

Lingnan University survey: Hong Kong people slightly happier than last year despite significant drop in satisfaction with public policy and living environment

嶺南大學調查: 香港人快樂指數較去年輕微上升, 公共政策及居住環境滿意度顯著下跌

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Prof Ho Lok-sang presents the key findings of of the "Hong Kong Happiness Survey 2013".

何灝生教授公布「香港快樂指數調查 2013」的結果。

Results of Lingnan University's Hong Kong Happiness Index Survey 2013 indicate a slight increase of Hong Kong people's happiness index to 70.5, up from 70.3 last year on a scale of 0-100. Even though the uptick in the happiness index is insignificant, it is still unexpected in view of the social and political tensions in Hong Kong.

Satisfaction with the quality of public policy has fallen markedly from last year's 4.77 to 4.14 on a scale of 0 to 10. Also declining noticeably is satisfaction with the living environment from 6.03 to 5.75. Overall, only healthcare generated a satisfaction score of 6 or above. The media is also deemed to be unsatisfactory, with a rating of 5.10, about the same as last year.

Work pressures, excessively long hours, and financial pressures continue to be important causes of unhappiness among Hong Kong people. According to the survey results, low-income families are generally less happy than those better off. The lowest happiness score, at 65.31, goes to those who report family incomes between \$1 and \$9,999 per month. Those reporting family incomes at \$40,000 or above report the highest happiness at 73.3.

As in previous years, females continue to command a premium over males in happiness, and older people tend to be happier. Those who take success to mean realising one's potential through one's best effort and those who score high in a sense of balance and those with a strong sense of purpose in life score high on Insight and tend to be happy.

Four key determinants of happiness, namely Love, Insight, Fortitude and Engagement (LIFE) have been surveyed since 2008. Happily for Hong Kong, the Love score has continued to climb, rising to a historic high of 8.50 from last year's already impressive 8.10. Also rising noticeably are Insight (up 0.19 point to 7.15) and Fortitude (up 0.24 point to 7.68, also a historical high), while Engagement stays at more or less the same level.



Mr Shih Wing-ching, Founder of the Shih Wing Ching Foundation.

施永青基金會」創辦人施永青先生。

Designed by the Centre for Public Policy Studies of Lingnan University, the Hong Kong Happiness Index Survey 2013 is the ninth in the series. A total of 942 respondents aged 21 or above were interviewed by telephone through randomised digit dialing from 8 to 13 November. The response rate is 26%. The Centre for Public Policy Studies is pleased to acknowledge the help from the Public Governance Programme of the University in conducting the telephone survey and the financial support from the Shih Wing Ching Foundation who funded the study.

Highest income families are the happiest

This year the happiness index for all those with household incomes below HK\$10,000 per month declined over 4.5% year-on-year. The greatest jump in the happiness index is seen in the HK\$30,000 to HK\$39,999 group. (Please see Table 2 in Appendix) This reversed the rather big decline registered last year. It should be noted that these income groups do not retain the same composition from year to year. This year's \$30,000 to \$39,999 earners probably include some employees who have been promoted in the past 12 months.

Financial stress is another key factor for unhappiness. Families with lower incomes but no financial pressure are likely to be happier than those with higher incomes but also heavy financial burdens.

Long working hours and pressures from work drain happiness

Housewives and retirees are generally happier than full-time workers or students. The unemployed are the least happy, with their happiness index at 5.95, representing a significant drop from last year. With the unemployment rate falling to new lows in recent years, those who still fail to find work are the most frustrated. Respondents who reported their working hours of 60 or more hours per week are the least happy, with a happiness index at 6.66. As in last year, over 40% of the sampled workers work in excess of 50 hours per week.

Marriage and Happiness

Married people appear to be happier than unmarried people, but the marriage premium tends to diminish for older people.

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嶺南大學 2013 年香港快樂指數調查結果顯示，香港人的快樂指數較去年的 70.3 輕微上升至 70.5（以 0 至 100 分計算）。儘管升幅並不顯著，但觀乎香港目前社會及政治上的矛盾，結果仍使人感到意外。

受訪者對公共政策質素的滿意度由去年的 4.77 跌至今年的 4.14（以 0 至 10 分計算），對居住環境的滿意度則由去年的 6.03 跌至今年的 5.75。縱觀各項結果，只有公共醫療獲得 6 分或以上，即尚算滿意的分數。市民對媒體評價亦低，以 0 至 10 分計算，僅得 5.10，與去年相若。

工作壓力、長工時及財政壓力持續為導致香港人不快樂的主要因素。今年的調查發現，低收入家庭的快樂程度低於收入較高的家庭。報稱月入 1 元至 9,999 元的家庭，其快樂指數最低，只有 65.31。月入 4 萬元以上的家庭，受訪者的平均快樂指數為 73.3，在所有收入組別中最高。

一如既往，女性普遍比男性更快樂，年紀較長的人士，其快樂指數亦較高。此外，分別認為竭盡所能、發揮所長就是成功，能夠平衡不同需要，以及對生活有明確目標的受訪者，其智慧指數較高，亦傾向較為快樂。

自 2008 年起，嶺南大學每年均就關愛、智慧、堅毅、行動（LIFE）等與心理質素相關的因素進行調查。今年 LIFE 指數全面上升，結果令人振奮。其中關愛指數由去年的 8.1 升至新高的 8.5；堅毅指數同樣創了新高，升了 0.24 點至 7.68；智慧指數升了 0.19 點至 7.15。行動指數則稍微上升。

2013 年香港快樂指數調查由嶺南大學公共政策研究中心設計，今年是第九年進行調查。今年 11 月 8 日至 13 日期間，成功以電話訪問了隨機抽樣的 942 名 21 歲以上受訪者，回應率為 26%。是次調查由嶺南大學公共管治計劃協助執行，並獲得施永青基金贊助，公共政策研究中心謹表謝忱。

高收入家庭最快樂

今年調查結果顯示，月入低於 1 萬元的家庭，其快樂指數比去年下跌 4.5%。而月入 3 萬元至 39,999 元的家庭，其快樂指數升幅最大（請參看附錄之表二），與去年錄得顯著跌幅的情況南轅北轍，當中或包括不少於過去 12 個月內獲晉升的人士。但須注意，此收入組別每年的受訪人士均不相同。

財政壓力是造成不快樂的另一關鍵。收入低但沒有財政壓力的家庭，較收入高但同時面對沉重負擔的家庭更快樂。

長工時及工作壓力損害快樂

家庭主婦和退休人士比全職工作人士和學生都更快樂；失業人士則是最不快樂的一群，其快樂指數僅得 5.95，比去年低了不少。當近年失業率屢創新低，大家都好像很容易找到工作的時候，失業人士更為苦惱是理所當然的。長工時的人士、尤其是每週工作逾 60 小時者，其快樂指數較低，平均只有 6.66。像去年一樣，超過四成的受訪者每週工作 50 小時以上。

婚姻與快樂

已婚人士普遍比未婚人士快樂，但隨著年齡的增長，已婚人士在快樂程度上所佔的優勢會下降。