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12-4-2014

Hong Kong Happiness Index Survey 2014

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Hong Kong Happiness Index Survey 2014

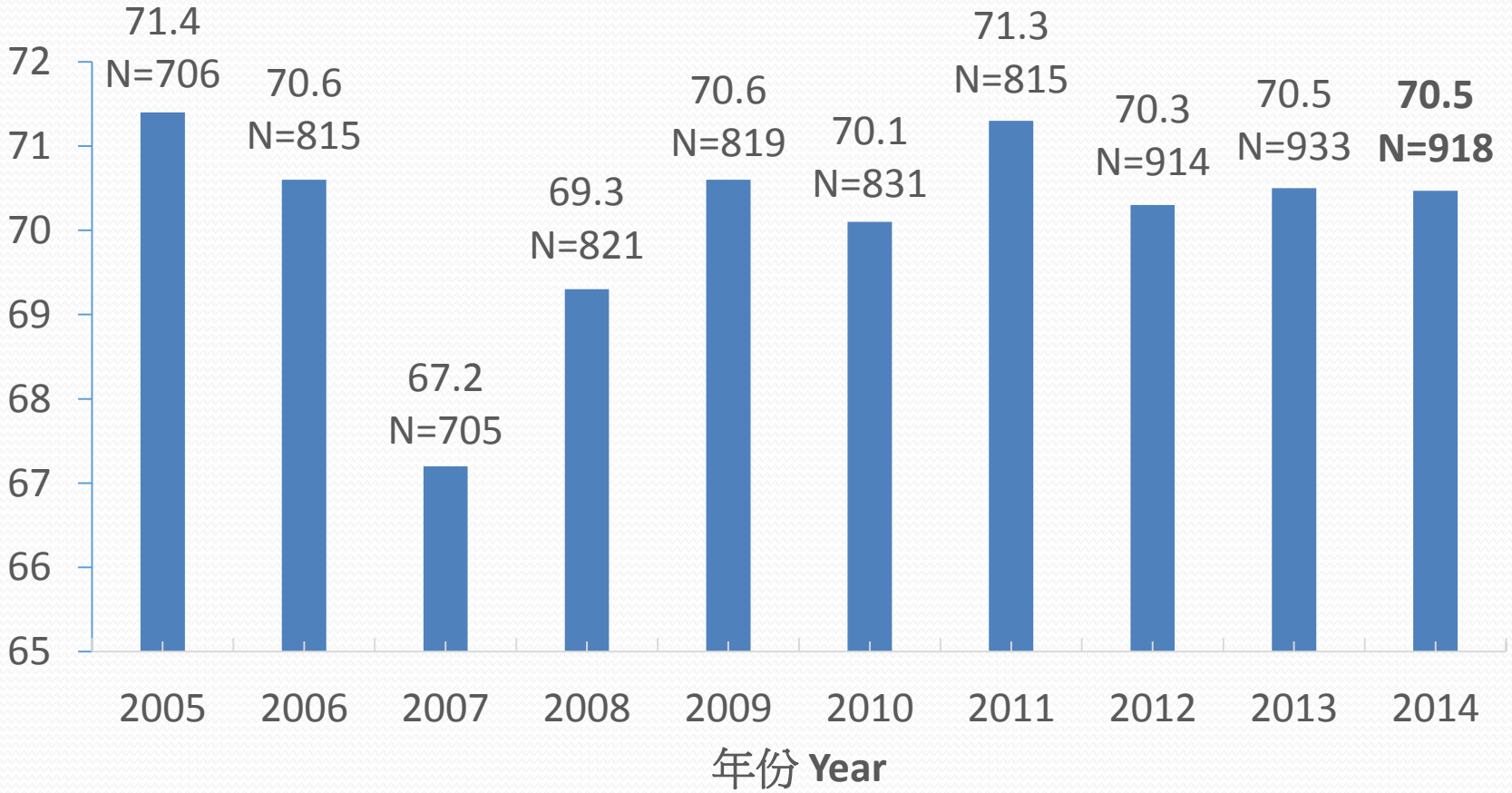
Prof. Ho Lok Sang
Director
Centre for Public Policy Studies
Lingnan University

December 4, 2014

Survey backgrounds

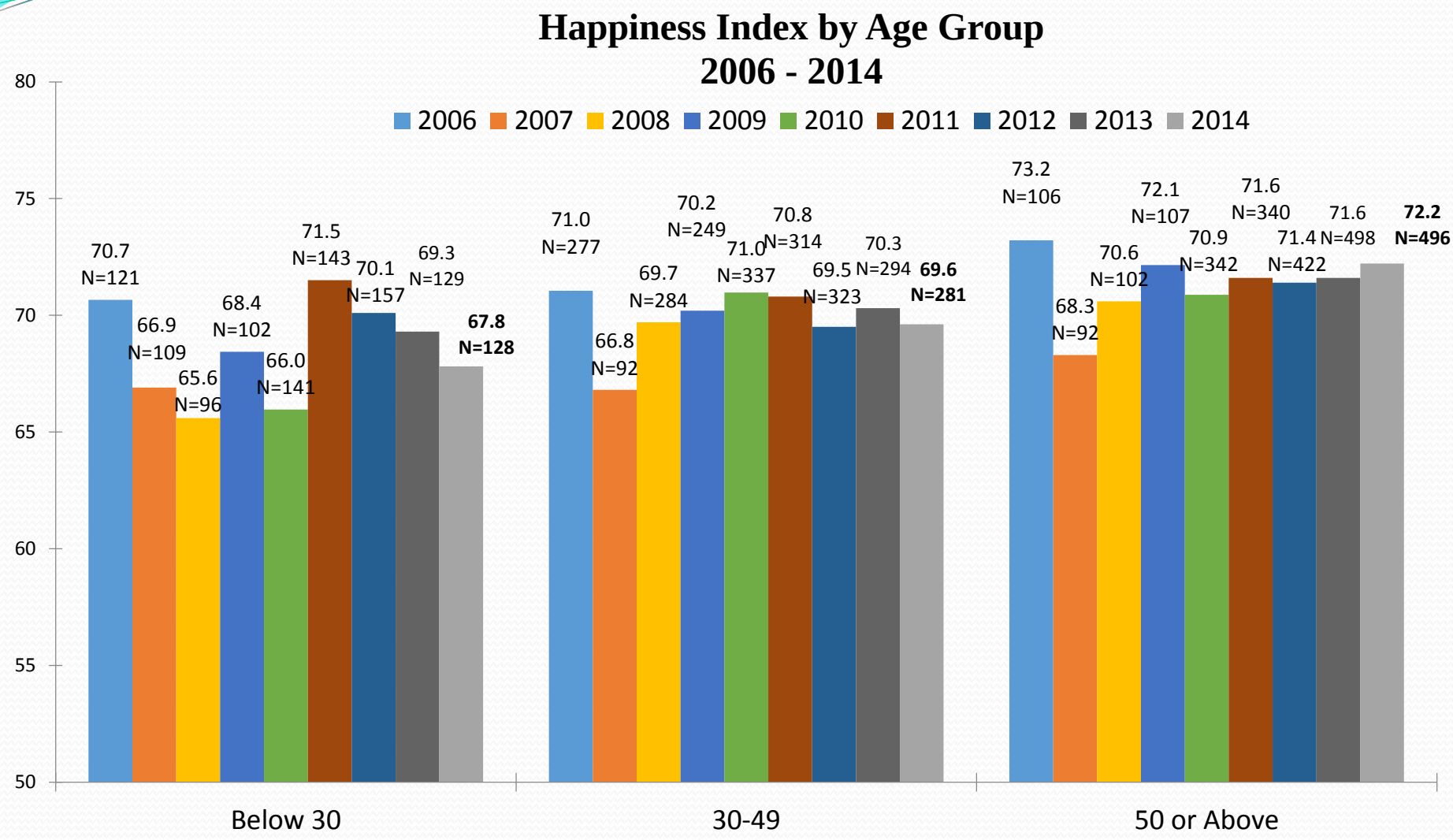
- The survey was conducted from October 6 to 11, 2014.
- The total number of respondents is 922.
- The response rate is around 28.6 percent.
- The margins of errors are estimated to be 3.2%.
- We would like to acknowledge the generous financial support of Shih Wing Ching Foundation and the assistance 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 - 2014

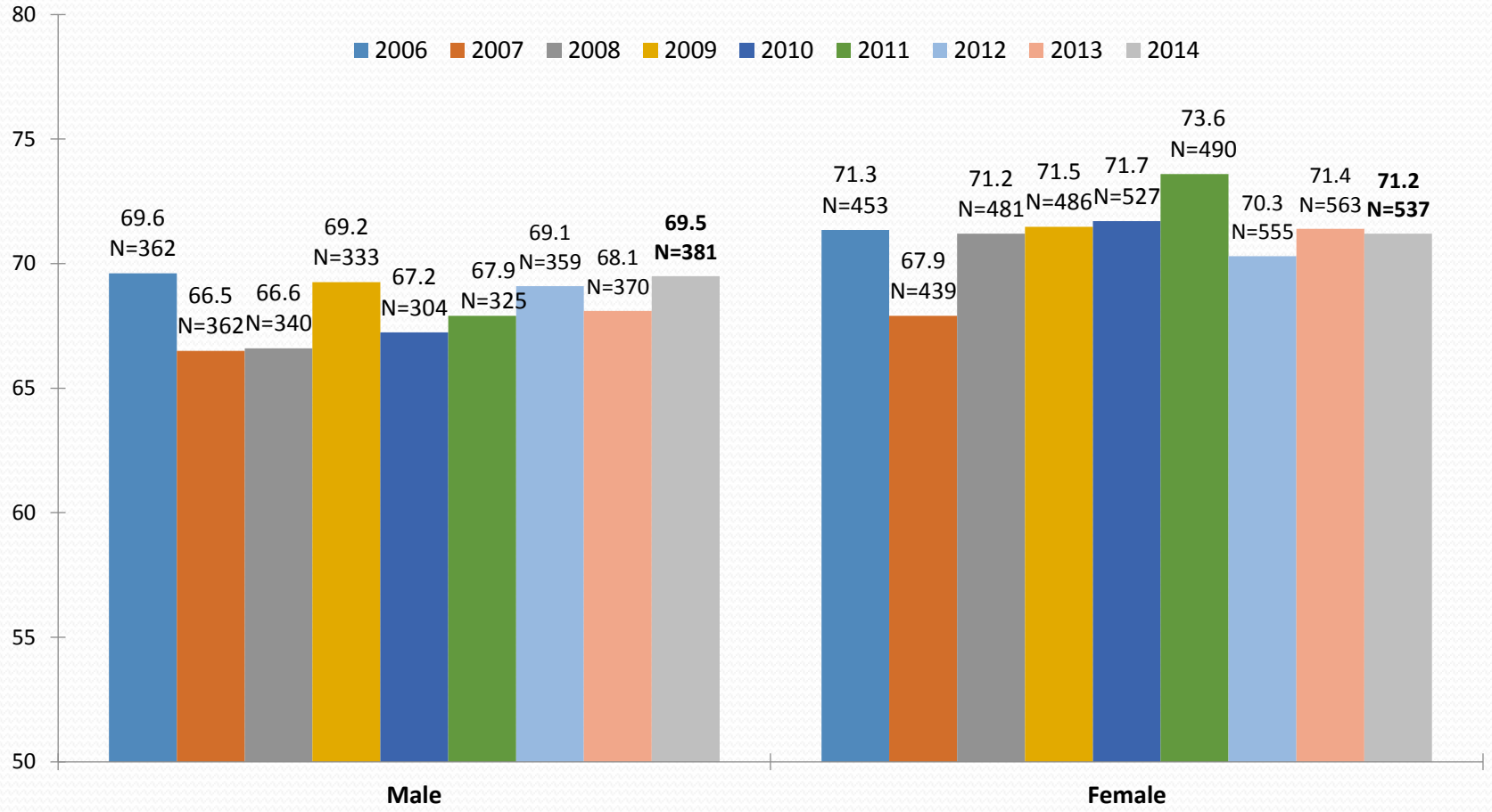


Note: 2014, 2013 and 2012 indices are compiled assuming 2011 age structure in the population census.

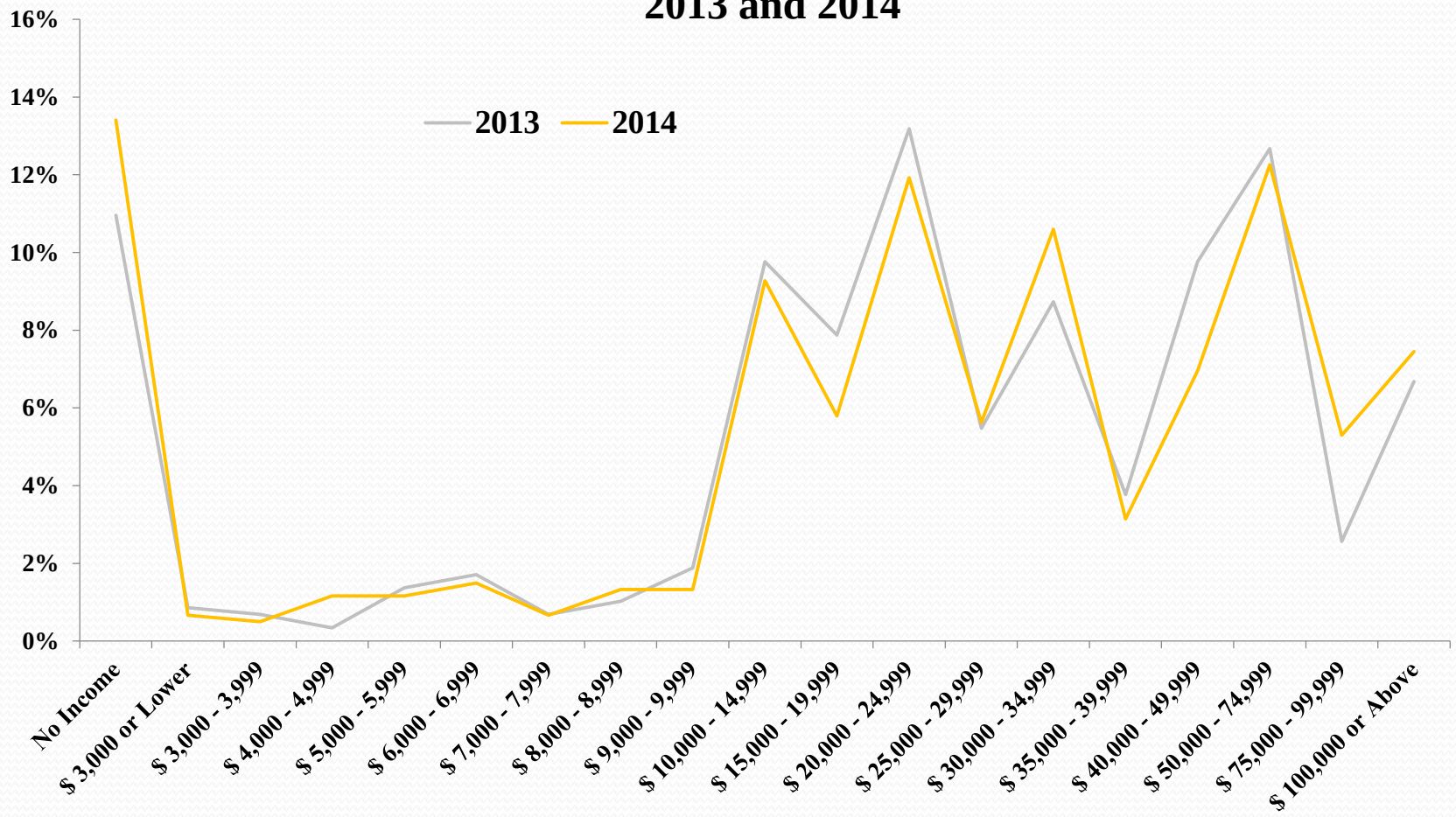
按年齡組別劃分快樂指數



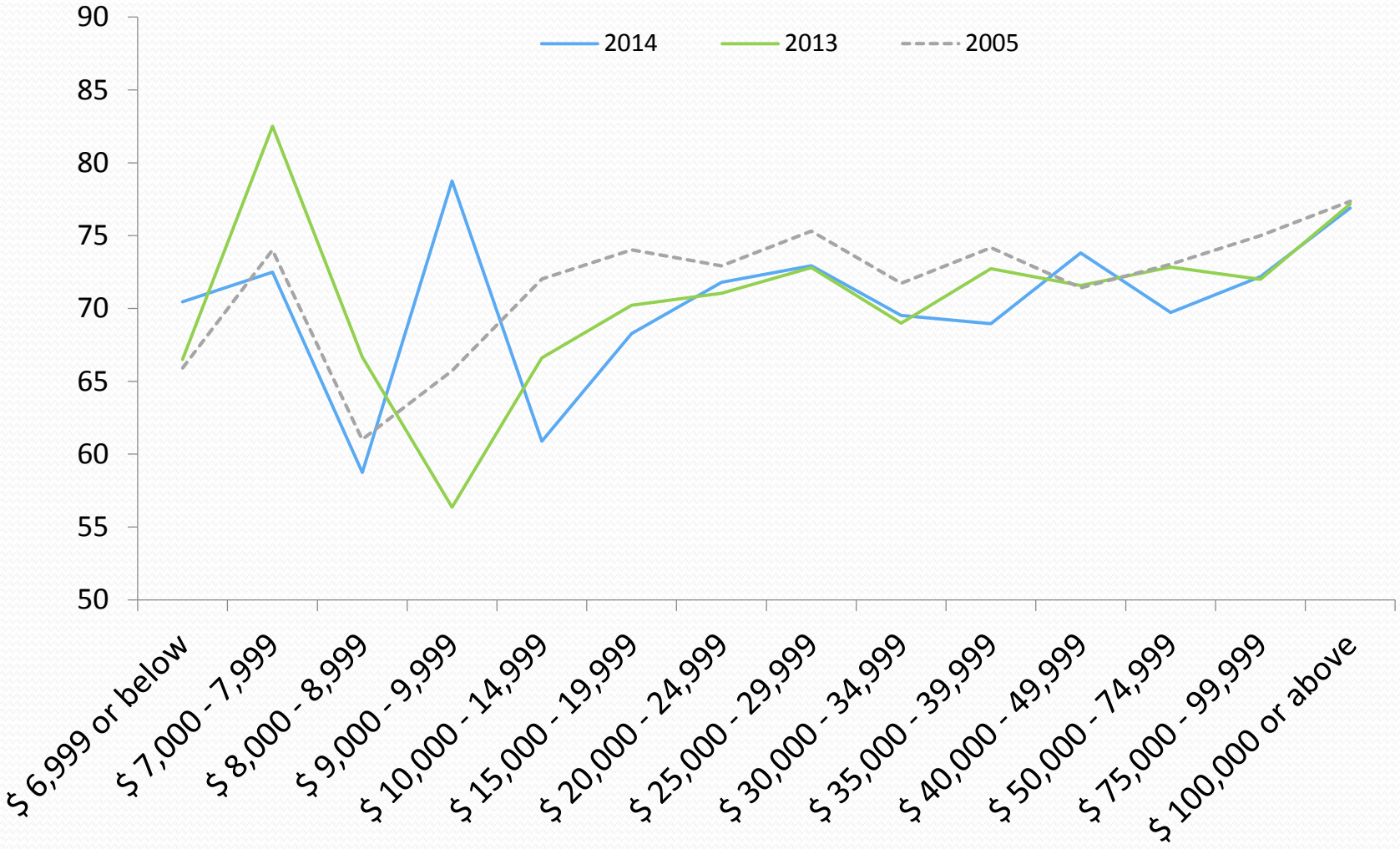
按性別劃分快樂指數
Happiness Index by Sex
2006 - 2014



家庭每月收入水平分佈
Distribution of Household Monthly Income 2013 and 2014

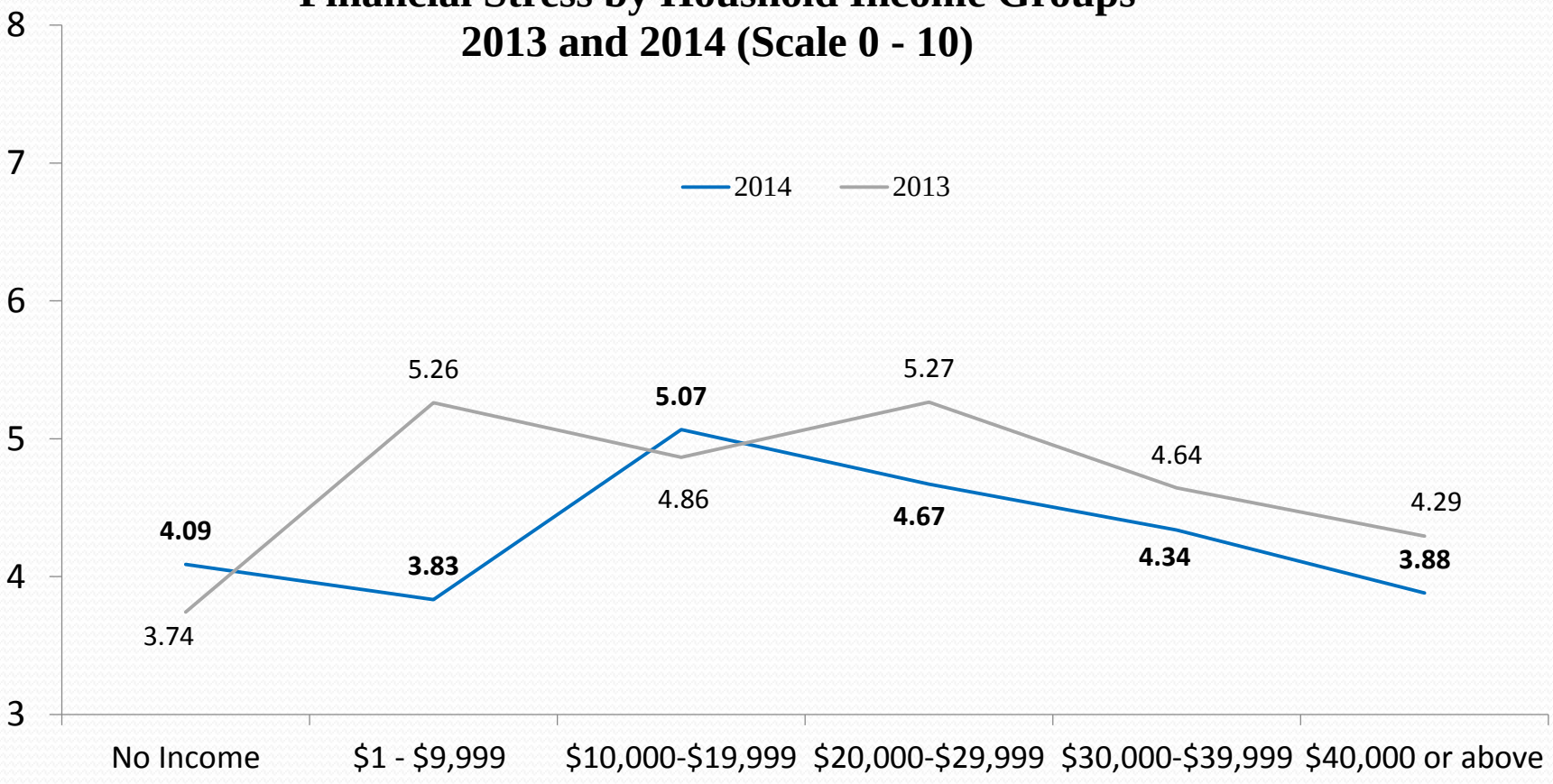


家庭每月收入與快樂指數
Household Monthly Income and Happiness Index 2005 - 2014

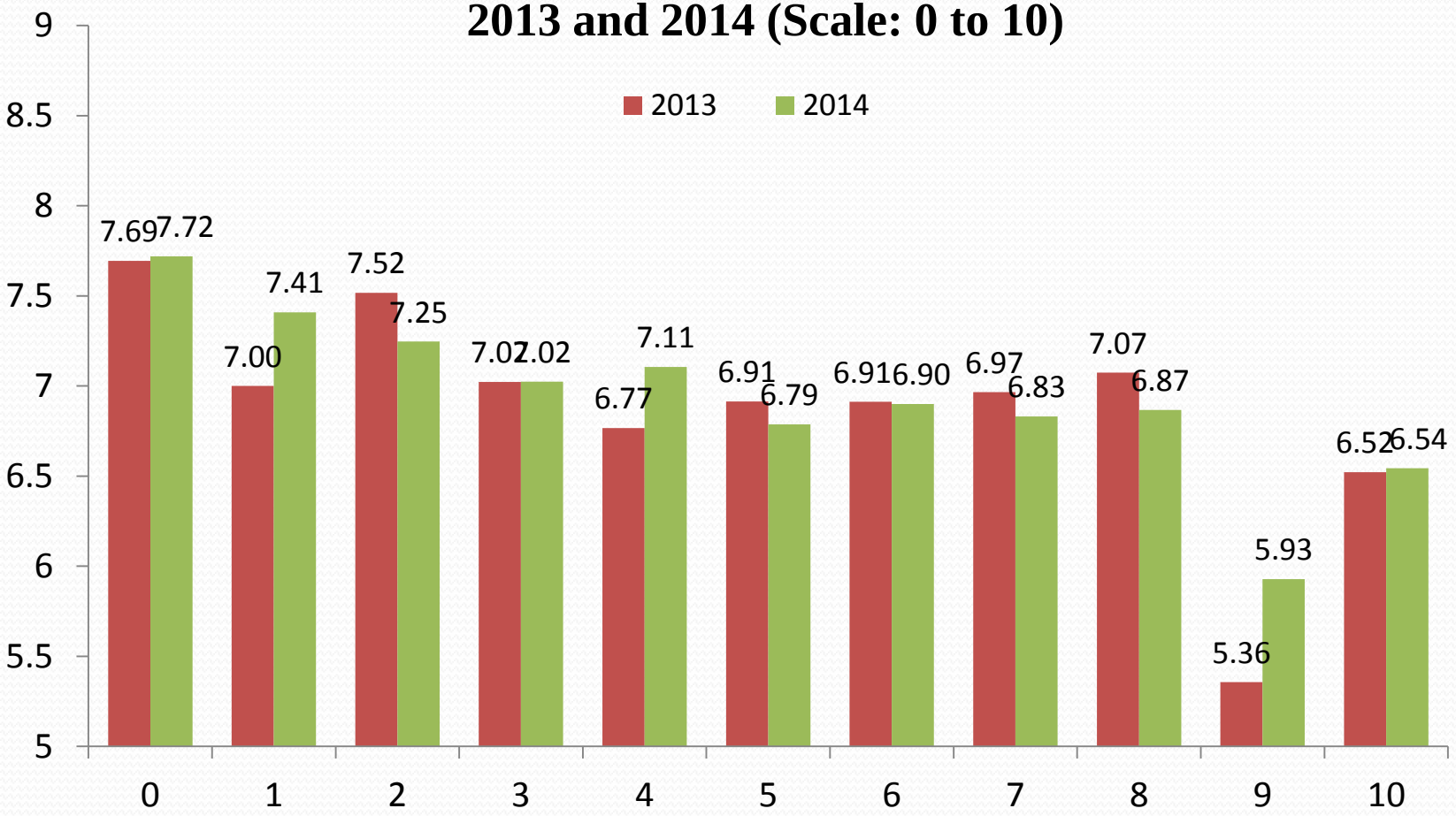


家庭每月收入	2009	2010	2011	2012	2013	2014	2014 Change in Percentage
Household Income Per Month	平均值	平均值	平均值	平均值	平均值	平均值	
	Mean	Mean	Mean	Mean	Mean	Mean	
No Income	71.3	67.2	71.2	70.2	66.72	70.4	5.49%
$1 - $9,999	63.85	66.21	73.1	68.4	65.31	70.2	7.49%
$10,000-$19,999	70.42	69.57	71	68	68.24	63.7	-6.60%
$20,000-$29,999	71.89	70.58	73.2	70.8	71.56	72.2	0.85%
$30,000-$39,999	70.13	70.6	74.1	66.9	70.14	69.4	-1.06%
$40,000或以上 or above	72.82	73.29	72.4	73.8	73.3	72.7	-0.83%

按家庭每月收入劃分財政壓力
Financial Stress by Houshold Income Groups 2013 and 2014 (Scale 0 - 10)

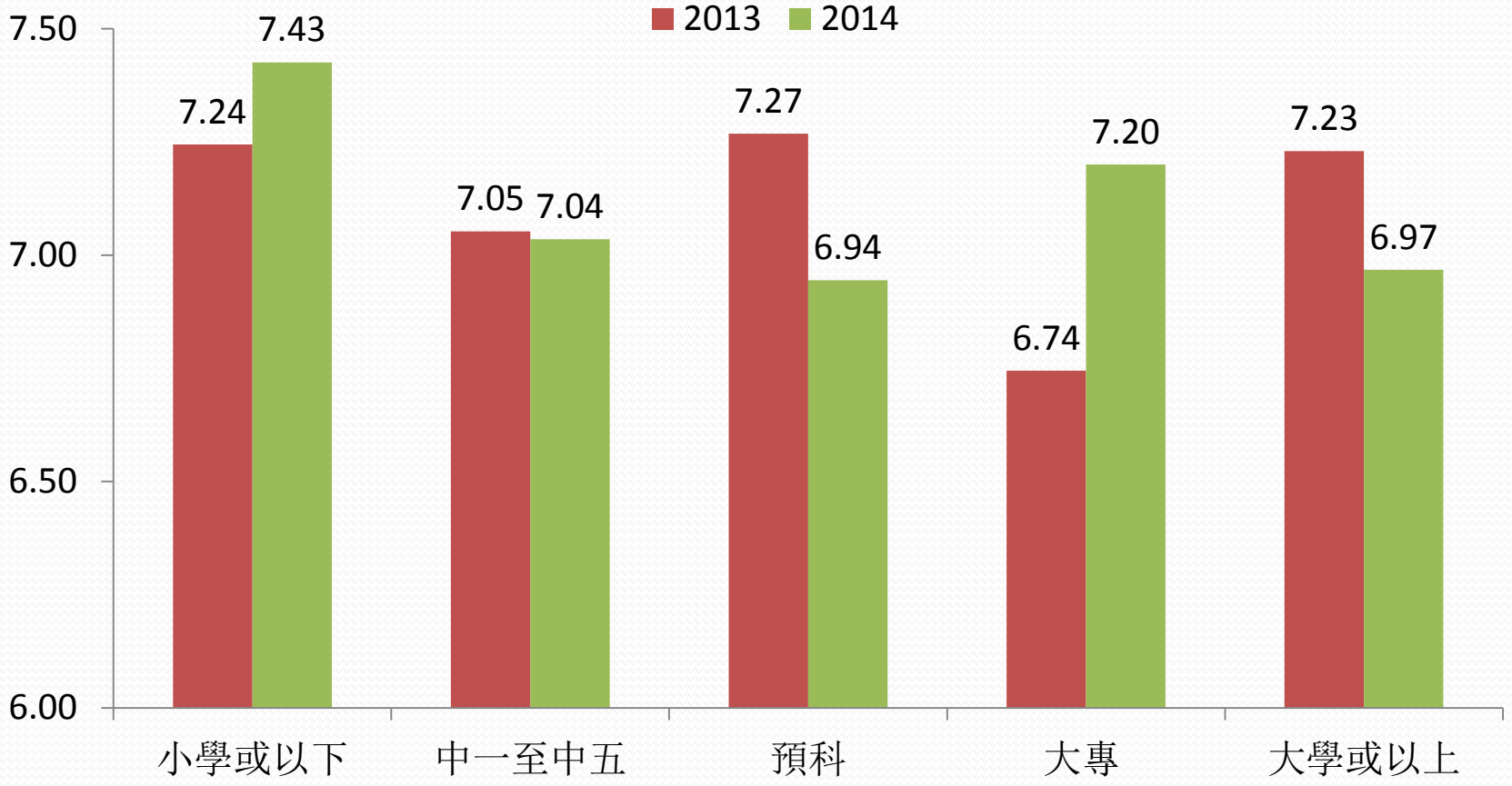


按財政壓力排列快樂指數
Happiness Index by the Level of Financial Stress 2013 and 2014 (Scale: 0 to 10)

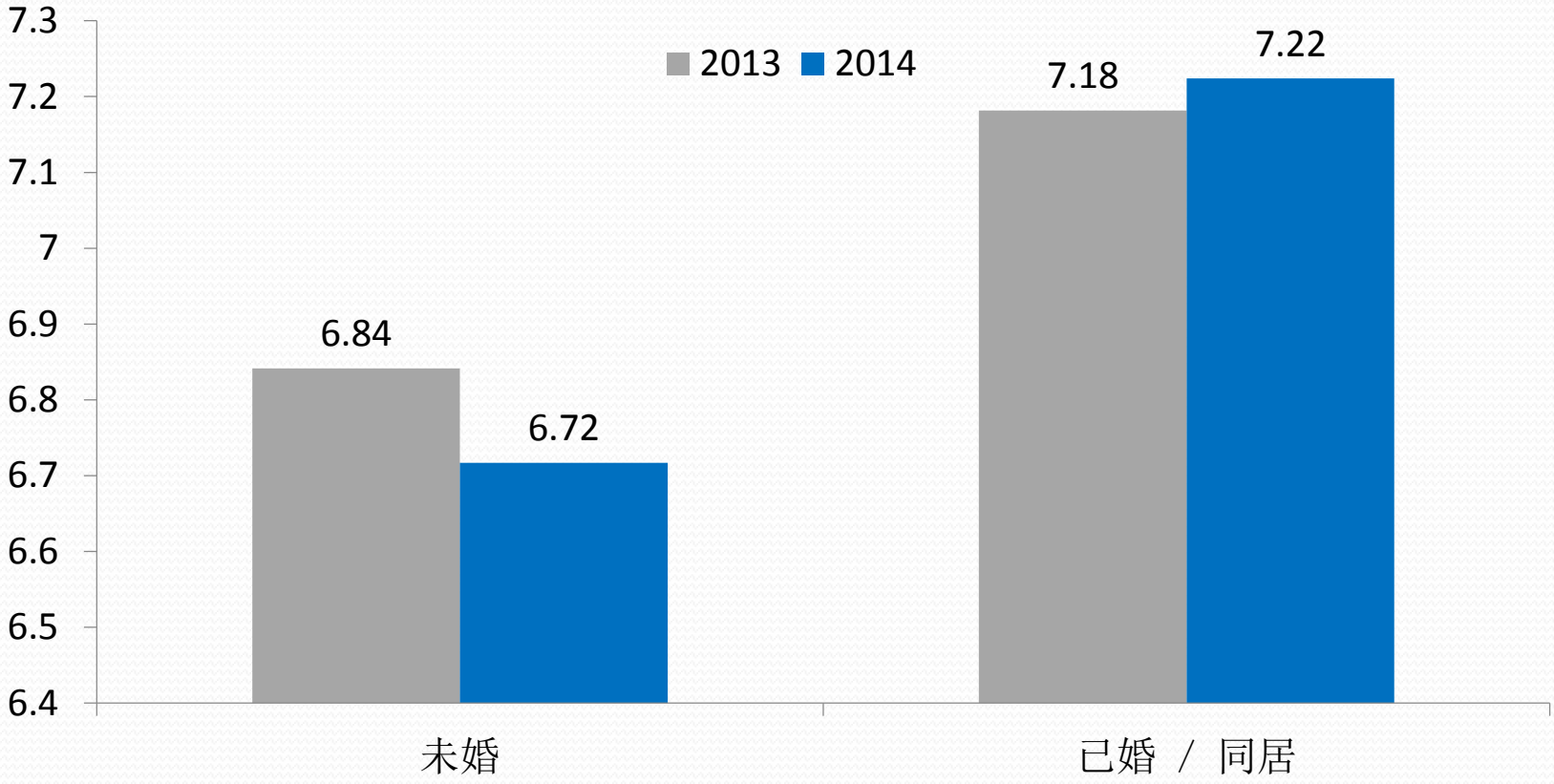


按教育程度排列快樂指數

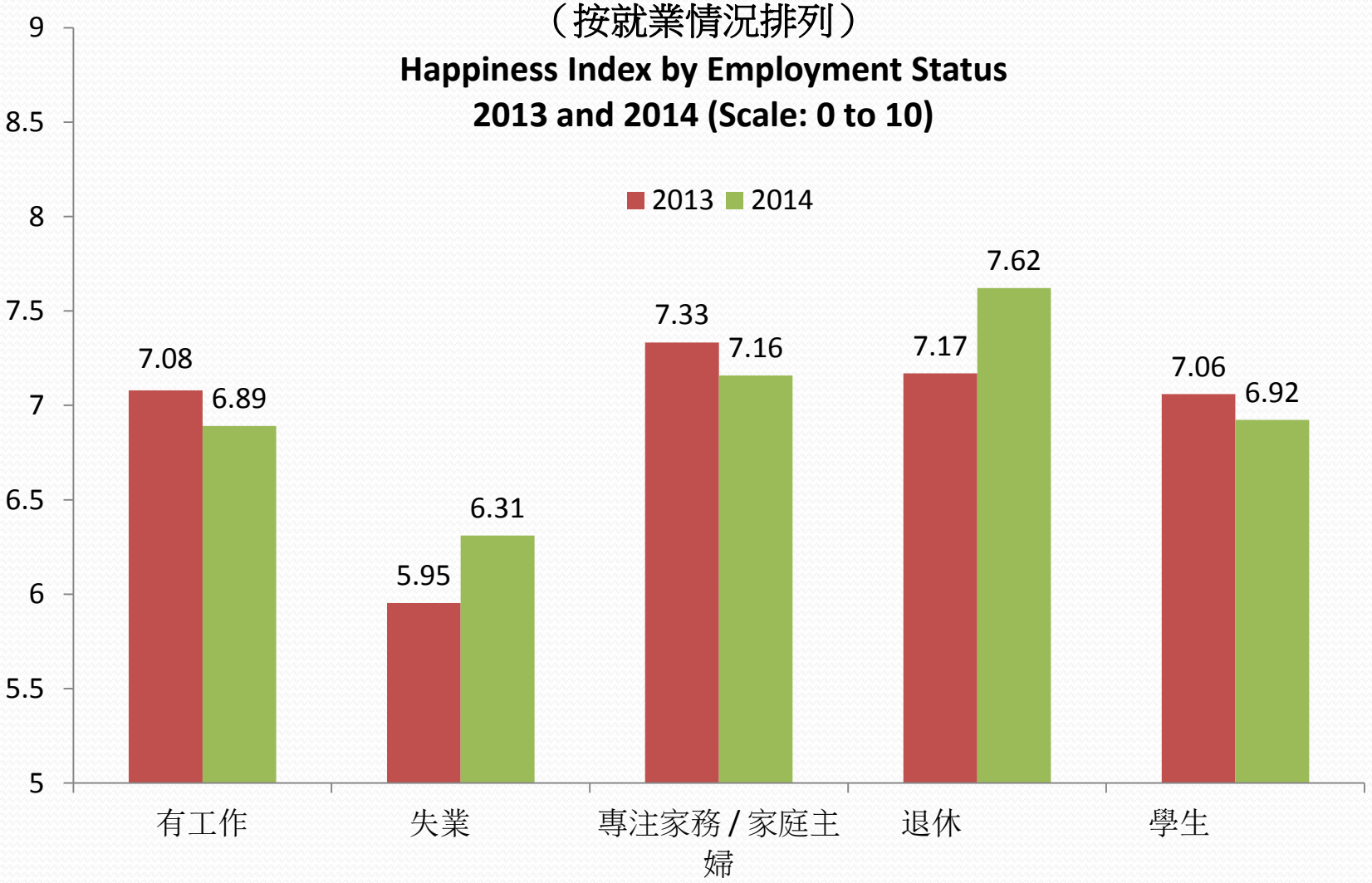
Happiness Index by Education Attainment 2013 and 2014 (Scale: 0 to 10)



按婚姻狀況排列快樂指數
Happiness by Marital Status 2013 and 2014 (Scale: 0 to 10)

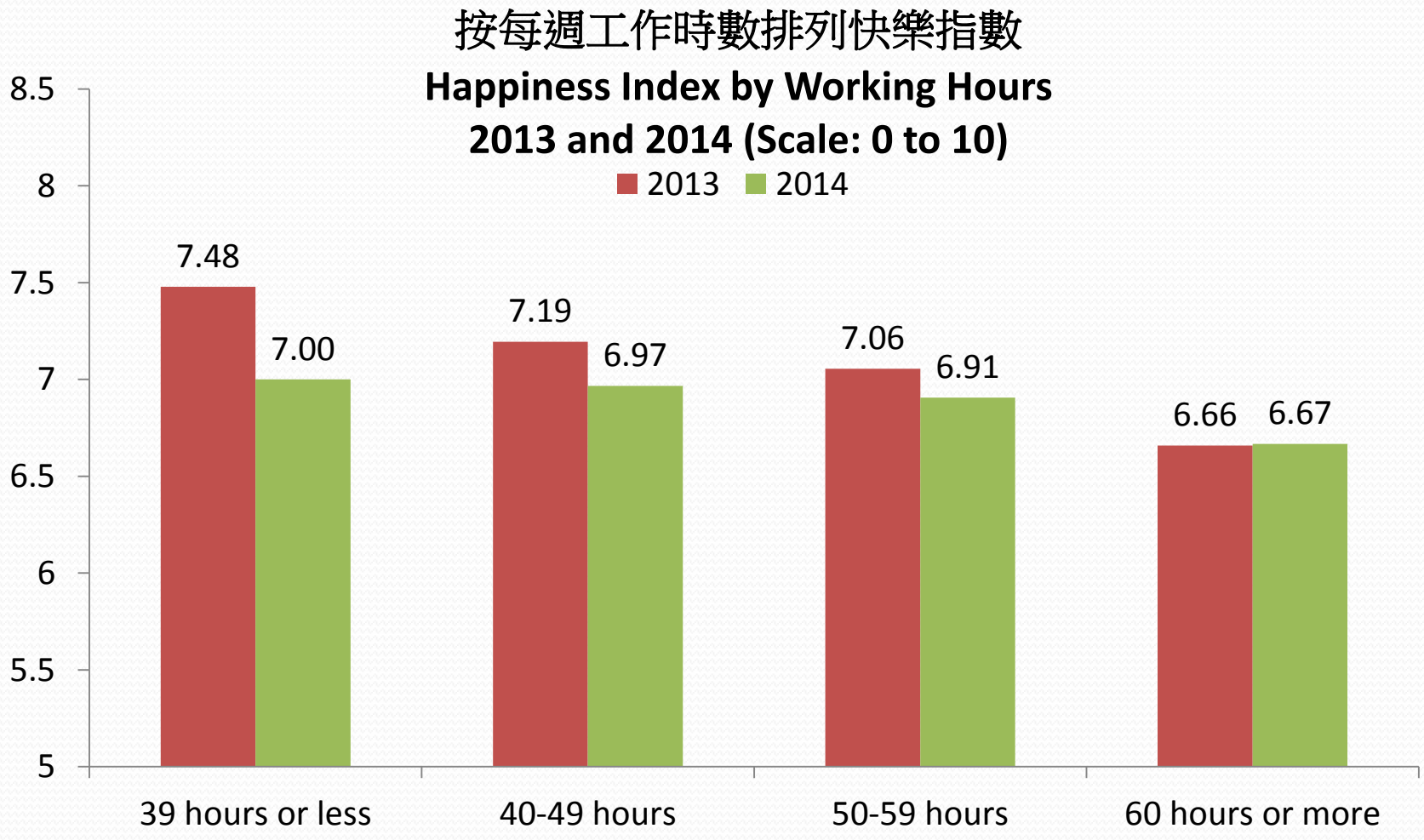


家庭主婦、退休人士及有工作的人快樂指數較高
（按就業情況排列）

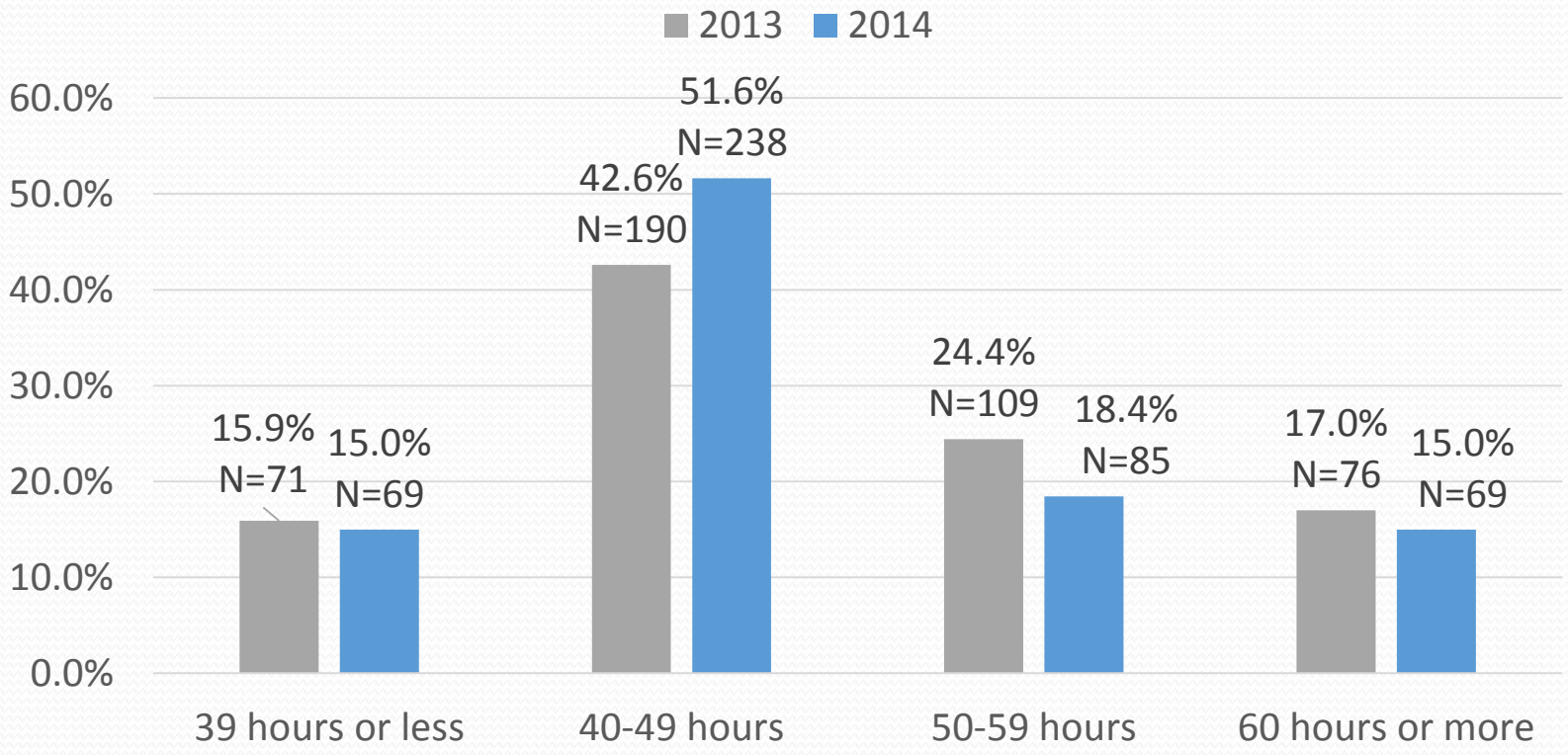


按職業劃分快樂指數 (工作人口)
Happiness Index by Occupation (Working Population Only)
2013 and 2014 (Scale: 0 to 10)

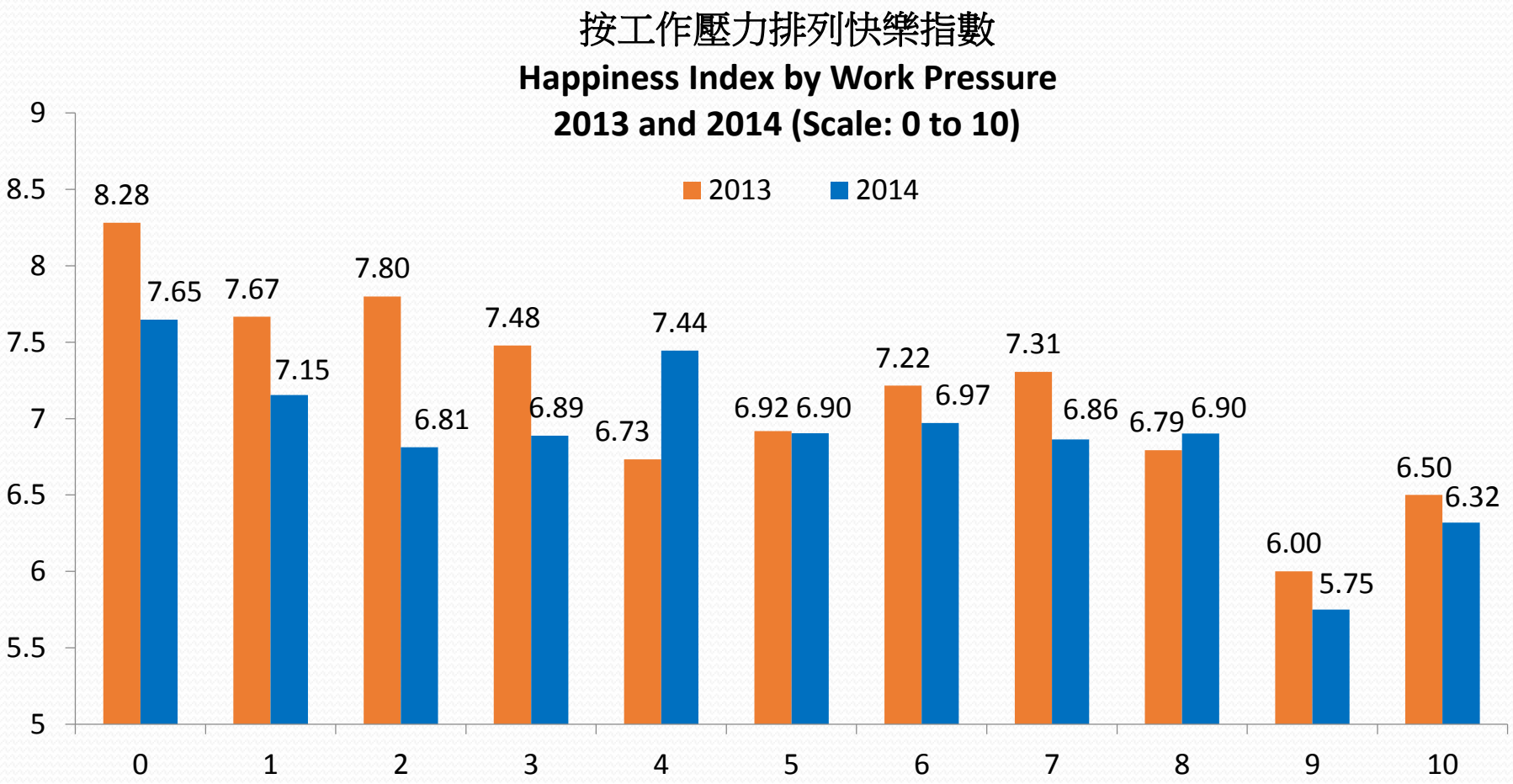



按每週工作時數排列快樂指數
Happiness Index by Working Hours
2013 and 2014 (Scale: 0 to 10)
2013
2014
8.5
8
7.5
7
6.5
6
5.5
5
7.48
7.00
7.19
6.97
7.06
6.91
6.66
6.67
39 hours or less
40-49 hours
50-59 hours
60 hours or more

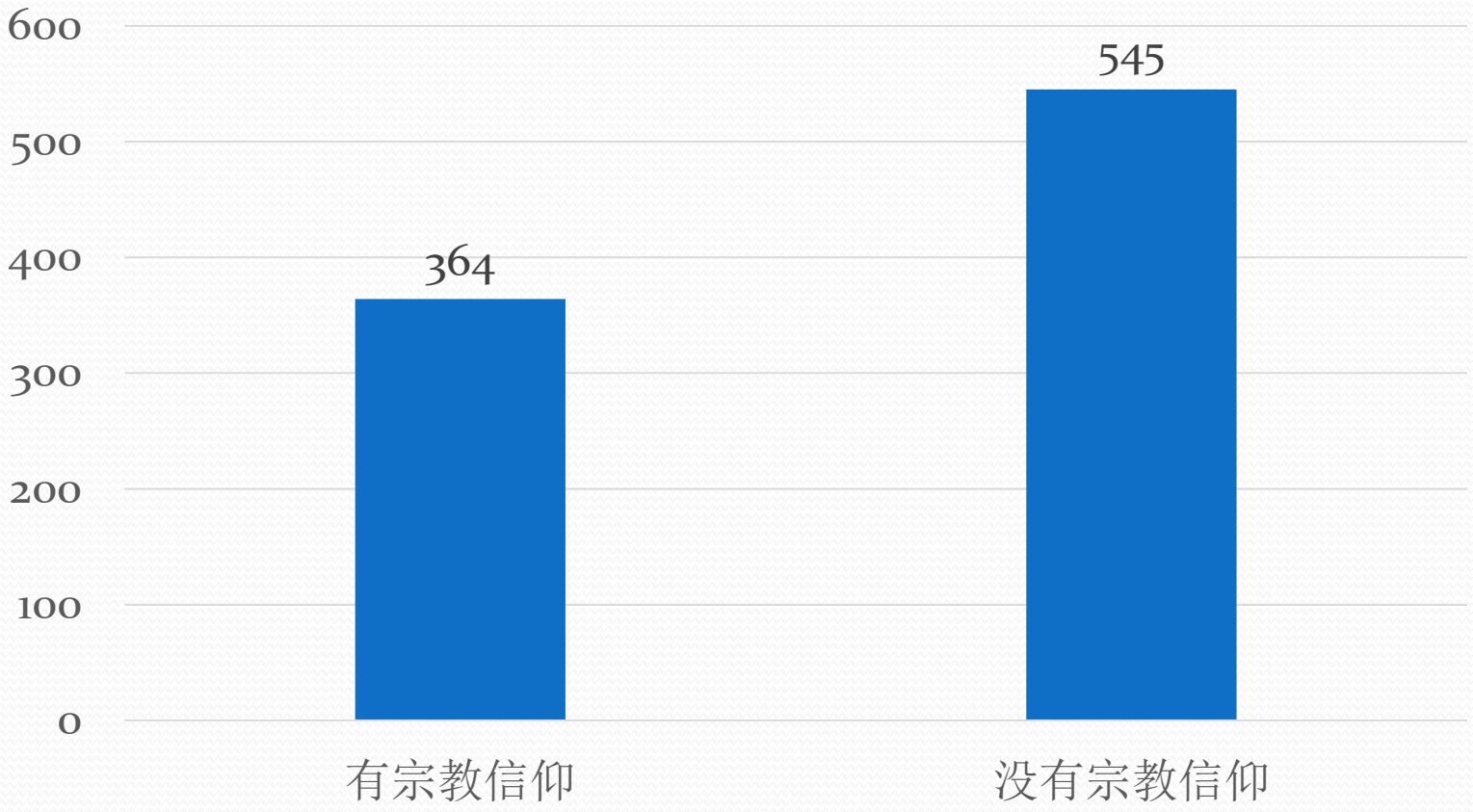
每週工作時數百分比



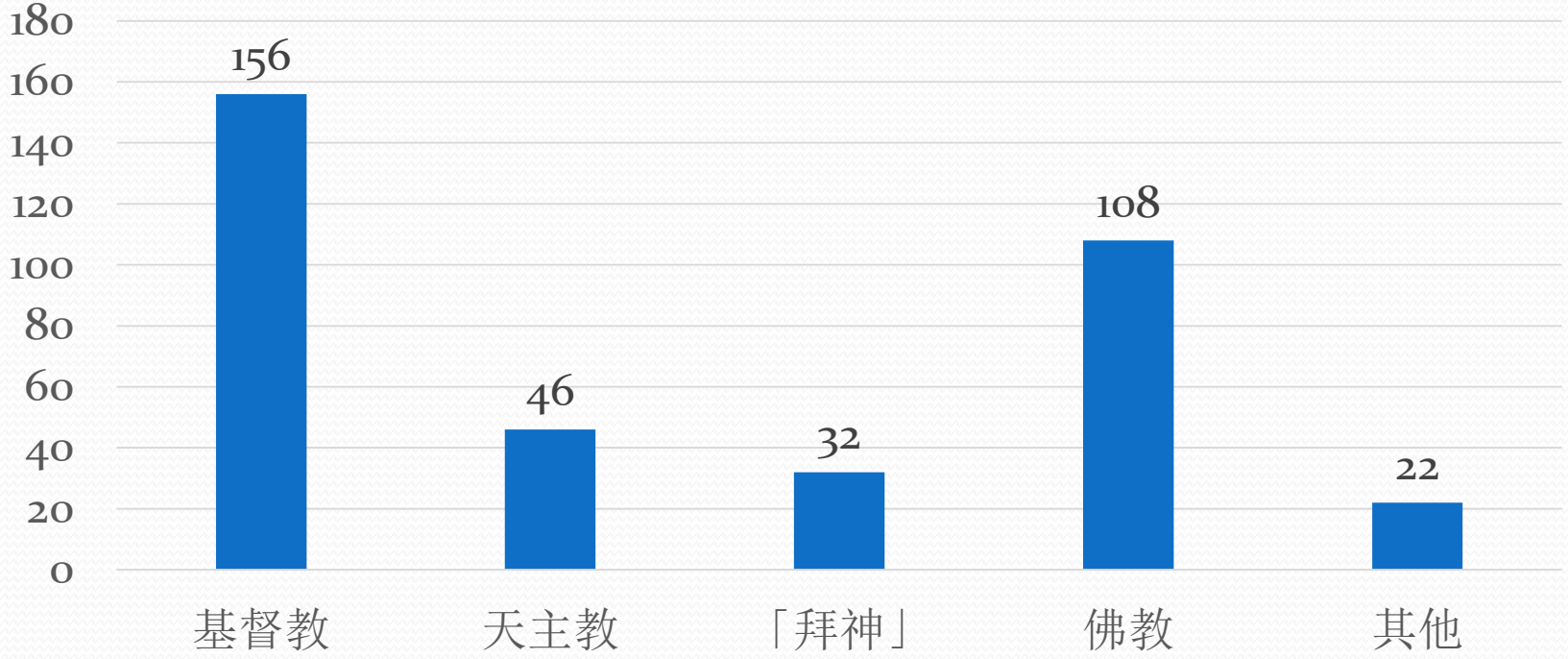
Over 30% of the sampled workers work in excess of 50 hours per week.


按工作壓力排列快樂指數
Happiness Index by Work Pressure
2013 and 2014 (Scale: 0 to 10)
2013
2014
9
8.5
8
7.5
7
6.5
6
5.5
5
8.28
7.65
7.67
7.15
7.80
6.81
7.48
6.89
6.73
7.44
6.92
6.90
7.22
6.97
7.31
6.86
6.79
6.90
6.00
5.75
6.50
6.32
0
1
2
3
4
5
6
7
8
9
10

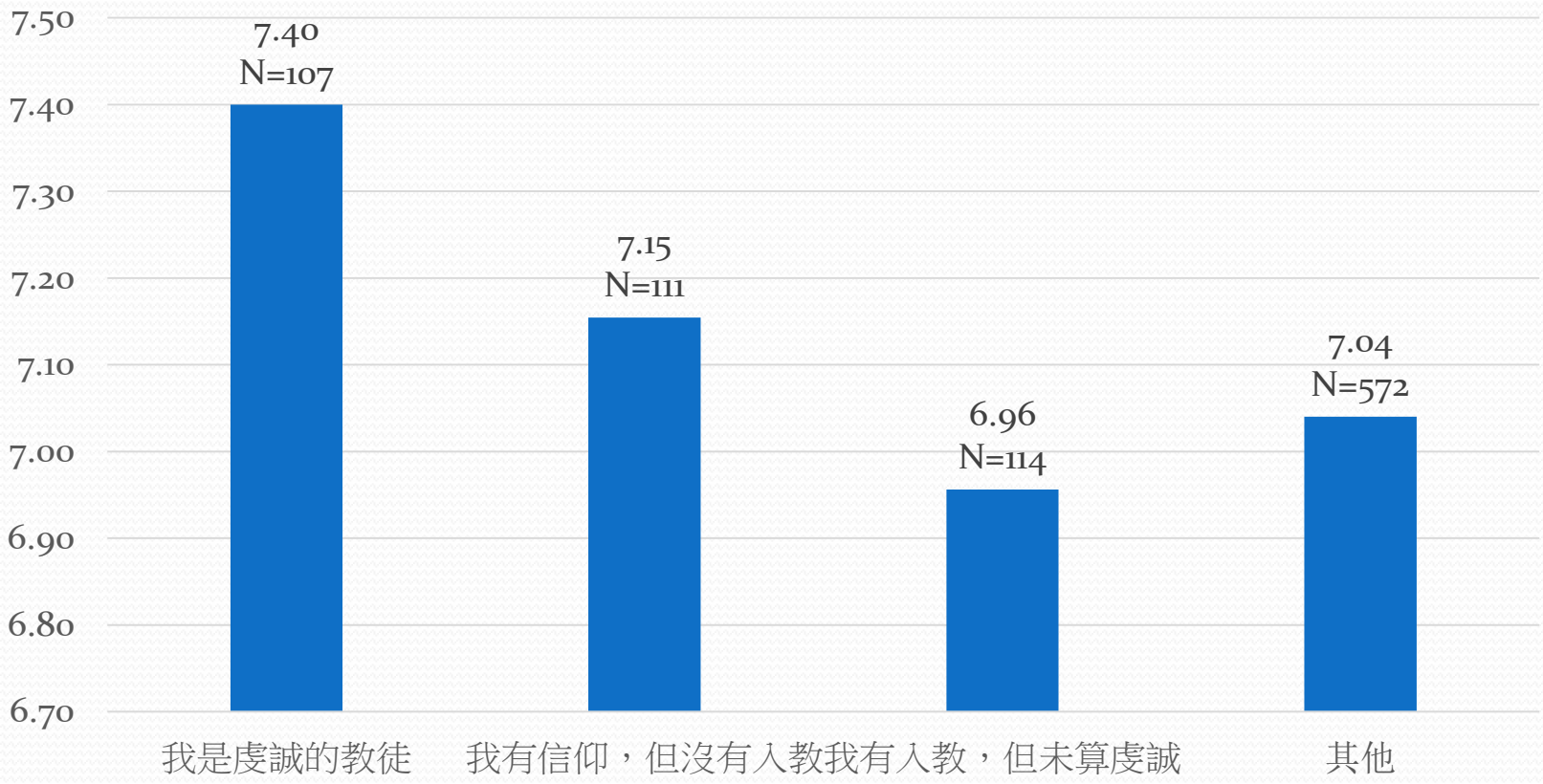
你是否有宗教信仰
Do you have religious belief?

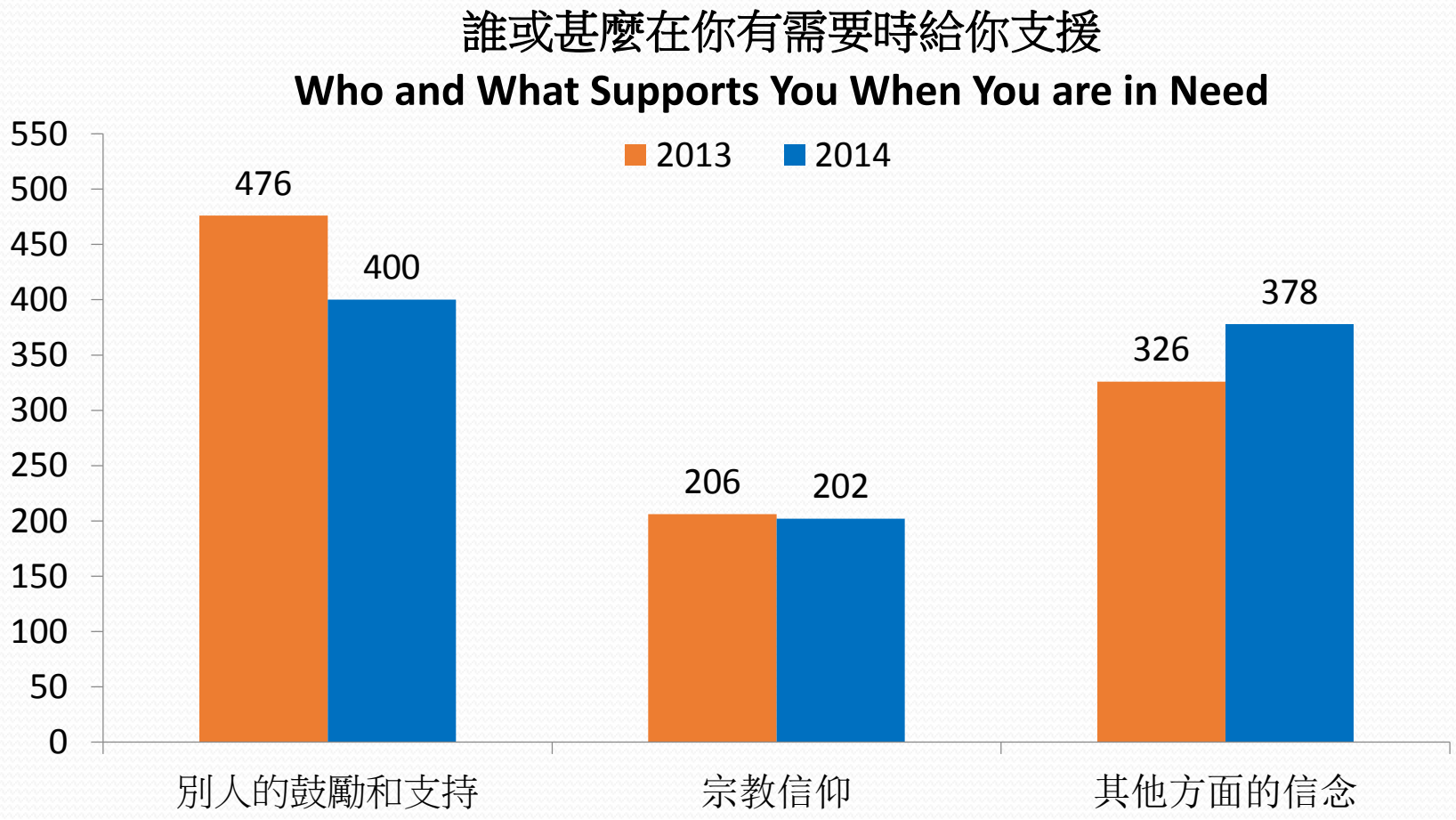


你信仰的是什麼宗教？
（有宗教信仰）
Religion

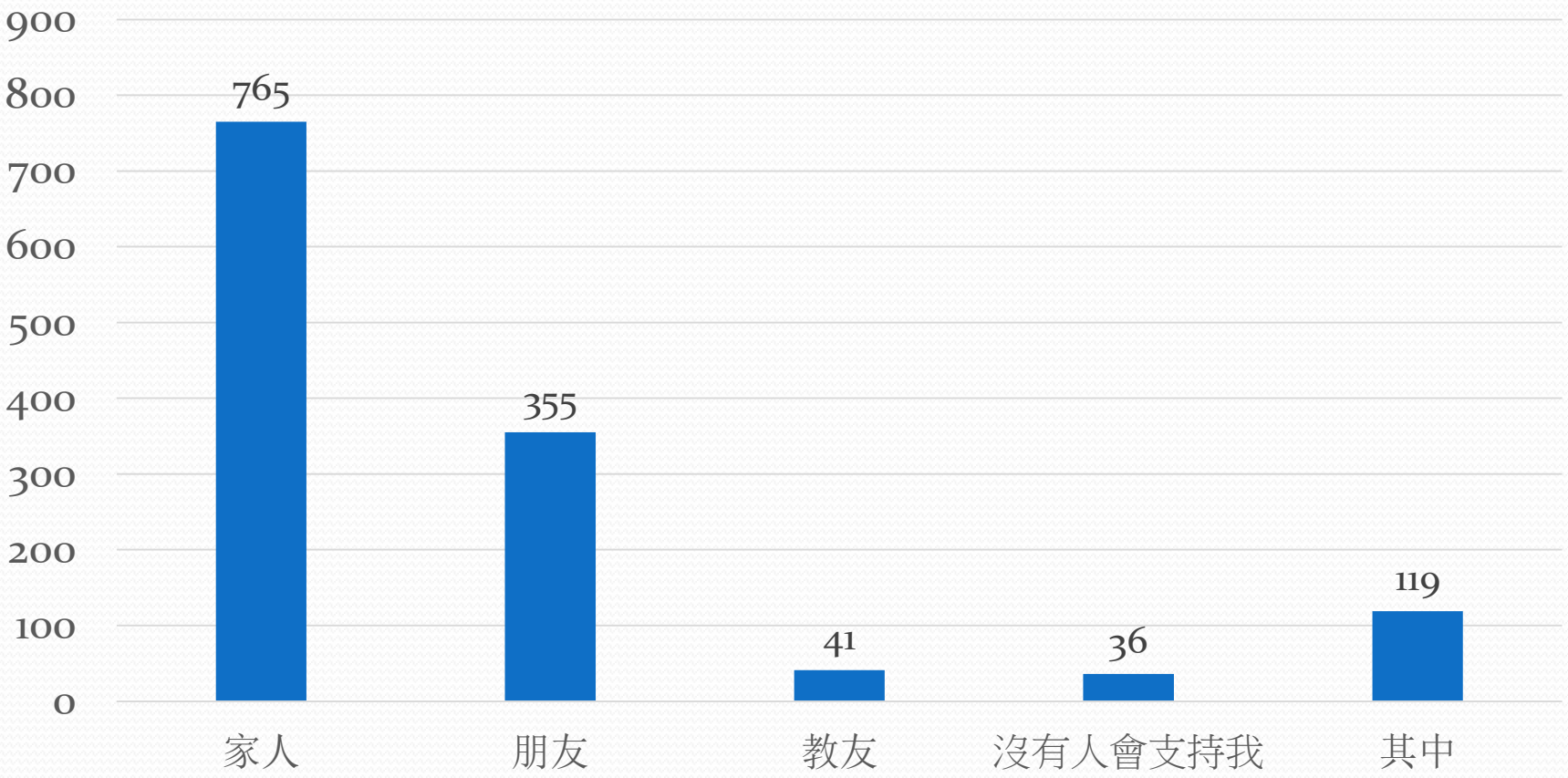


按宗教虔誠度排列快樂指數
Happiness Index by Religiosity
(Scale: 0 to 10)

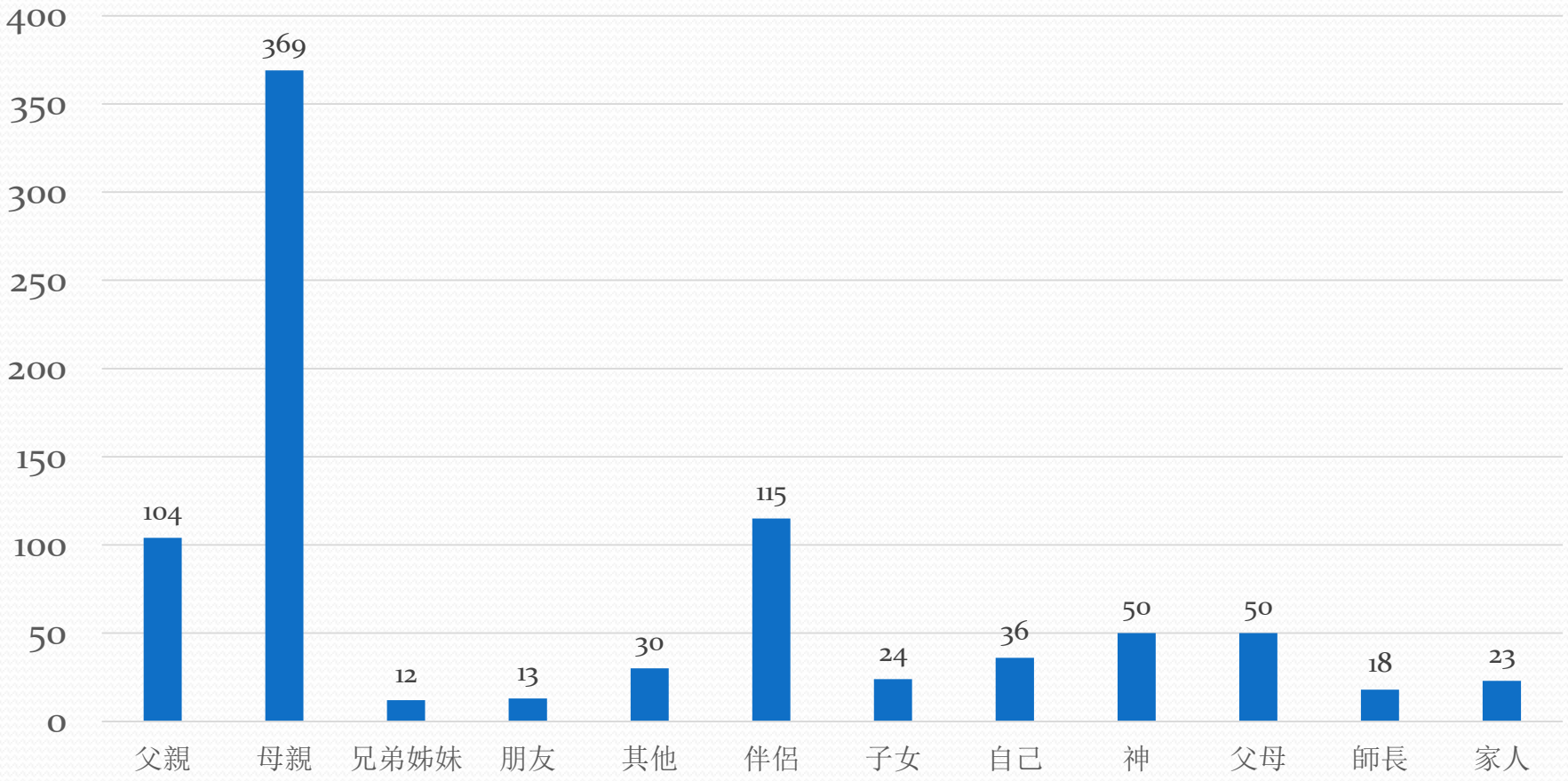



誰或甚麼在你有需要時給你支援
Who and What Supports You When You are in Need
2013
2014
550
500
450
400
350
300
250
200
150
100
50
0
476
400
206
202
326
378
別人的鼓勵和支持
宗教信仰
其他方面的信念

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

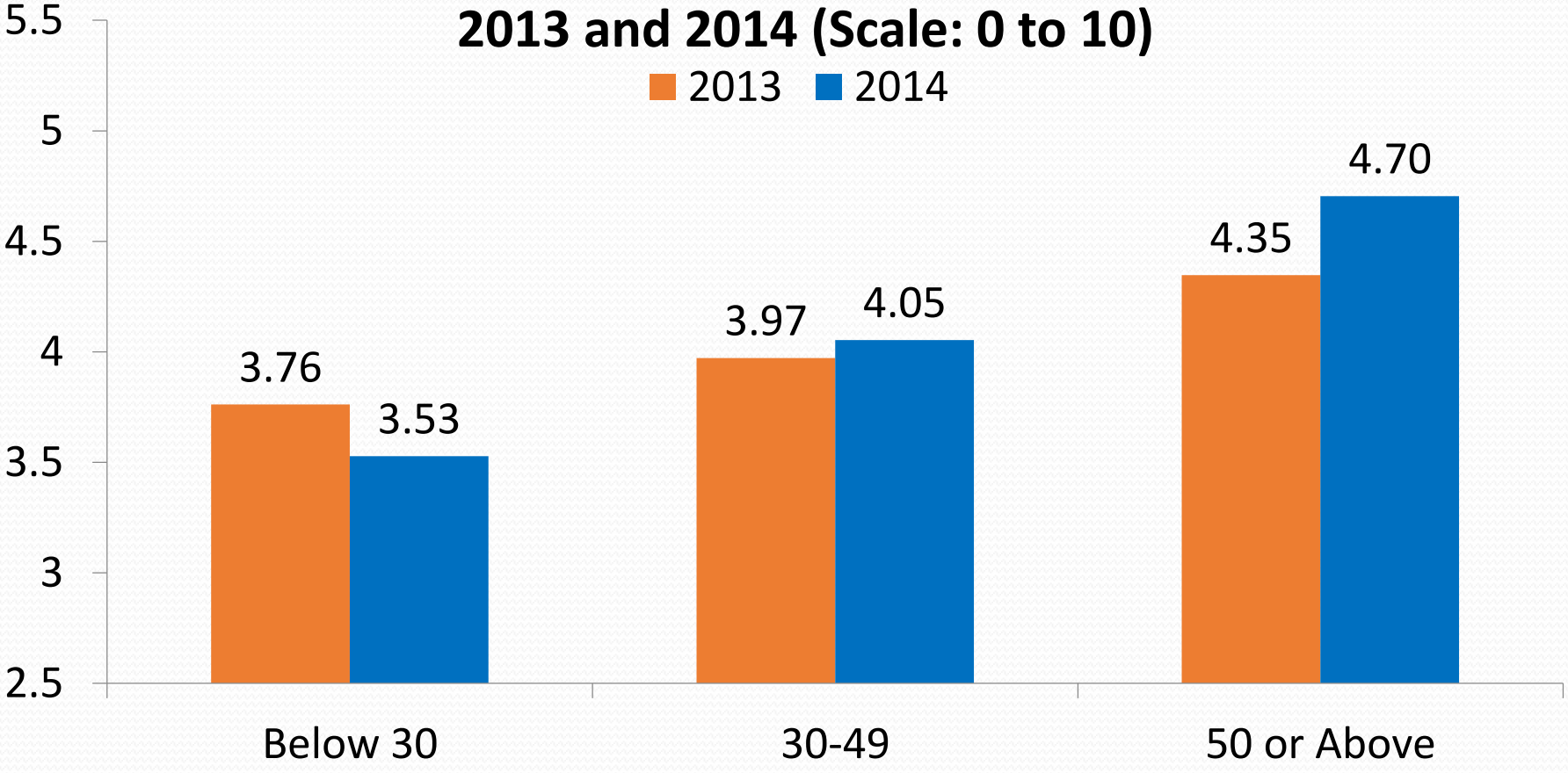


誰是你一生中最感激的人
Whom You Want to Thank The Most

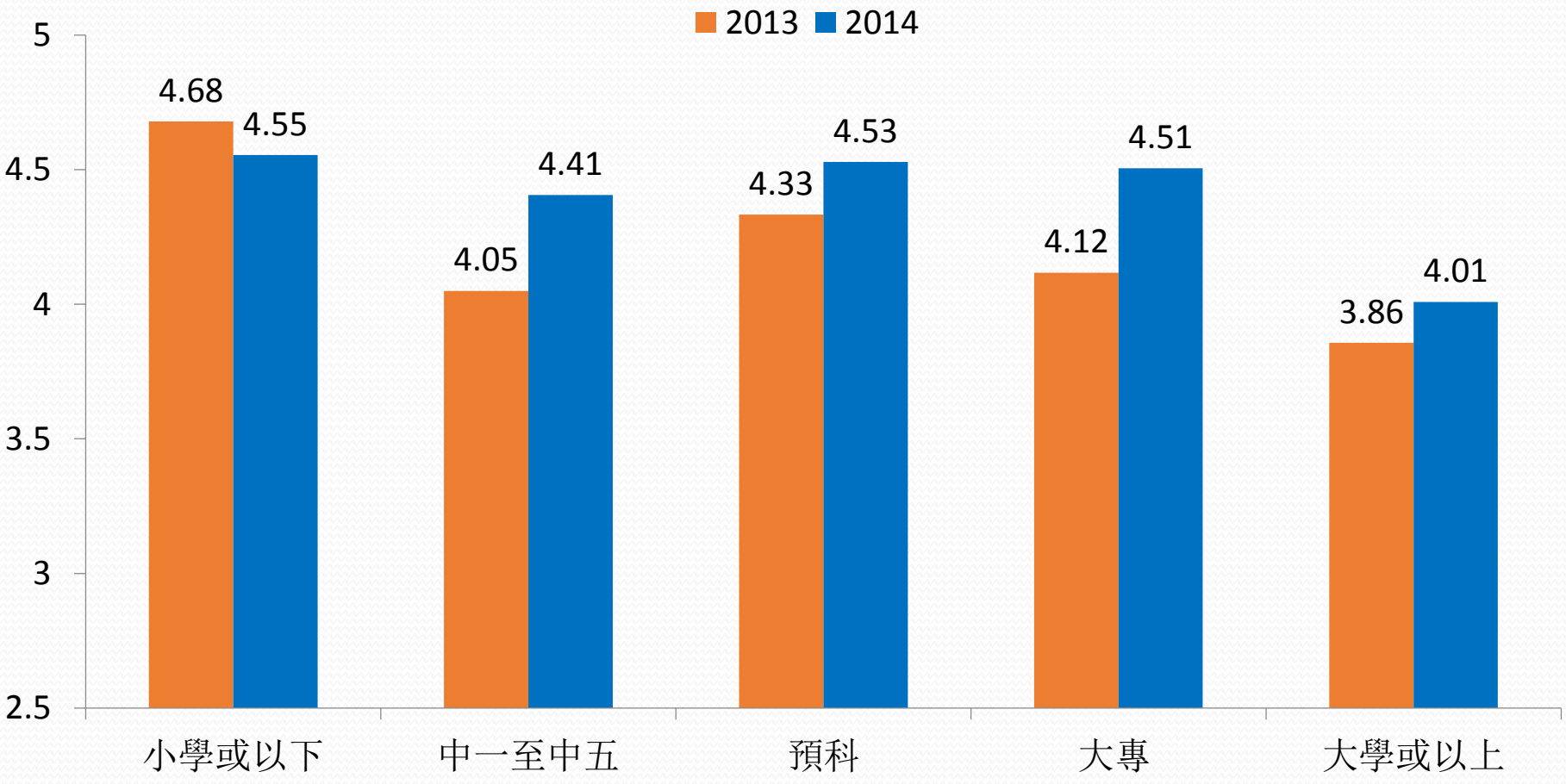


按年齡組別排列對香港政府的施政滿意程度

Satisfaction with the Public Policy by Age Groups 2013 and 2014 (Scale: 0 to 10)

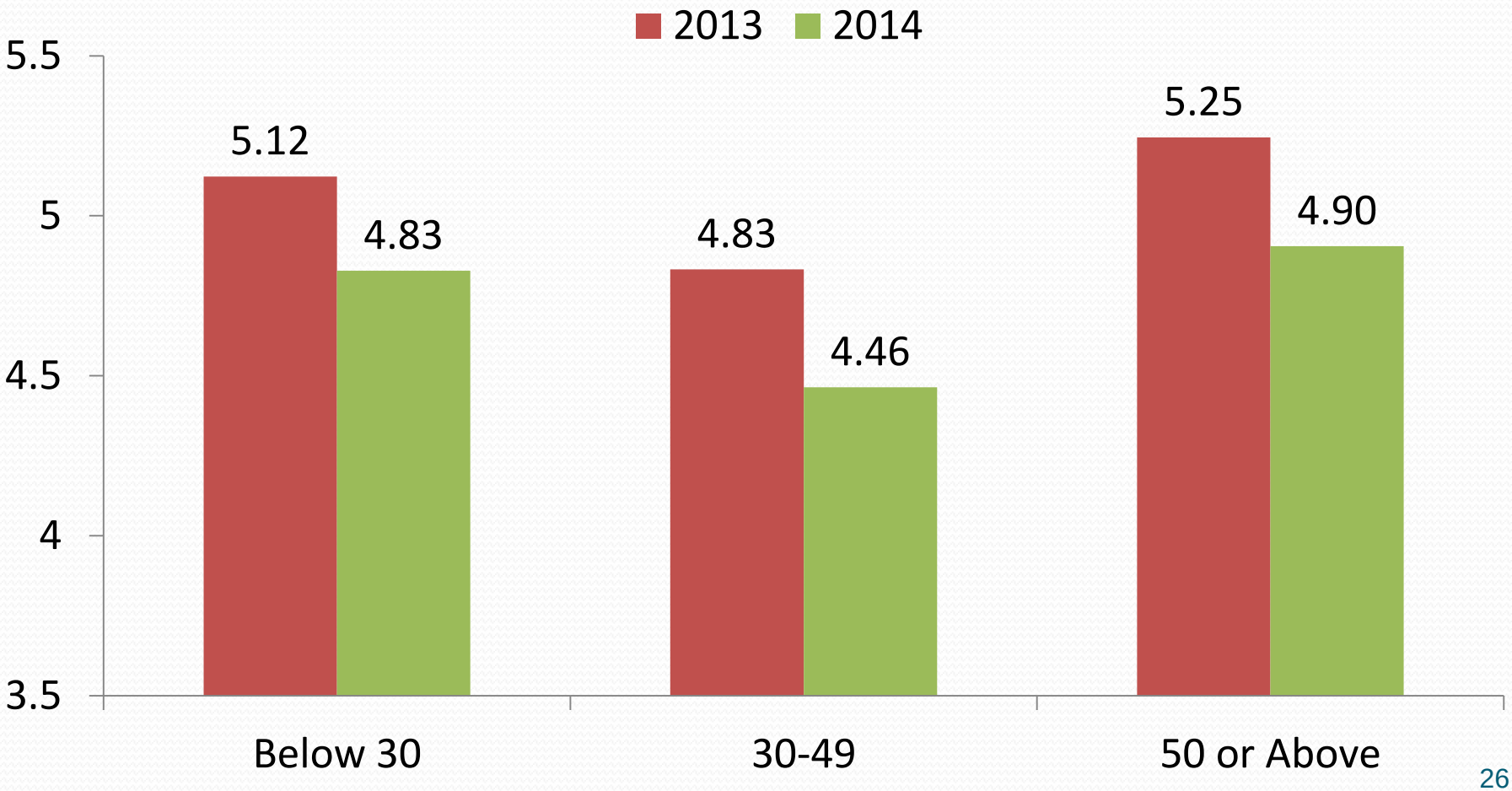


按教育程度排列對香港政府的施政滿意程度
Satisfaction with the Public Policy by Education Levels 2013 and 2014 (Scale: 0 to 10)

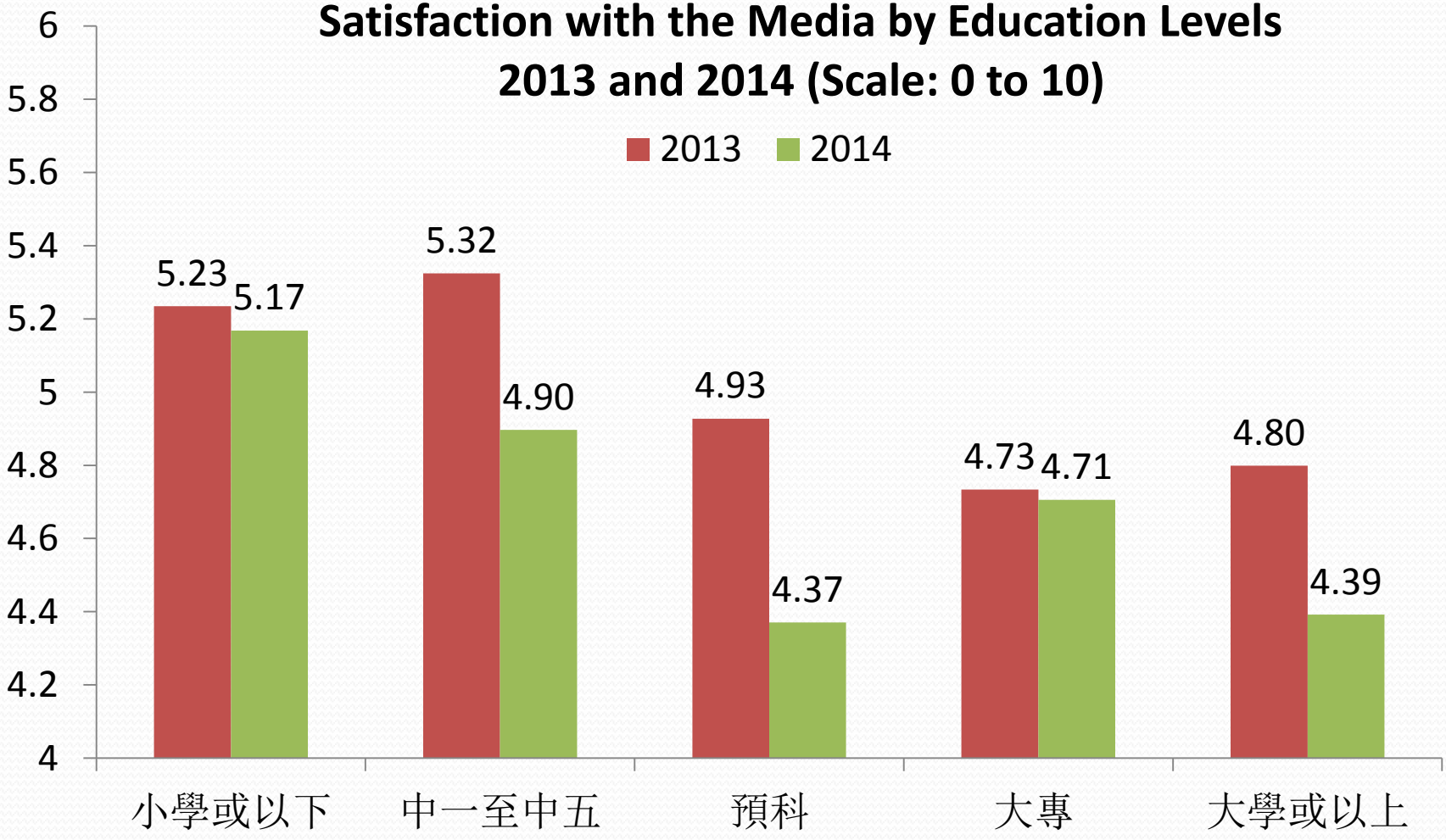


按年齡組別排列對媒體的滿意度

Satisfaction with the Media by Age Groups 2013 and 2014 (Scale: 0 to 10)

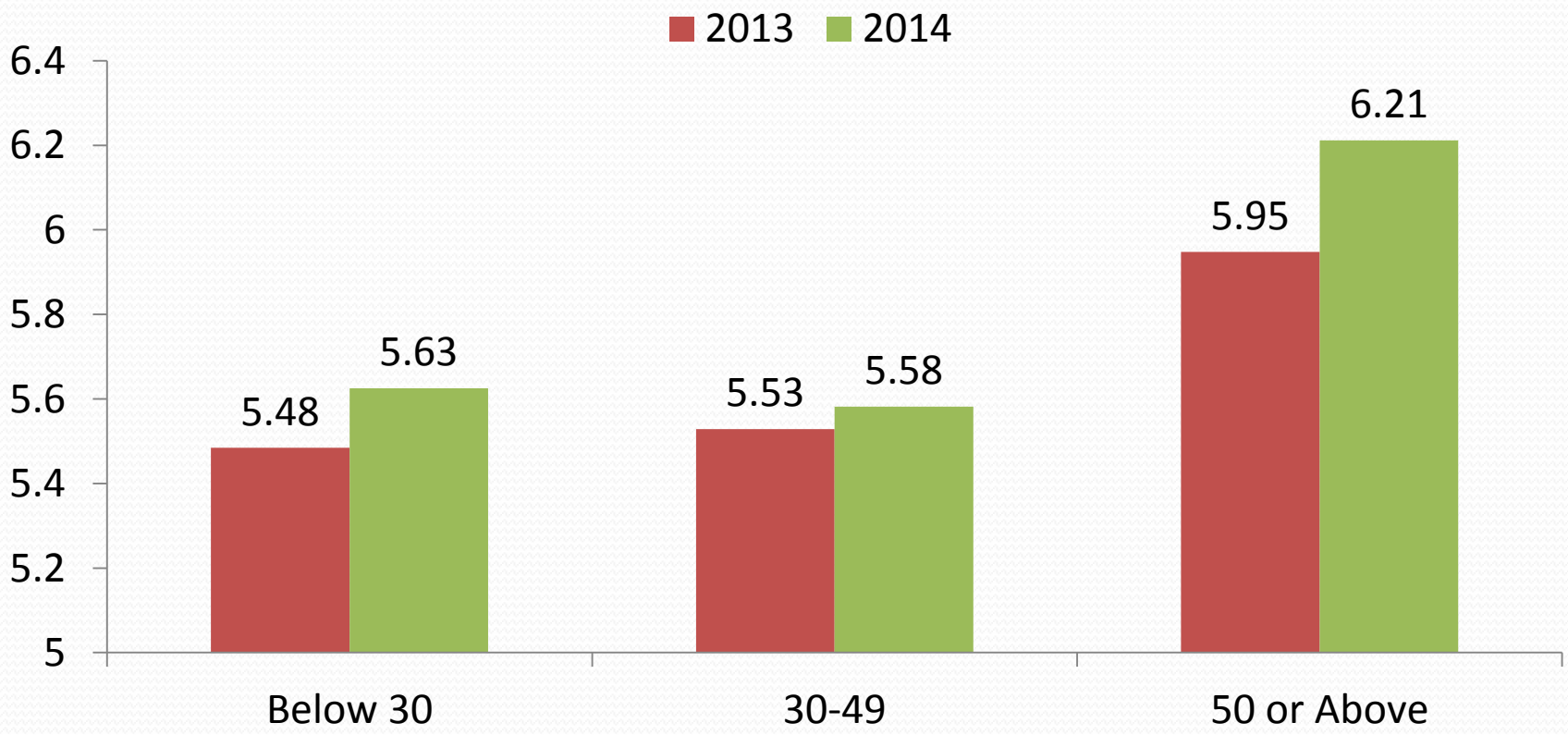


按教育程度排列對媒體的滿意度



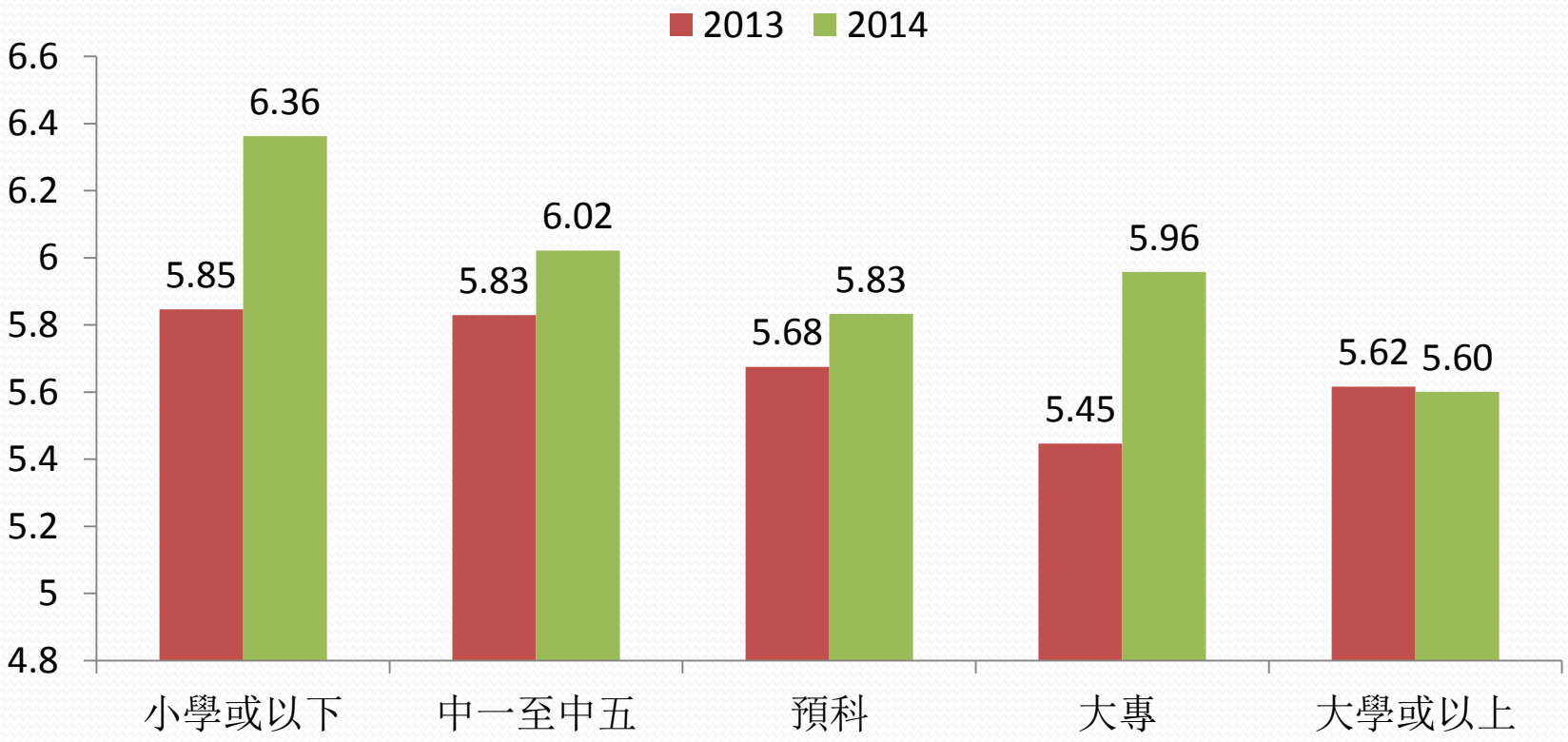
按年齡組別排列對生活環境的滿意度

Satisfaction with the Living Environment by Age Groups 2013 and 2014 (Scale: 0 to 10)



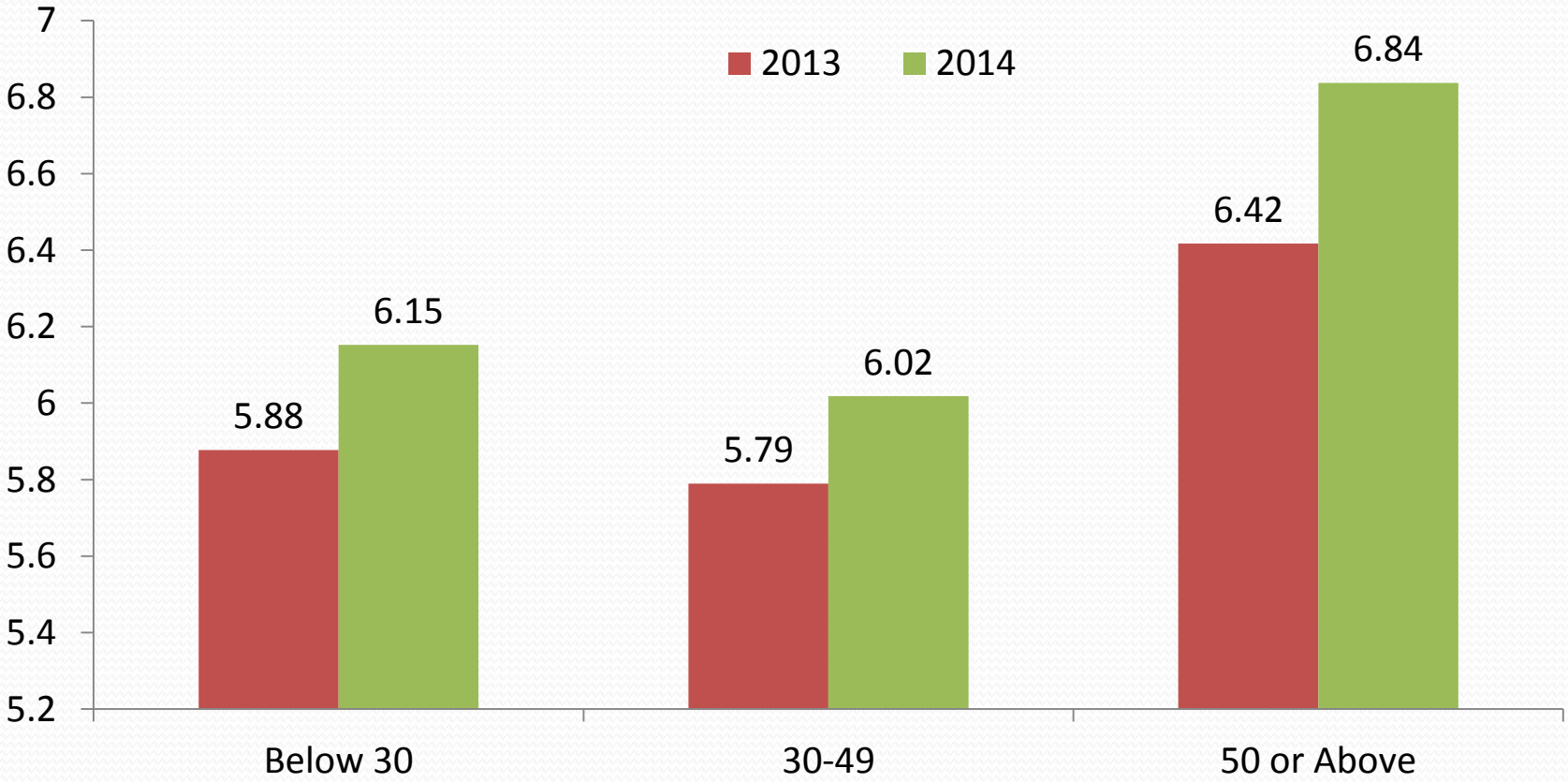
按教育程度排列對生活環境的滿意度

Satisfaction with the Living Environment by Education Levels 2013 and 2014 (Scale: 0 to 10)

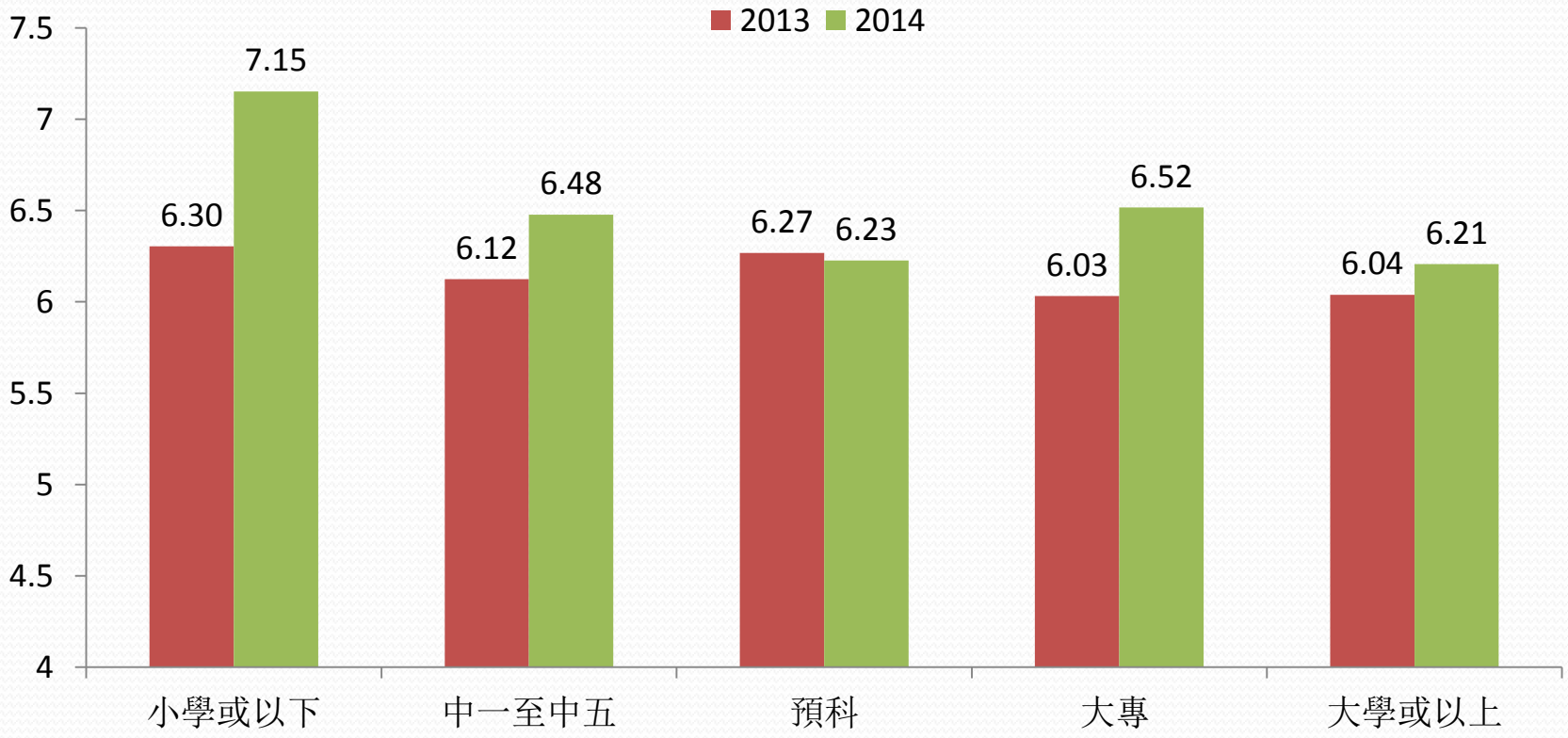


按年齡組別排列對公共醫療的滿意度

Satisfaction with the Public Healthcare Services by Age Groups 2013 and 2014 (Scale: 0 to 10)

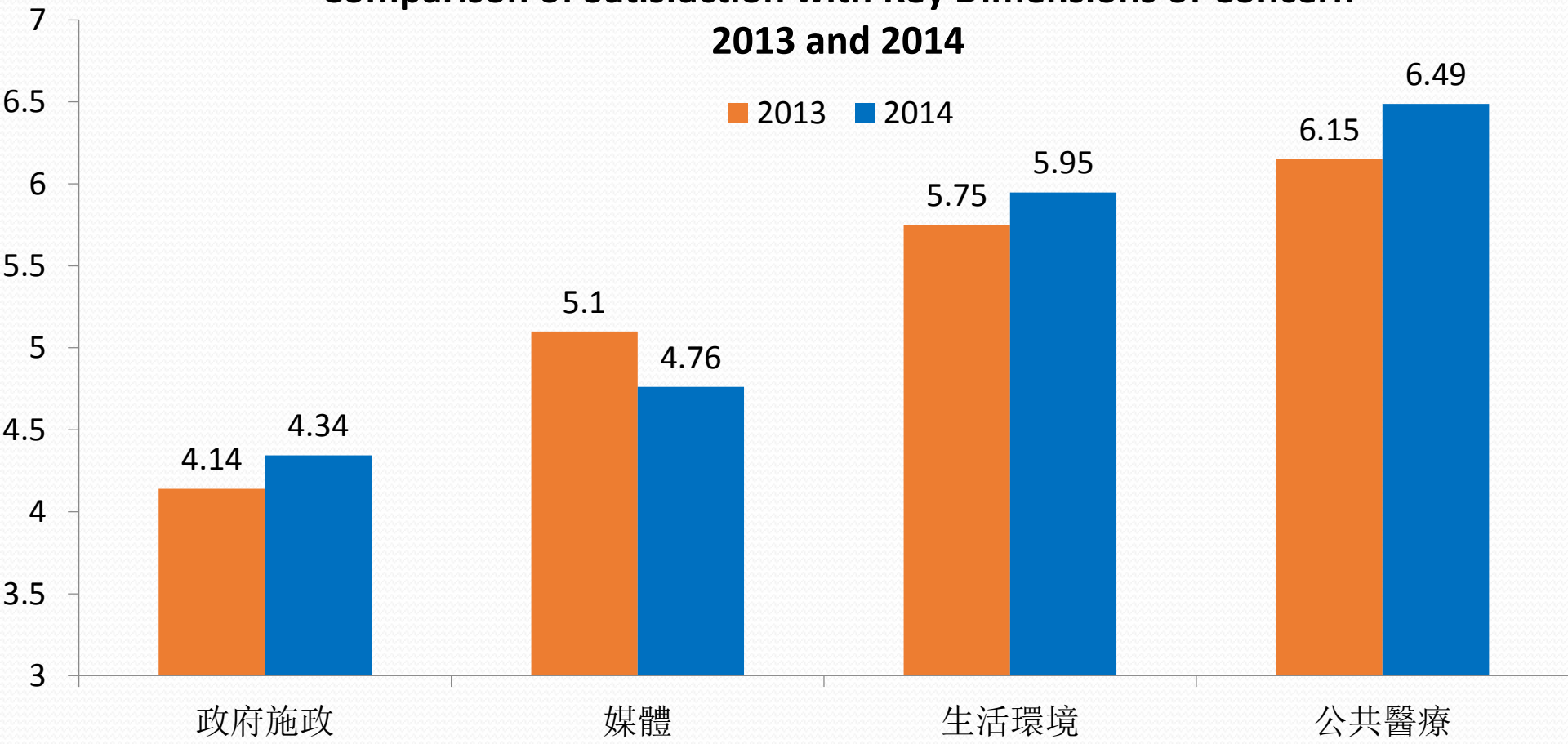


按教育程度排列對公共醫療的滿意度
Satisfaction with the Public Healthcare Services by Education Levels 2013 and 2014 (Scale: 0 to 10)



重點關注指標的比較

Comparison of Satisfaction with Key Dimensions of Concern 2013 and 2014



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。
- 我樂意助人。

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。
- 我並不求奢華的生活。
- 對於自己能力處理範圍以外 的事情，我不會去多想。
- 我願意寬恕得罪過我的人。
- 做人要謙卑。

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。

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*	0.088	1.86	0.064
智慧 Insight***	0.272	5.28	0.000
堅毅 Fortitude***	0.113	2.89	0.004
行動 Engagement***	0.140	4.05	0.000
常數 (Constant)***	2.512	6.92	0.000

Adjusted R-squared = 0.19 F-statistics = 48.64*** N = 837

(***indicates 1% significance) (** indicates 5% significance) (* indicates 10% significance)

	Average	N
關愛Love		
我關心我的家人。	8.67	919
我樂意助人。	7.67	913
智慧Insight		
只要盡力做到最好，不論結果如何，已屬成功。	7.53	888
我並不求奢華的生活。	7.04	911
對於自己能力處理範圍以外 的事情，我不會去多想。	6.38	890
我懂得分輕重主次。	7.60	909
我懂得分配時間：工作、休息、陪伴家人不會偏廢。	7.39	910
我願意寬恕得罪過我的人。	7.11	901
做人要謙卑。	8.18	907
做人要懂得感恩。	8.50	901
堅毅Fortitude		
遇到挫敗我不氣餒。	7.62	903
行動Engagement		
我有清晰的人生目標。	7.33	893

	30 or Below	30-49	50 or Above
我樂意助人。	7.36	7.68	7.76
對於自己能力處理範圍以外 的事情，我不會去多想。	5.33	6.22	6.75
做人要謙卑。	7.94	8.23	8.20
遇到挫敗我不氣餒。	7.18	7.65	7.70
我有清晰的人生目標。	6.58	7.44	7.48

Happiness Regression – with Demographics Added

	Coefficient	t-Statistic	Prob.
關愛 Love	0.075	1.36	0.175
智慧 Insight***	0.304	4.90	0.000
堅毅 Fortitude*	0.083	1.75	0.081
行動 Engagement***	0.146	3.30	0.001
女性 Female	-0.110	-0.83	0.408
30 – 49歲 Aged 30 – 49	0.032	0.12	0.905
50歲或以上 Aged 50 or Up**	-0.548	-2.02	0.044
已婚或同居 Married or Cohabitation	-0.257	-1.05	0.294
Aged50up X Married or Cohabitation***	0.850	2.61	0.009
家庭收入 Household Income = $0	-0.029	-0.13	0.898
家庭收入 Household Income >$0 and < $10,000	0.387	0.26	0.140
家庭收入 Household Income > $40,000	0.216	1.44	0.151
財政壓力 Financial stress***	-0.100	-4.42	0.000
常數 (Constant)***	3.023	6.45	0.000

Adjusted R-squared = 0.228 (***indicates 1% significance)	F-statistics = 13.63*** (** indicates 5% significance)	N = 557 (* indicates 10% significance)

Happiness Regression – Policy and Environment Factors Included

	Coefficient	t-Statistic	Prob.
關愛 Love	0.070	1.32	0.187
智慧 Insight***	0.214	3.55	0.000
堅毅 Fortitude*	0.075	1.66	0.098
行動 Engagement***	0.127	2.99	0.003
女性 Female	-0.118	-0.93	0.352
30-49歲 Aged 30 – 49	0.024	0.10	0.924
50歲或以上 Aged 50 or Up***	-0.717	-2.76	0.006
已婚或同居 Married or Cohabited	-0.279	-1.21	0.228
Aged50up X Married or Cohabitation***	0.911	2.94	0.003
家庭收入 Household Income = $0	-0.101	-0.47	0.639
家庭收入 Household Income >$0 and < $10,000	0.270	1.07	0.283
家庭收入 Household Income > $40,000	0.202	1.41	0.159
財政壓力 Financial stress***	-0.083	-3.82	0.000
對施政滿意度 Satisfaction with Administration of Public Policy	0.037	1.40	0.163
對生活環境滿意度 Satisfaction with Living Environment***	0.232	6.53	0.000
常數 (Constant) ***	2.439	5.39	0.000

Adjusted R-squared = 0.32	F-statistics = 17.82***	N = 546
(***indicates 1% significance)	(** indicates 5% significance)	(* indicates 10% significance)

Trend of LIFE Scores from 2010 to 2014

LIFE Scores	2010		2011		2012		2013		2014	
	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	**8.35**	809	**7.65**	772	**8.11**	912	**8.50**	933	**8.17**	912
智慧 Insight	**7.49**	814	**7.31**	768	**6.96**	886	**7.15**	871	**7.22**	857
堅毅 Fortitude	**7.28**	807	**7.28**	791	**7.43**	876	**7.68**	919	**7.62**	913
行動 Engagement	**6.73**	797	**7.35**	742	**7.28**	896	**7.3**	921	**7.33**	904

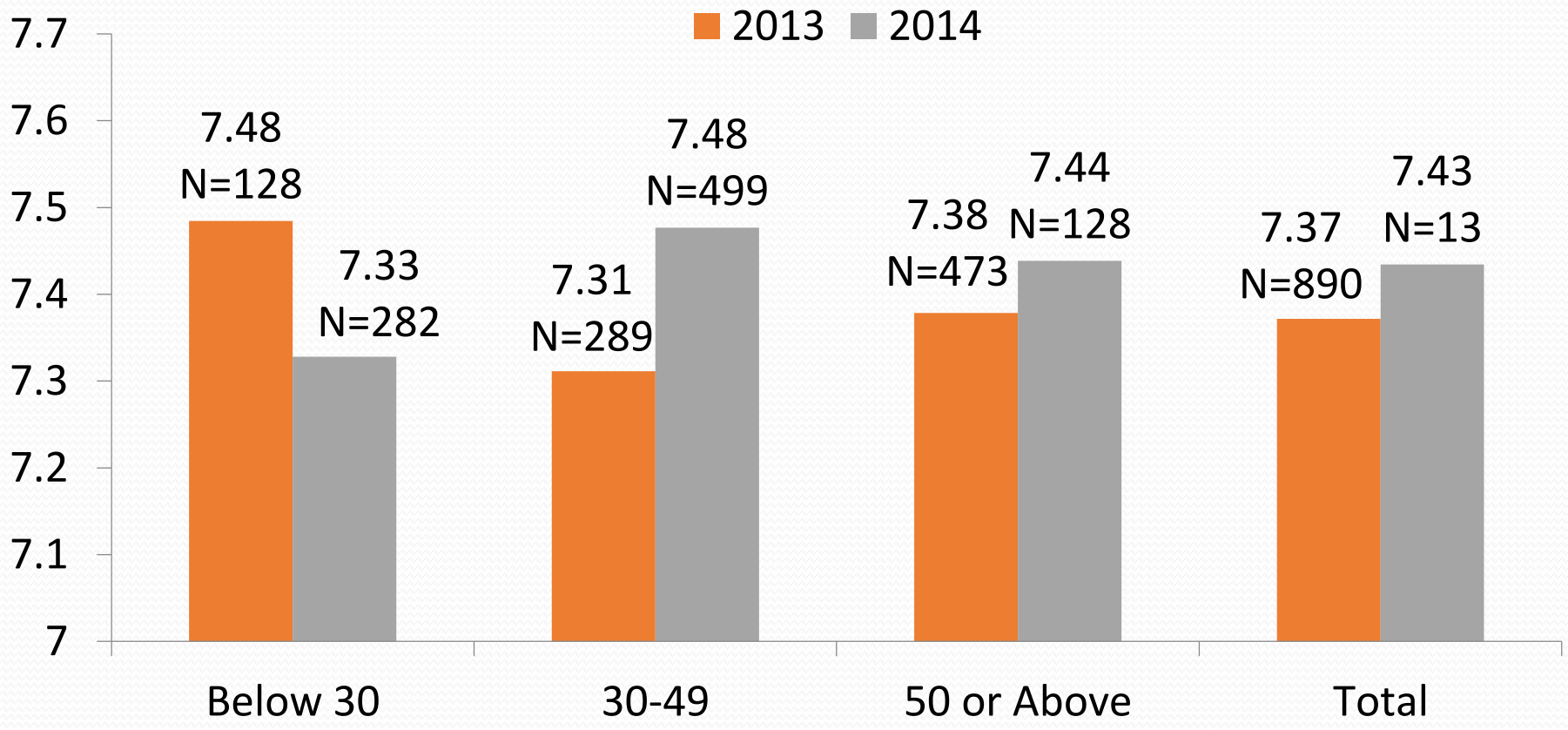
Trend of LIFE Scores by Gender from 2010 to 2014

性別 Sex		關愛 Love					智慧 Insight					堅毅 Fortitude					行動 Engagement				
	Year	10	11	12	13	**14**	10	11	12	13	**14**	10	11	12	13	**14**	10	11	12	13	**14**
男性 Male	平均值 Mean	8.11	7.21	7.88	8.28	**8.00**	7.3	6.95	6.72	6.95	**6.99**	7.18	7.13	7.2	7.63	**7.61**	6.47	6.92	7.09	7.21	**7.35**
	人數 N	299	312	360	372	**378**	299	313	352	353	**353**	298	323	354	367	**380**	292	302	358	370	**377**
女性 Female	平均值 Mean	8.48	7.95	8.25	8.64	**8.30**	7.59	7.52	7.12	7.29	**7.39**	7.33	7.37	7.58	7.71	**7.62**	6.88	7.39	7.4	7.36	**7.32**
	人數 N	521	474	552	561	**534**	526	472	534	518	**504**	520	487	522	552	**533**	516	454	538	551	**527**
合計 Total	平均值 Mean	8.35	7.65	8.11	8.5	**8.17**	7.49	7.29	6.96	7.15	**7.22**	7.28	7.28	7.43	7.68	**7.62**	6.73	7.2	7.28	7.3	**7.33**
	人數 N	820	786	912	933	**912**	825	785	886	871	**857**	818	810	876	919	**913**	808	756	896	921	**904**

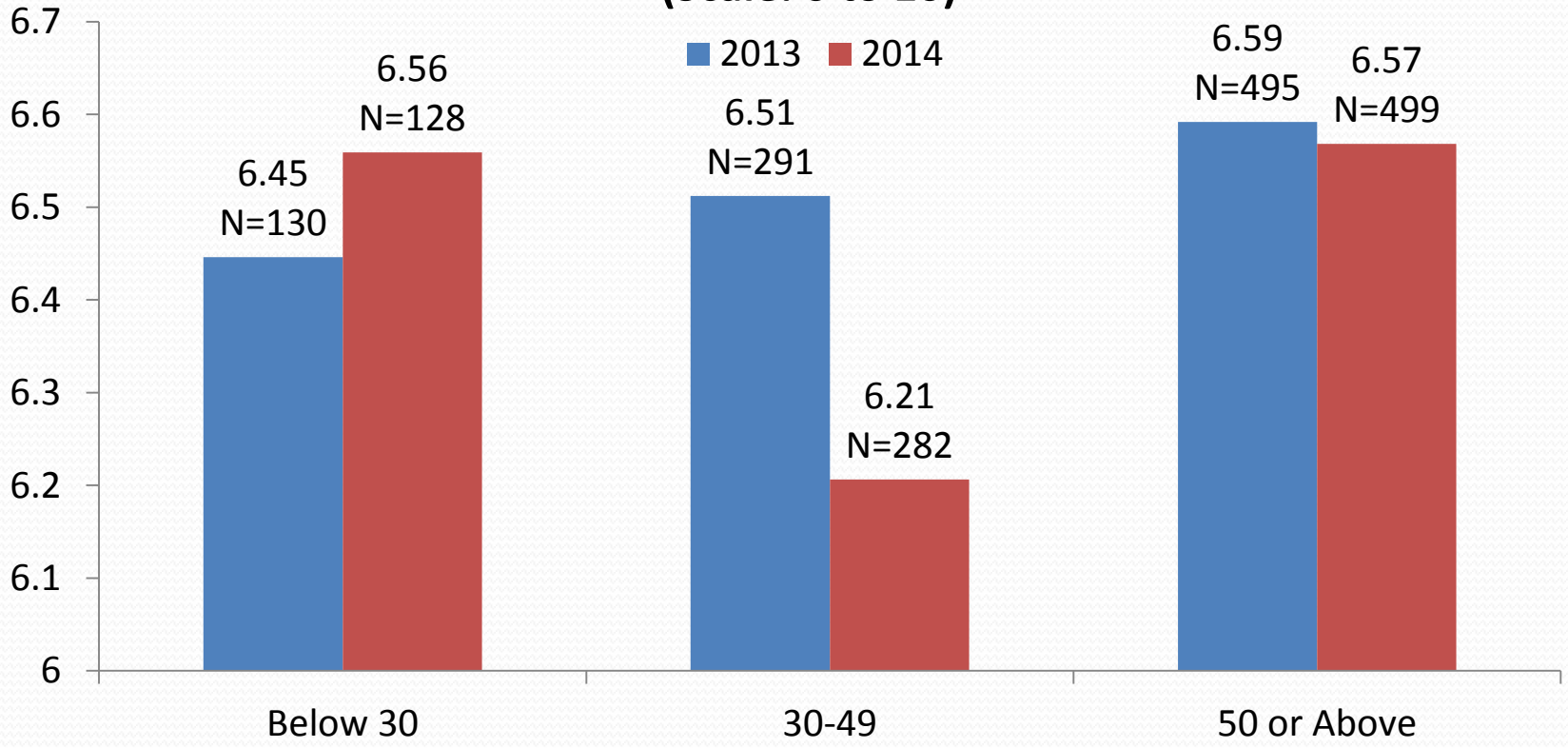
Trend of LIFE Scores by Age Groups from 2010 to 2014

		關愛 Love					智慧 Insight					堅毅 Fortitude					行動 Engagement				
Age Group	**Year**	10	11	12	13	14	10	11	12	13	14	10	11	12	13	14	10	11	12	13	14
21-29	平均值	7.61	7.64	7.82	7.82	**7.77**	6.54	6.9	6.48	6.54	**6.72**	6.55	7.13	6.97	7.15	**7.18**	6.58	7.35	6.87	6.81	**6.58**
	人數	143	144	157	130	**128**	143	144	156	128	**125**	143	144	156	130	**128**	143	143	155	130	**128**
30-59	平均值	8.51	7.64	8.18	8.61	**8.20**	7.62	7.38	6.98	7.17	**7.19**	7.42	7.32	7.47	7.75	**7.64**	6.9	7.3	7.41	7.38	**7.46**
	人數	517	472	534	521	**507**	516	471	526	495	**481**	515	479	519	515	**507**	510	469	535	518	**507**
60 or above	平均值	8.52	7.71	8.11	8.61	**8.32**	7.93	7.5	7.31	7.45	**7.54**	7.51	7.3	7.73	7.81	**7.77**	6.27	6.66	7.21	7.39	**7.48**
	人數	149	156	207	269	**265**	155	153	191	237	**241**	149	168	189	262	**266**	144	130	193	261	**256**
Entire sample	平均值	8.35	7.65	8.1	8.5	**8.17**	7.49	7.31	6.96	7.15	**7.22**	7.28	7.28	7.44	7.68	**7.62**	6.73	7.2	7.27	7.3	**7.33**
	人數	809	772	898	920	**900**	814	768	873	860	**847**	807	791	864	907	**901**	797	742	883	909	**891**

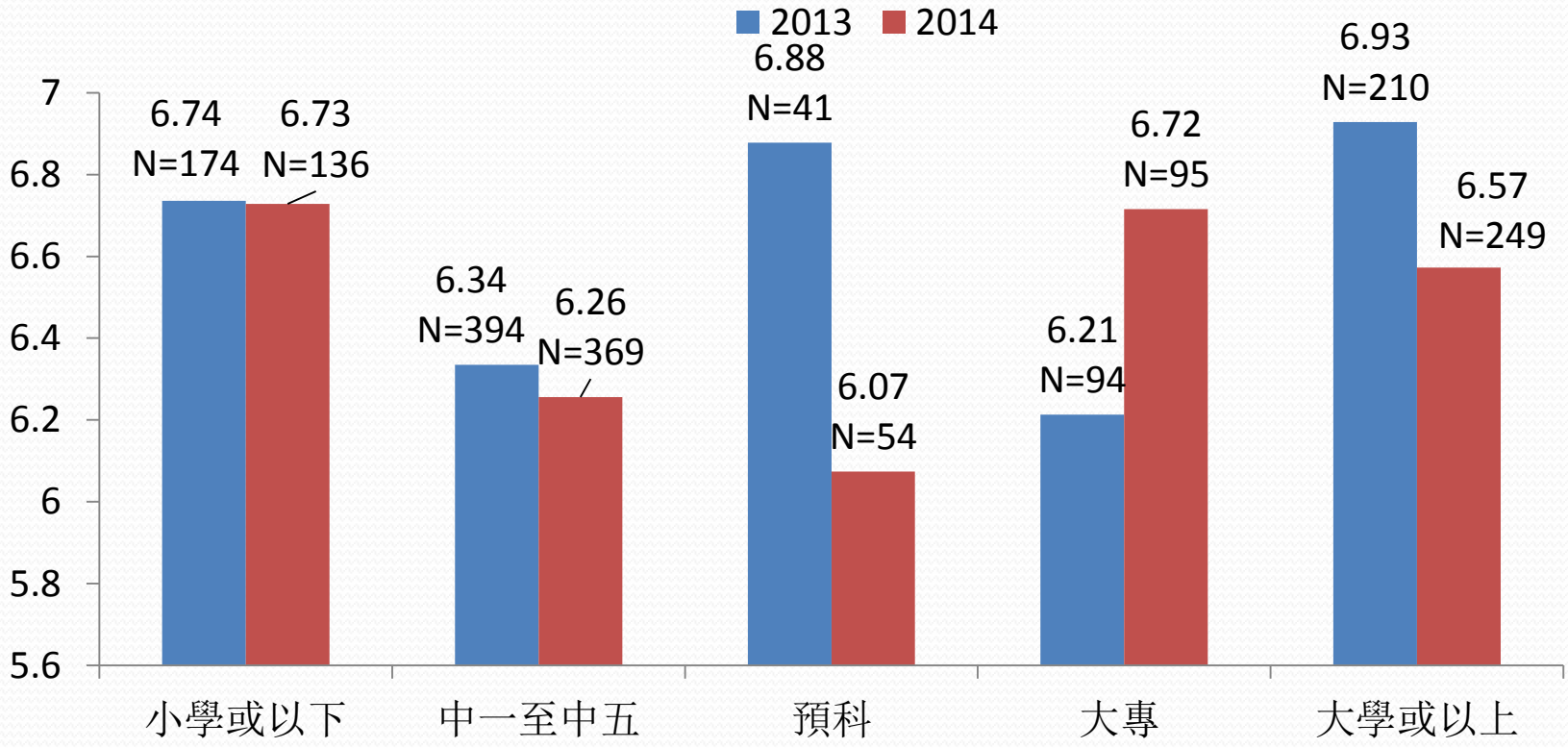
認為活在世上很有價值的程度
Life is Really Worth Living by Age Groups 2013 and 2014 (Scale: 0 to 10)



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

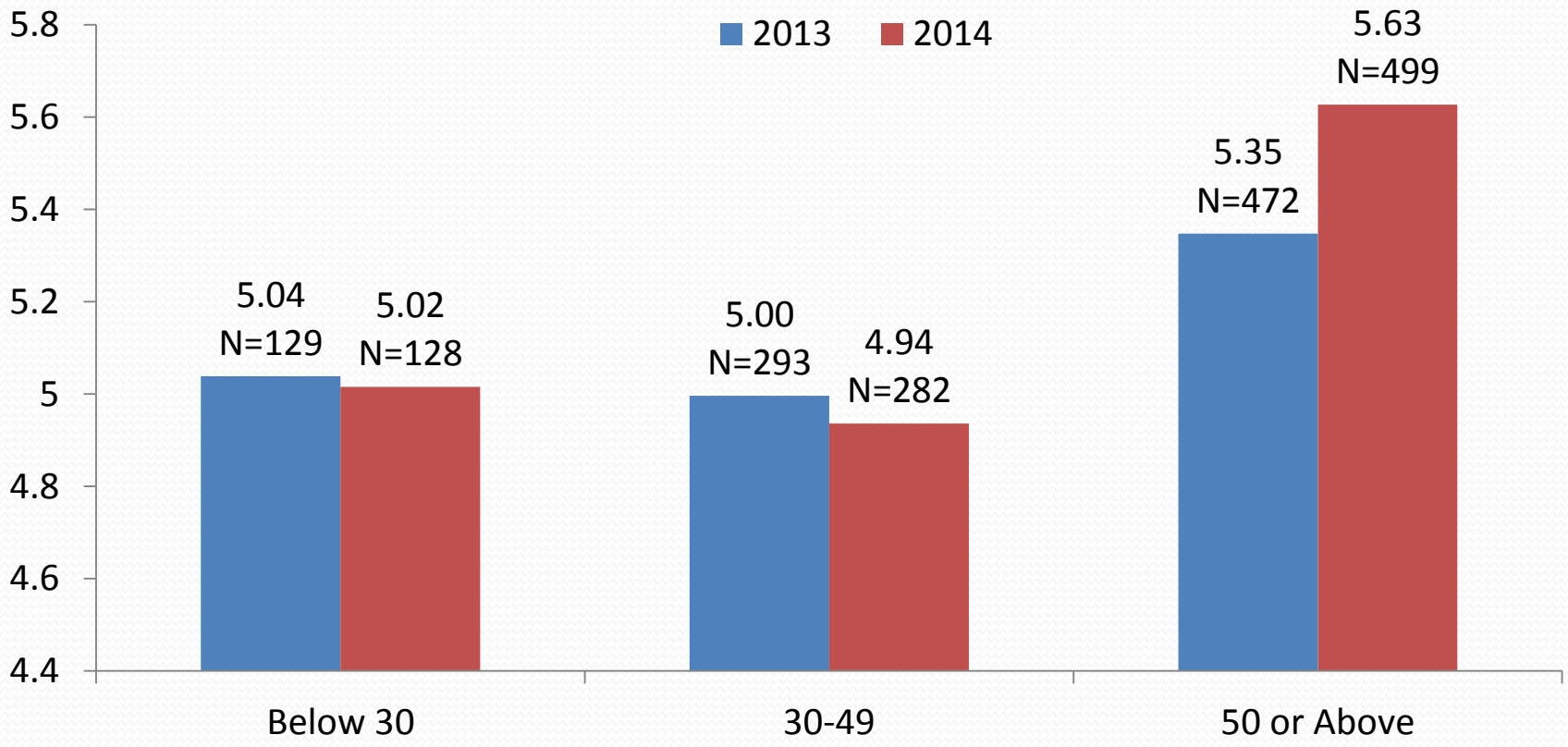


按教育程度排列
對生活上的一切都很滿意的程度
Satisfied with everything in life by Education level
(Scale: 0 to 10)



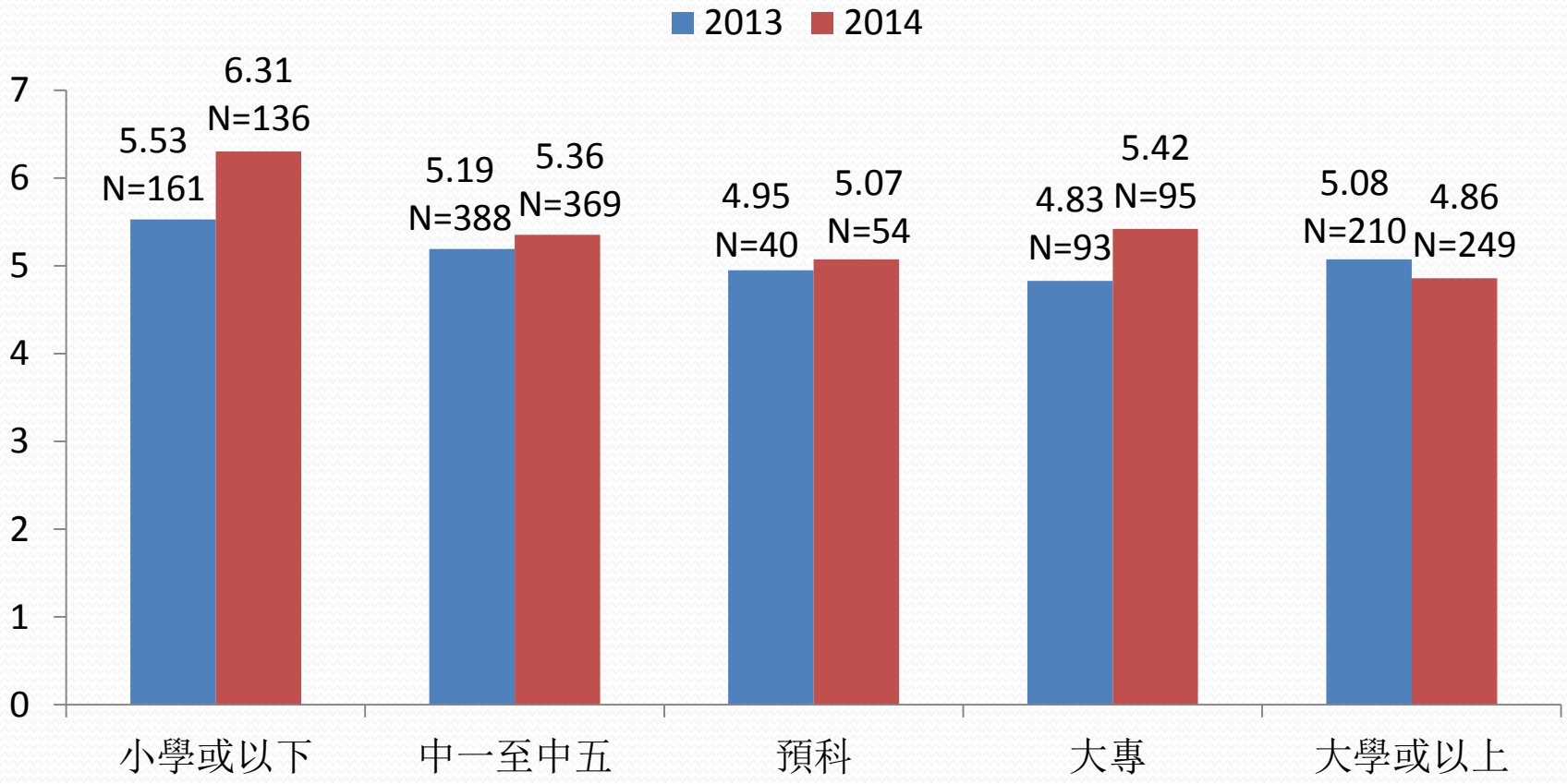
香港是一個理想的生兒育女的地方

Hong Kong is an ideal place to raise children by Age group (Scale: 0 to 10)

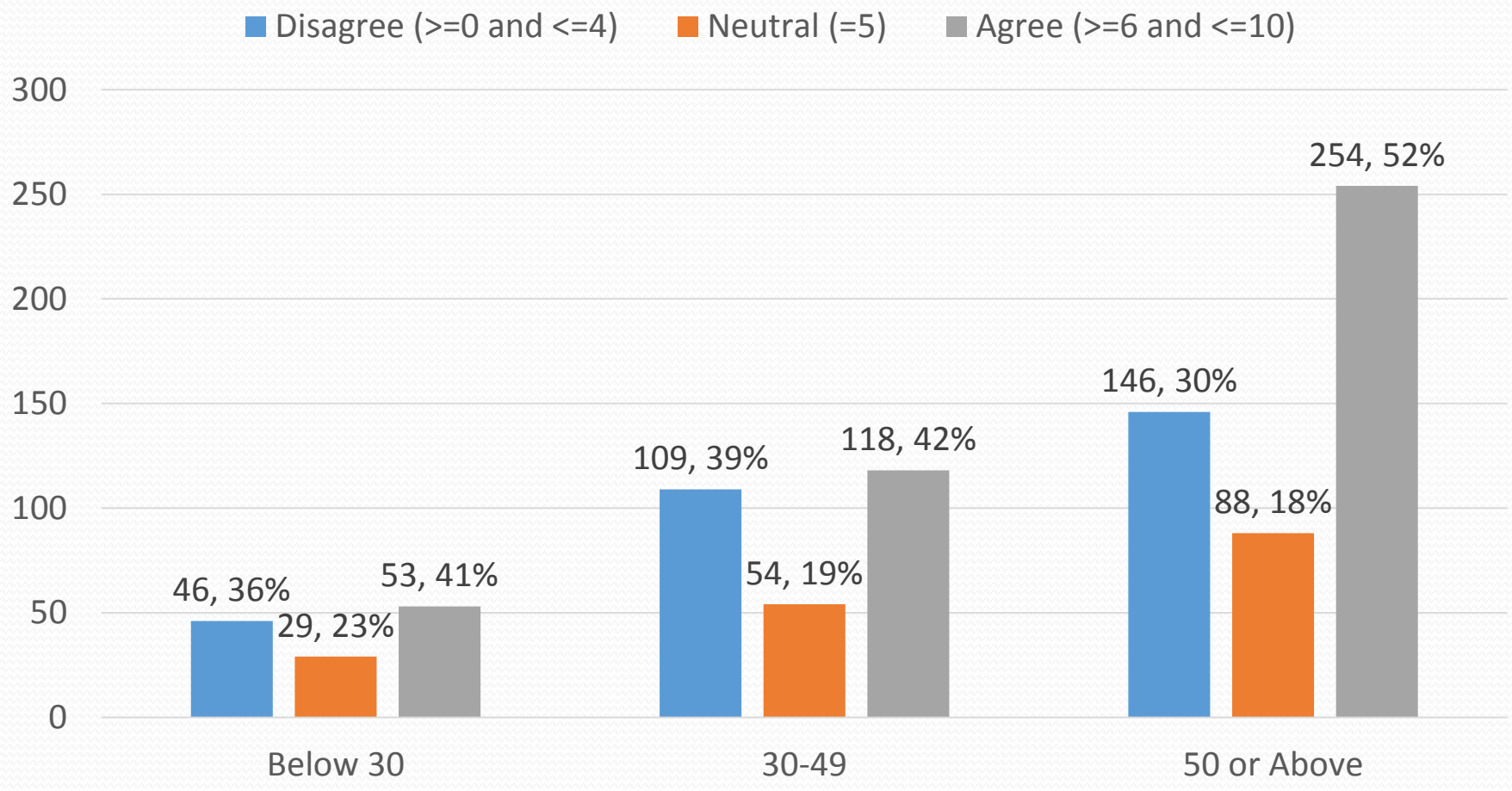


香港是一個理想的生兒育女的地方

Hong Kong is an ideal place to raise children by Education level (Scale: 0 to 10)

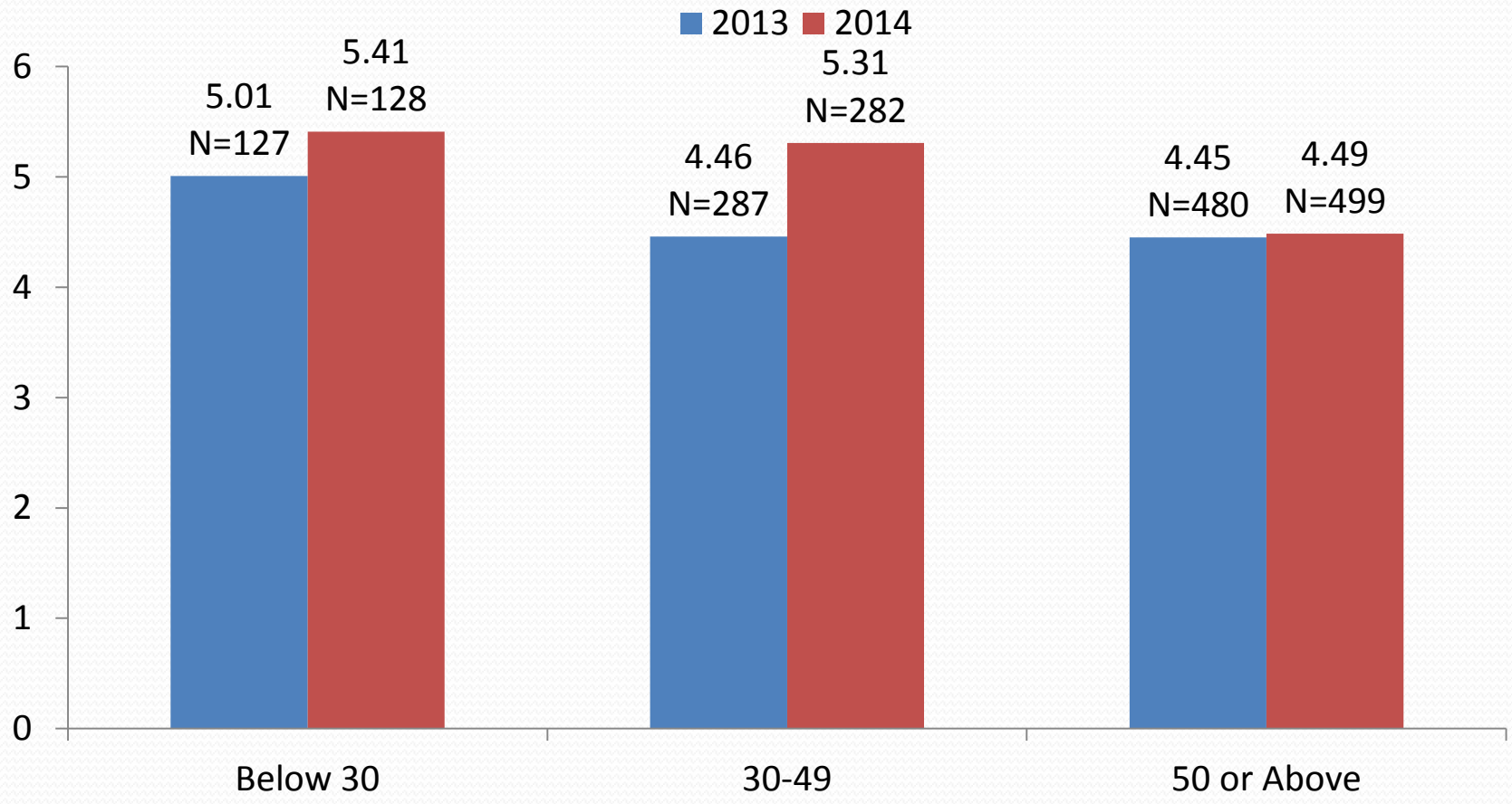


香港是一個理想的生兒育女的地方
Hong Kong is an Ideal Place to Raise Children by Age Group (Scale: 0 to 10)

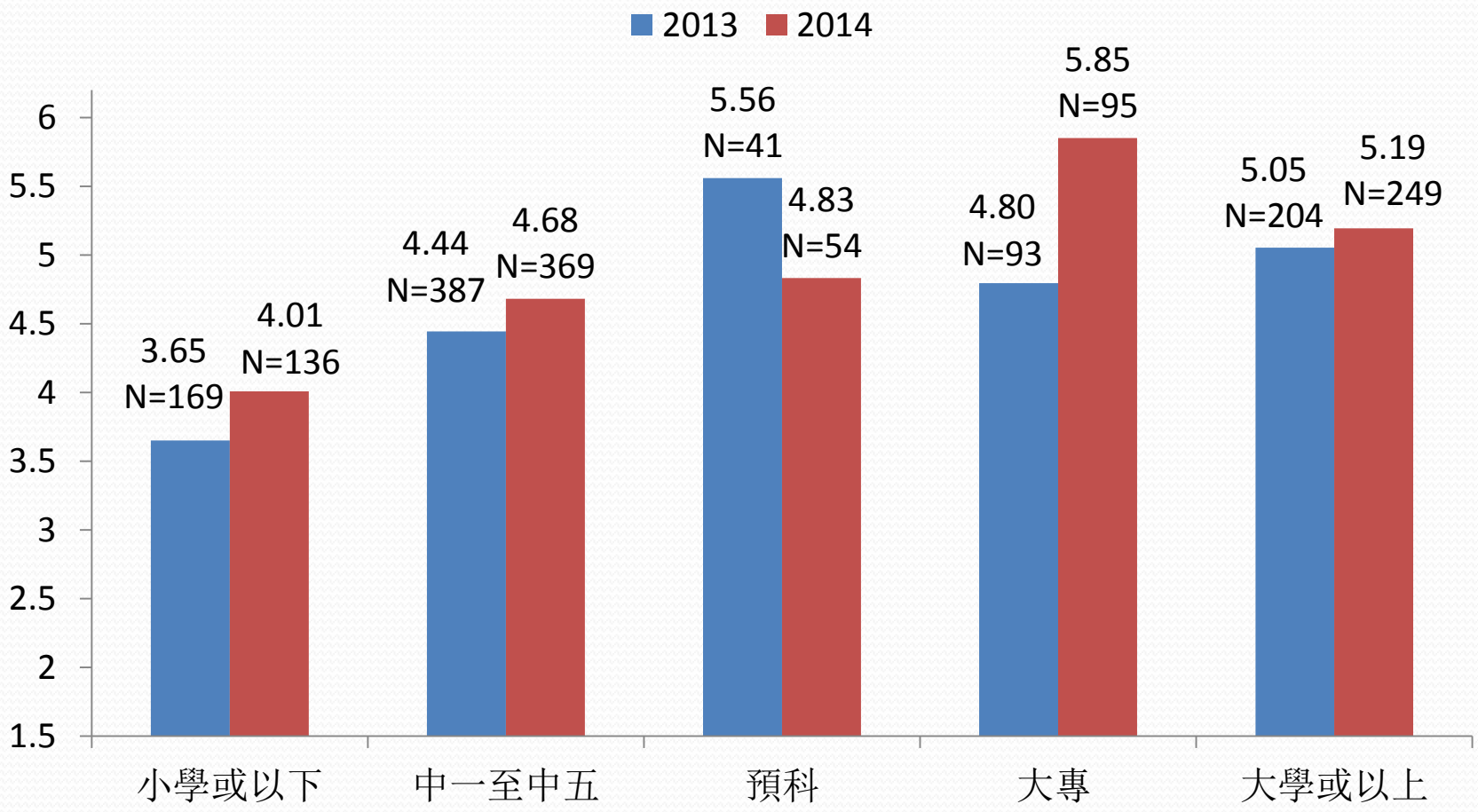


過去一年內曾主動做過不少沒有報酬的志願工作

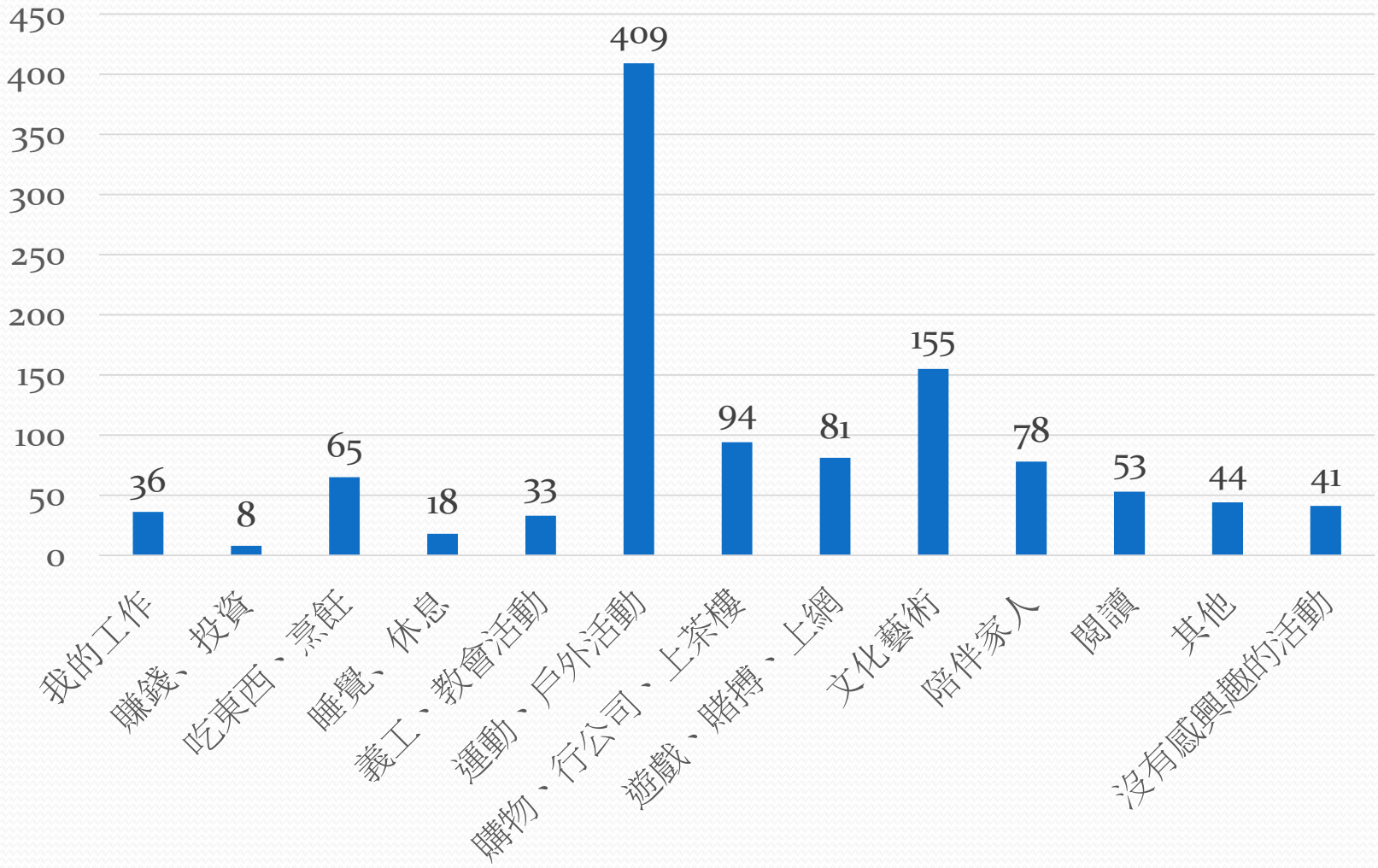
(Scale: 0 to 10)



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, 2013 and 2014

		Happiness				Life Satisfaction				Worthy Life			
	age / Year	30 or Below	30-49	50 or Above	Total	30 or Below	30-49	50 or Above	Total	30 or Below	30-49	50 or Above	Total
Male	2013	6.84	6.63	7.03	6.81	6.25	6.30	6.42	6.33	7.17	6.93	7.21	7.07
	2014	6.71	6.71	7.25	6.95	6.32	5.98	6.47	6.30	7.13	7.17	7.51	7.32
	N	68	115	191	374	68	116	192	376	68	114	184	366
Female	2013	7.03	7.28	7.23	7.14	6.66	6.64	6.70	6.60	7.82	7.54	7.48	7.50
	2014	6.87	7.13	7.20	7.12	6.83	6.36	6.63	6.57	7.55	7.69	7.39	7.52
	N	60	166	305	531	59	165	306	530	60	165	295	520
All	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
	2014	6.78	6.96	7.22	7.05	6.56	6.21	6.57	6.46	7.33	7.48	7.44	7.43
	N	128	281	496	905	127	281	498	906	128	279	479	886

* 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。
- 對施政滿意度由4.14升至 4.34，但仍然比中性的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(1 last year)
Enjoying the harborside in Bergen, Norway. In 2014 the Scandinavian nation ranked 1st overall on the Legatum Institute‘s Prosperity Index for the 6th straight year, with leading scores in the Economy and Social Capital sub indexes.
18. Singapore(18 last year)
20. Hong Kong(19 last year)
Hong Kong in numbers 2014:

Overall Rank: 20th of 142

Best Ranking: 1st in Safety & Security

Worst Ranking: 60th in Education

GDP/Capita (PPP): $51945.6 USD

Avg Life Satisfaction: 5.5 of 10