Scale: 0 to 10)

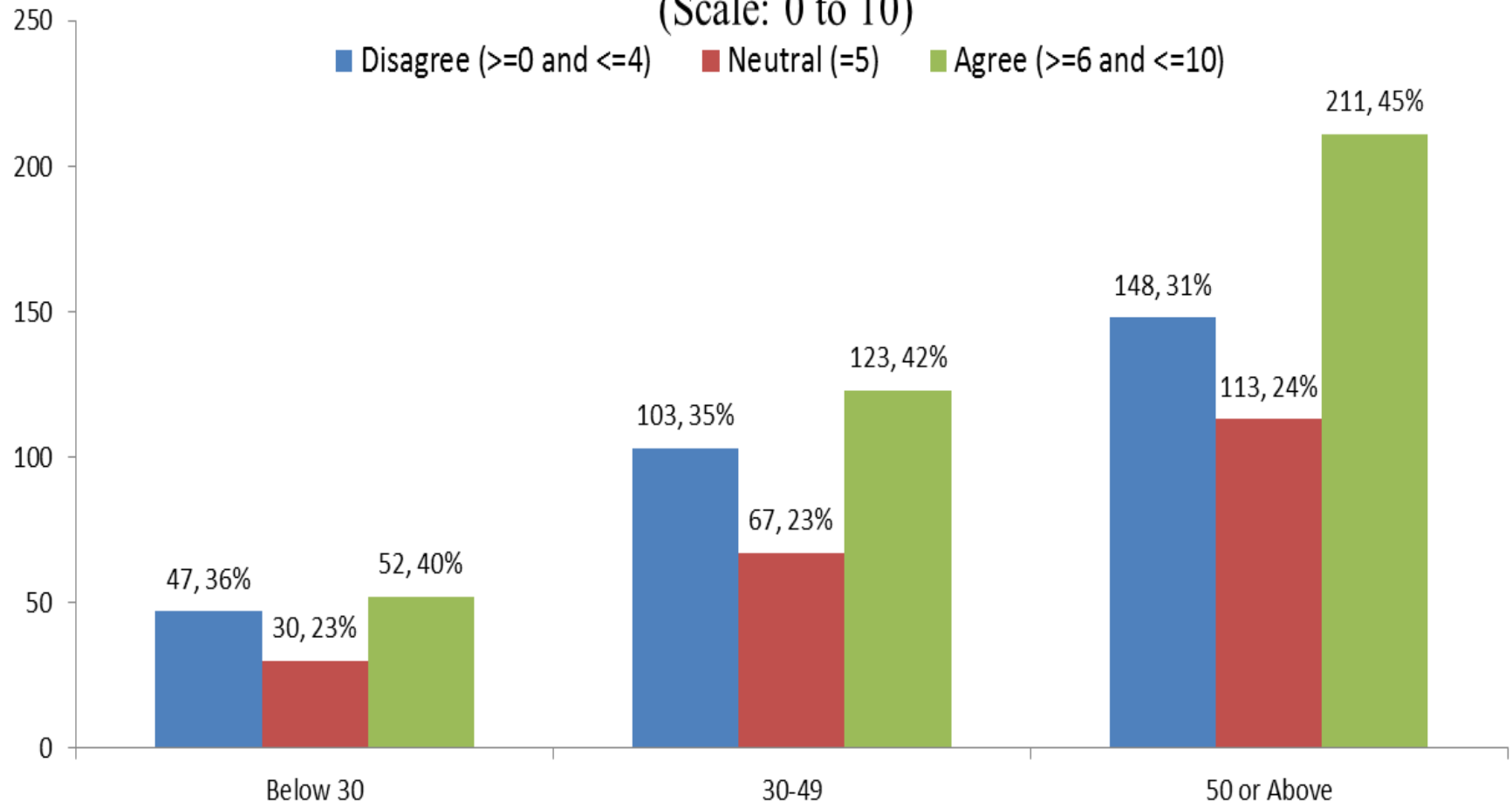


香港是一個理想的生兒育女的地方

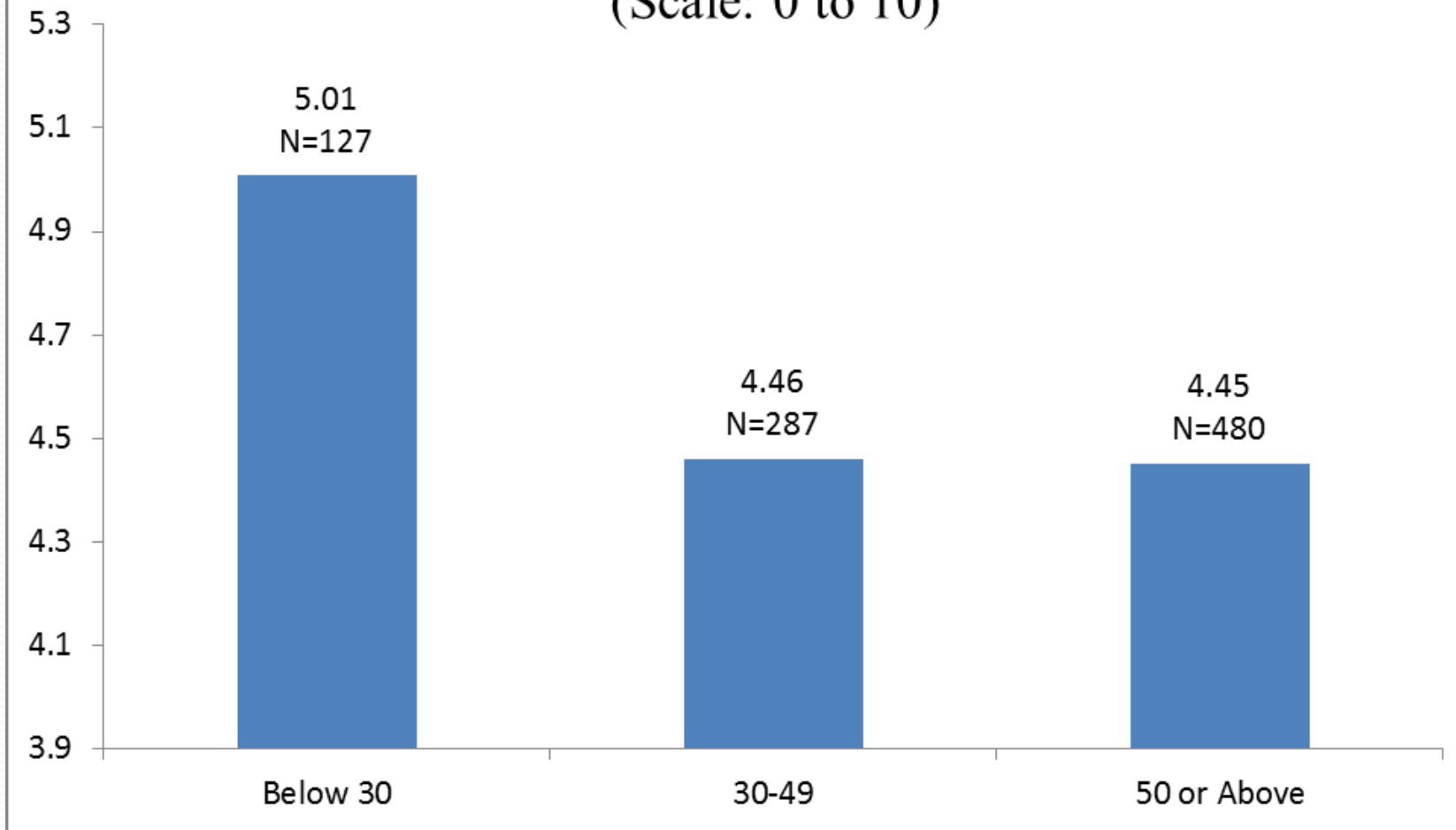
Hong Kong is an ideal place to raise children by Age group

(Scale: 0 to 10)

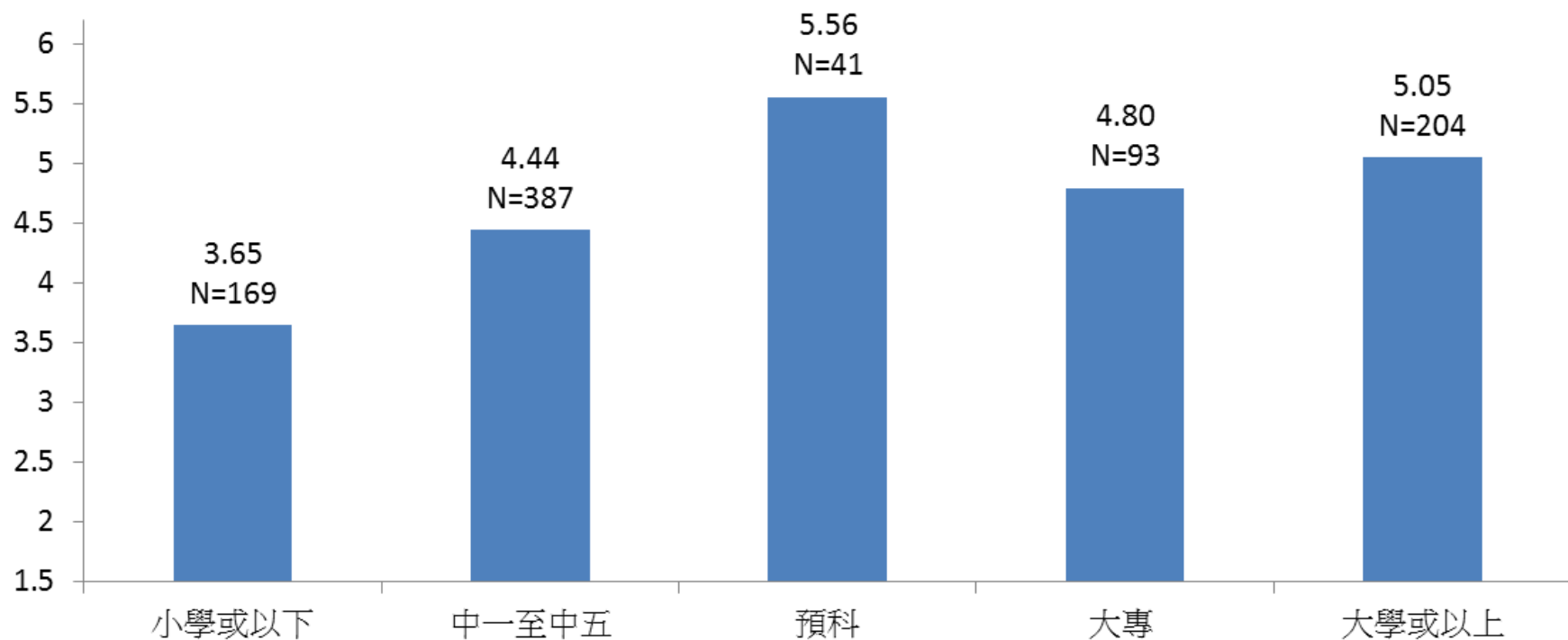
■ Disagree (≥ 0 and ≤ 4) ■ Neutral (=5) ■ Agree (≥ 6 and ≤ 10)



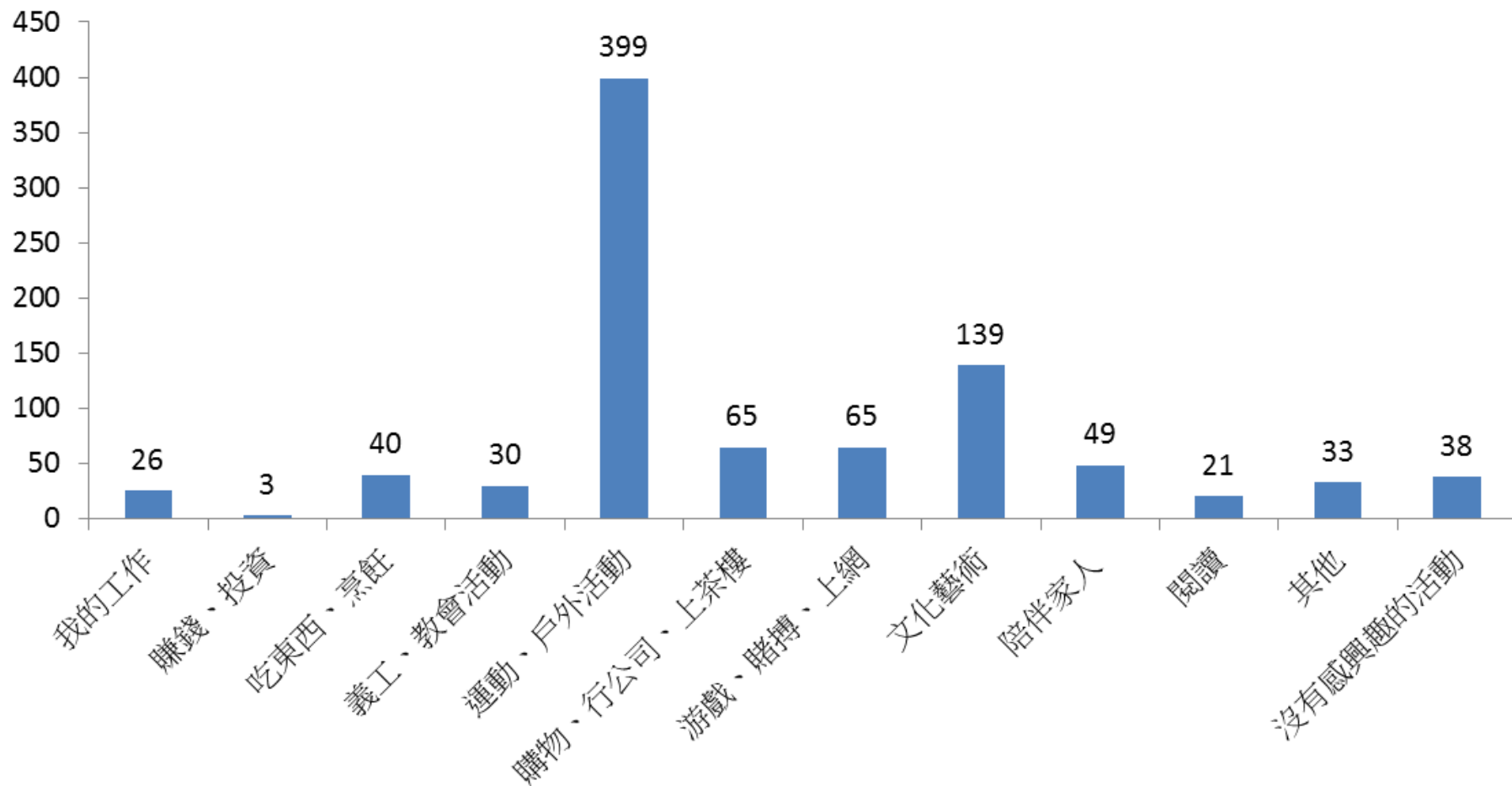
過去一年內曾主動做過不少沒有報酬的志願工作
(Scale: 0 to 10)



過去一年內曾主動做過不少沒有報酬的志願工作
(Scale: 0 to 10)



最喜愛的活動，包括工作，是甚麼



Happiness Index, Life Satisfaction and Life Worth Living by Gender and by Age Groups

		Happiness				Total Life Satisfaction				Worthy Life			
Age		21-29	30-49	50 or up	Total*	21-29	30-49	50 or up	Total *	21-29	30-49	50 or up	Total*
Male	2012	6.82	6.76	7.18	6.91	6.66	6.38	6.49	6.48	7.03	7.09	7.5	7.21
	2013	6.84	6.63	7.03	6.81	6.25	6.3	6.42	6.33	7.17	6.93	7.21	7.07
	N	67	111	187	365	68	111	186	365	66	107	175	348
Female	2012	7.2	7.05	7.12	7.03	6.7	6.33	6.66	6.45	7.54	7.4	7.58	7.41
	2013	7.03	7.28	7.23	7.14	6.66	6.64	6.7	6.60	7.82	7.54	7.48	7.50
	N	62	183	311	556	62	180	309	551	62	182	298	542
All	2012	7.01	6.95	7.14	7.03	6.68	6.35	6.6	6.50	7.28	7.29	7.55	7.38
	2013	6.93	7.03	7.15	7.05	6.45	6.51	6.59	6.52	7.48	7.31	7.38	7.37
	N	157	323	422	914	157	325	416	913	155	323	403	891

* Based on 2011 Census Age Structure Weights

結論 Conclusions

- 香港的快樂指數近期在高位徘徊
- 香港人的心理質素有上升趨勢，儘管近期爭拗持續，毋損快樂指數。愛智毅行全面提升。
- 對施政滿意度跌至 **4.14**，比中性的**5**低。
- 香港人酷愛運動和戶外活動，卻並不熱衷投資賺錢。

London-based Legatum Institute, Prosperity Index

- To build the index Legatum incorporated “a mixture of traditional economic indicators alongside measurements of well-being and life satisfaction.” The result is a list of 142 countries, covering 96% of world population and 99% of global GDP, ranked from most to least prosperous — the Happiest and Saddest Countries in the world.

1. Norway

Enjoying the harborside in Bergen, Norway. In 2013 the Scandinavian nation ranked 1st overall on the Legatum Institute's Prosperity Index for the fifth straight year, with leading scores in the Economy and Social Capital sub indexes.

18. Singapore

They may consider themselves overworked, but Singaporeans can boast the 3rd highest ranking Economy in the world. Does that make up for a low 53rd place in Personal Freedom? [Read the whole story.](#)

19. Hong Kong

The night skyline in Hong Kong. Though technically part of China, the Prosperity Index breaks out Hong Kong as a separate country. It has improved its Safety and Security ranking from 18th in 2011 to 5th in 2012 and now 1st for 2013. Education remains a weak spot at 43rd place.