

Lingnan University survey reveals that Happiness Index for Hong Kong people remains unchanged and satisfaction with public policy and living environment goes up

嶺大調查發現港人快樂指數與去年相同 對公共政策及居住環境滿意度回升

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According to the results of the Hong Kong Happiness Index Survey conducted by Lingnan University's Centre for Public Policy Studies, the Happiness Index for Hong Kong people in 2014 stands at 70.5 (on a scale of 0 to 100), which is the same as last year. The survey outcome is an unexpected one taking into account the current social and political controversies in Hong Kong.

Respondents' degree of satisfaction with quality of public policy rose to 4.34 (on a scale of 0 to 10) from last year's 4.14. Satisfaction with living environment rose to 5.95 from last year's 5.75, while that with public healthcare increased to 6.49 from last year's 6.15. In contrast, their degree of satisfaction with the media fell to 4.76 from last year's 5.10.



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As for respondents categorised by household income, the Happiness Index of people with a monthly household income between \$10,000 and \$20,000 experienced a significant drop of 6.6% from last year to 63.7. This is not only the lowest happiness level among all household income categories but also the lowest level recorded since 2008. Surprisingly, the Happiness Index of people from lower household income categories went up on the contrary. This suggests that pressures faced by middle to low income families continued to grow in recent years. The Happiness Index of retired persons surged significantly to 7.62 from last year's 7.17.



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Long working hours and work stress undermine happiness

People with long working hours, in particular those who work for over 60 hours a week, have a lower average Happiness Index level of 6.67, which is noticeably lower than the average Happiness Index of 7.05 for all Hong Kong people. Work pressure, long working hours and financial burdens are still the main contributing factors of Hong Kong people's unhappiness. The good news is that this year only 33.4% of the respondents have to work over 50 hours a week, showing a drop from last year's proportion of over 40%. Families with low income levels but less financial burdens are happier than those with high income levels but heavy financial burdens.

Similar to past surveys, female are generally happier than male respondents, and older people also have higher Happiness Index levels. Housewives and retired persons are happier than full time working respondents and students. The Happiness Index of the unemployed showed a significant increase by 0.36 to 6.31 this year, but they remained the least happy group.

Insight shows increasing weight and is the most crucial factor affecting happiness

Since 2008, the annual scheme has surveyed on the factors of Love, Insight, Fortitude and Engagement (LIFE) which are related to the mental quality of respondents. The score on Love this year fell slightly to 8.17 from last year's 8.5; the score on Insight rose slightly by 0.07 to 7.22; the score on Fortitude decreased by 0.06 to 7.62; and the score on Engagement only showed a marginal increase. The four psychological factors reflect respondents' "mental capital". This year's survey results showed that the weight of Insight as a factor affecting happiness increased, and it is also the most crucial factor, followed by Engagement or purposive living.

Families with monthly household incomes of \$40,000 or above the happiest

This year's survey results indicated that the Happiness Index of families with a monthly household income below \$10,000 surged noticeably compared to last year. The

Happiness Index of families with a monthly household income between \$10,000 and \$20,000 experienced the sharpest decline, while those with a monthly household income higher than \$20,000 did not show significant changes. Families with a monthly household income of \$40,000 or above are the happiest, but their Happiness Index do not show significant difference from those with a monthly household income of \$20,000 to \$30,000.

嶺大調查發現港人快樂指數與去年相同 對公共政策及居住環境滿意度回升

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由嶺南大學公共政策研究中心進行的「香港快樂指數調查」結果顯示，香港人於2014年的快樂指數為70.5（以0-100分計算），與去年相同。觀乎香港目前社會及政治上的矛盾，結果使人感到意外。

受訪者對公共政策質素的滿意度，由去年的4.14（以0-10分計算），上升至今年的4.34；對香港生活環境的滿意度，由去年的5.75上升至今年的5.95；對公共醫療的滿意度，則由去年的6.15上升至今年的6.49。相反，受訪者對媒體的評價，由5.10跌至4.76。

以家庭收入作分類的受訪者當中，家庭月入介乎一萬至二萬元之間的人士的快樂指數，比去年明顯下跌6.6%至63.7，這不但是各收入分類的家庭中最低，亦是2008年以來最低。出人意料的是，收入更低的家庭的快樂指數反而上升。這反映中下收入家庭近年所面對的壓力不斷上升。退休人士快樂指數升幅明顯，由去年的7.17升至今年的7.62。

長工時及工作壓力損害快樂

長工時的人士、尤其是每周工作逾60小時者，其快樂指數較低，平均只有6.67，明顯低於全港人士的平均指數7.05。工作壓力、長工時及財政壓力仍是導致香港人不快樂的主要因素。可喜的是，今年每周工作時數逾50小時的人士只有33.4%，比去年的逾40%有所下降。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。

一如以往，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。家庭主婦和退休人士，比全職工作人士和學生都更快樂；失業人士的快樂指數上升0.36至6.31，雖然上升較顯著，但仍然是最不快樂的一群。

智慧對快樂的影響有所上升亦最為重要

自2008年起，研究計劃每年均就關愛、智慧、堅毅、行動（LIFE）等與心理質素相關的因素進行調查。其中關愛指數由去年的8.5下降至8.17；智慧指數輕微上升了0.07至7.22；堅毅指數輕微下跌0.06至7.62。行動指數則稍微上升。四大心理質素反映心理資本。今年資料顯示智慧對快樂的影響有所上升，亦是最重要的因素；其次是行動或有目標的生活。

月入四萬元以上的家庭最快樂

今年調查結果顯示，月入低於一萬元的家庭，其快樂指數比去年升幅顯著。月入一萬至二萬元的家庭快樂指數跌幅最大，月入二萬元以上家庭的快樂指數沒有明顯變化。月入四萬元以上的家庭最快樂，但與月入兩萬至三萬的家庭的快樂指數分別不大。

About the Hong Kong Happiness Index Survey

Designed and conducted annually by the Centre for Public Policy Studies of Lingnan University since 2005, the Hong Kong Happiness Index Survey tracked and measured the level of happiness of Hong Kong residents on a scale of 0 to 100. Since 2008, the Survey also includes questions on Love, Insight, Fortitude and Engagement, which are the key elements of “mental capital” essential to happiness.

The Hong Kong Happiness Index Survey in 2014 marks the tenth consecutive year the survey has been conducted. Telephone interviews with a total of 922 respondents aged above 21 selected by random sampling were conducted from 6 to 11 October 2014, with a response rate of 28.6%. The survey was sponsored by the Shih Wing Ching Foundation and executed with the assistance of the Public Governance Programme of Lingnan University. The Centre for Public Policy Studies would like to express its gratitude for their support.

About the Centre for Public Policy Studies of Lingnan University

The Centre for Public Policy Studies of Lingnan University was established in 1994. Apart from self-initiated studies, the Centre offers support for public policy research among Lingnan’s researchers and conducts commissioned studies on various aspects of public policy.

關於「香港快樂指數調查」

「香港快樂指數調查」由嶺南大學公共政策研究中心設計及進行，自 2005 年起，以 0-100 分為標準，追蹤及量度香港市民的快樂程度。自 2008 年起，調查更引入有關「關愛」、「智慧」、「堅毅」和「行動」的問題，這些因素都是「心理資本」，有助產生導致快樂的「心理效益」。

2014 年所進行的「香港快樂指數調查」，已經是第十年連續進行，在今年 10 月 6 日至 11 日期間，成功以隨機抽樣電話訪問了 922 名 21 歲以上受訪者，回應率為 28.6%。是次調查獲施永青基金贊助，並由嶺南大學公共管治計劃協助執行，對他們的襄助，公共政策研究中心謹致謝忱。

關於嶺南大學公共政策研究中心

嶺南大學公共政策研究中心成立於 1994 年，除自發研究外，亦支援嶺南大學研究人員及接受委託，就多項公共政策範疇進行研究。