

HK Children Happiness Index 2014

2014年香港兒童快樂指數

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Commissioned by

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- We started to contact the schools in September to October, 2014. Questionnaires were sent to and received from the schools in the period of October and November 2014.
 - 2014年9月至11月間完成
- A total of 10 primary schools, and 10 secondary schools participated in the Survey.
 - 10所小學 + 10所中學參與
- A total of 1,182 student questionnaires (primary 528; secondary 654), 1,077 “parent 1” questionnaires (primary 496; secondary 581) and 686 “parent 2” questionnaires (primary 268; secondary 418) were collected.
 - 1182學童參與；1077+686父母回答家長問卷

	Students			Parents 1			Parents 2	
	N	%		N	%		N	%
Primary schools								
School 1	32	2.7		21	1.9		11	1.6
School 2	61	5.2		60	5.6		36	5.2
School 3	40	3.4		34	3.2		25	3.6
School 4	30	2.5		29	2.7		19	2.8
School 5	96	8.1		93	8.6		57	8.3
School 6	49	4.1		49	4.5		21	3.1
School 7	105	8.9		104	9.7		50	7.3
School 8	36	3.0		29	2.7		2	0.3
School 9	27	2.3		27	2.5		15	2.2
School 10	52	4.4		50	4.6		32	4.7
Secondary schools								
School 1	62	5.2		61	5.7		49	7.1
School 2	84	7.1		81	7.5		71	10.3
School 3	65	5.5		59	5.5		38	5.5
School 4	68	5.8		42	3.9		29	4.2
School 5	34	2.9		31	2.9		25	3.6
School 6	79	6.7		77	7.1		70	10.2
School 7	70	5.9		44	4.1		33	4.8
School 8	36	3.0		35	3.2		23	3.4
School 9	93	7.9		89	8.3		60	8.7
School 10	63	5.3		62	5.8		20	2.9
Total	1,182	100.0		1,077	100.0		686	100.0

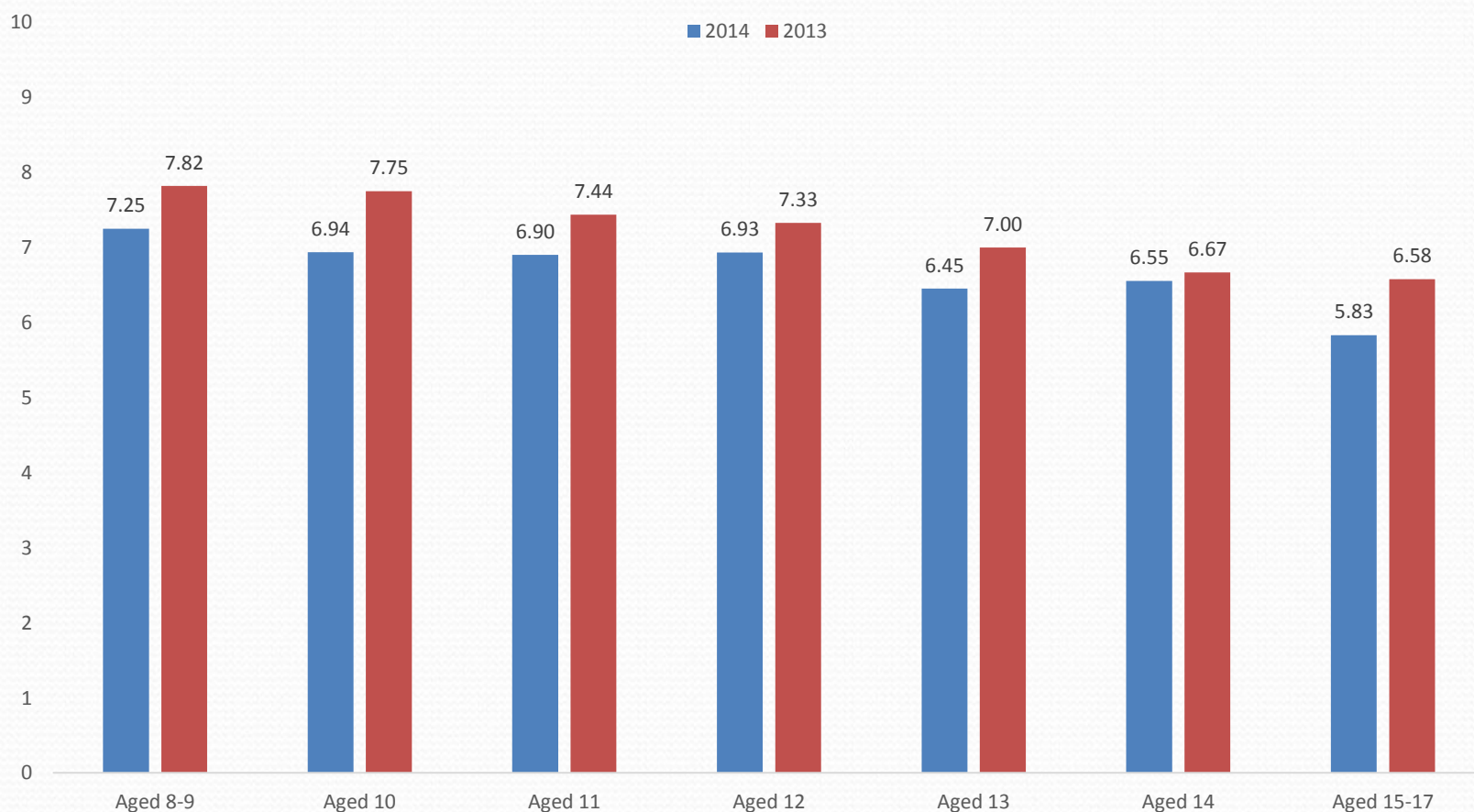
Summary of Findings Table: Happy and Unhappy Children whose Parents are Caring 父母關係、家庭財政情況、壓力與學童快樂關係密切

	Range	Happy children (happiness $\geq$ 6) 快樂兒童			Unhappy children (happiness $\leq$ 4) 不快樂兒童			t-test
		M	SD	N	M	SD	N	
Parents' relationships 雙親關係	1 - 5	4.01	0.97	784	3.38	1.13	154	t(936)=6.49, P=0.000
Children's pressure (academic)學業壓力	1 - 5	2.83	0.76	807	3.43	0.88	167	t(972)=-8.26, P=0.000
Children's pressure (extra curricular)活動壓力	1 - 5	2.17	0.85	804	2.57	1.08	169	t(971)=-4.50, P=0.000
Parents' disciplinary severity on misbehavior 管教嚴厲程度	1 - 5	2.44	0.77	784	2.67	0.83	159	t(941)=-3.29, P=0.000
Children's age 兒童年歲	8 - 17	12.02	1.89	809	12.14	2.04	170	t(977)=-0.67, P=0.253
Parents' age 家長年歲	21 - 75	43.73	6.95	639	42.65	7.36	132	t(769)=1.54, P=0.063
Children's perception of financial wellbeing 財政狀況觀感	1 - 5	4.06	0.81	801	3.43	1.10	164	t(963)=6.97, P=0.000

Survey parameters	Year	Happy children (Happiness $\geq$ 6)	Unhappy children (Happiness $\leq$ 4)	t-test
Parents' Relationships	2012	M = 4.14, N = 560	M = 3.63, N = 76	t(634) = 4.47; p = 0.000
	2013	M = 4.11, N = 786	M = 3.23, N = 91	t(875) = 7.93; p = 0.000
	2014	M = 4.01, N = 784	M = 3.38, N = 154	t(936) = 6.49; p = 0.000
Disciplining Score	2012	M = 2.37, N = 556	M = 2.60, N = 76	t(630) = 2.19; p = 0.03
	2013	M = 2.46, N = 803	M = 2.75, N = 96	t(897) = 3.43; p = 0.000
	2014	M = 2.44, N = 784	M = 2.67, N = 159	t(941) = 3.29; p = 0.000
Children's pressures (academic)	2012	M = 2.92, N = 698	M = 3.60, N = 134	t(830) = 7.15; p = 0.000
	2013	M = 2.68, N = 797	M = 3.44, N = 101	t(896) = 7.78; p = 0.000
	2014	M = 2.83, N = 807	M = 3.43, N = 167	t(972) = 8.26; p = 0.000
Children's pressures (activities)	2012	M = 2.11, N = 695	M = 2.78, N = 132	t(825) = 5.14; p = 0.000
	2013	M = 2.04, N = 813	M = 2.61, N = 103	t(914) = 4.10; p = 0.000
	2014	M = 2.17, N = 807	M = 2.57, N = 169	t(971) = 4.50; p = 0.000
Children's perception on financial wellbeing	2012	M = 4.06, N = 575	M = 3.69, N = 77	t(650) = 3.42; p = 0.000
	2013	M = 4.01, N = 802	M = 3.25, N = 93	t(893) = -7.7; p = 0.000
	2014	M = 4.06, N = 801	M = 3.43, N = 164	t(963) = 6.97; p = 0.000
Family Life Score	2012	M = 1.16, N = 678	M = 0.30, N = 131	t(807) = 97.42; p = 0.000
	2013	M = 1.29, N = 809	M = 0.25, N = 102	t(909) = 9.38; p = 0.000
	2014	M = 1.31, N = 702	M = 0.42, N = 134	t(834) = 9.46; p = 0.000
Happy Family Score	2012	M = 4.04, N = 697	M = 3.07, N = 133	t(828) = 8.05; p = 0.000
	2013	M = 4.17, N = 806	M = 3.10, N = 101	t(905) = 9.07; p = 0.000
	2014	M = 4.12, N = 774	M = 3.36, N = 151	t(923) = 8.20; p = 0.000

Children Happiness Falls across the Board in 2014 兒童快樂指數全面下跌

Comparison of Children's Happiness by Age
in 2014 and 2013



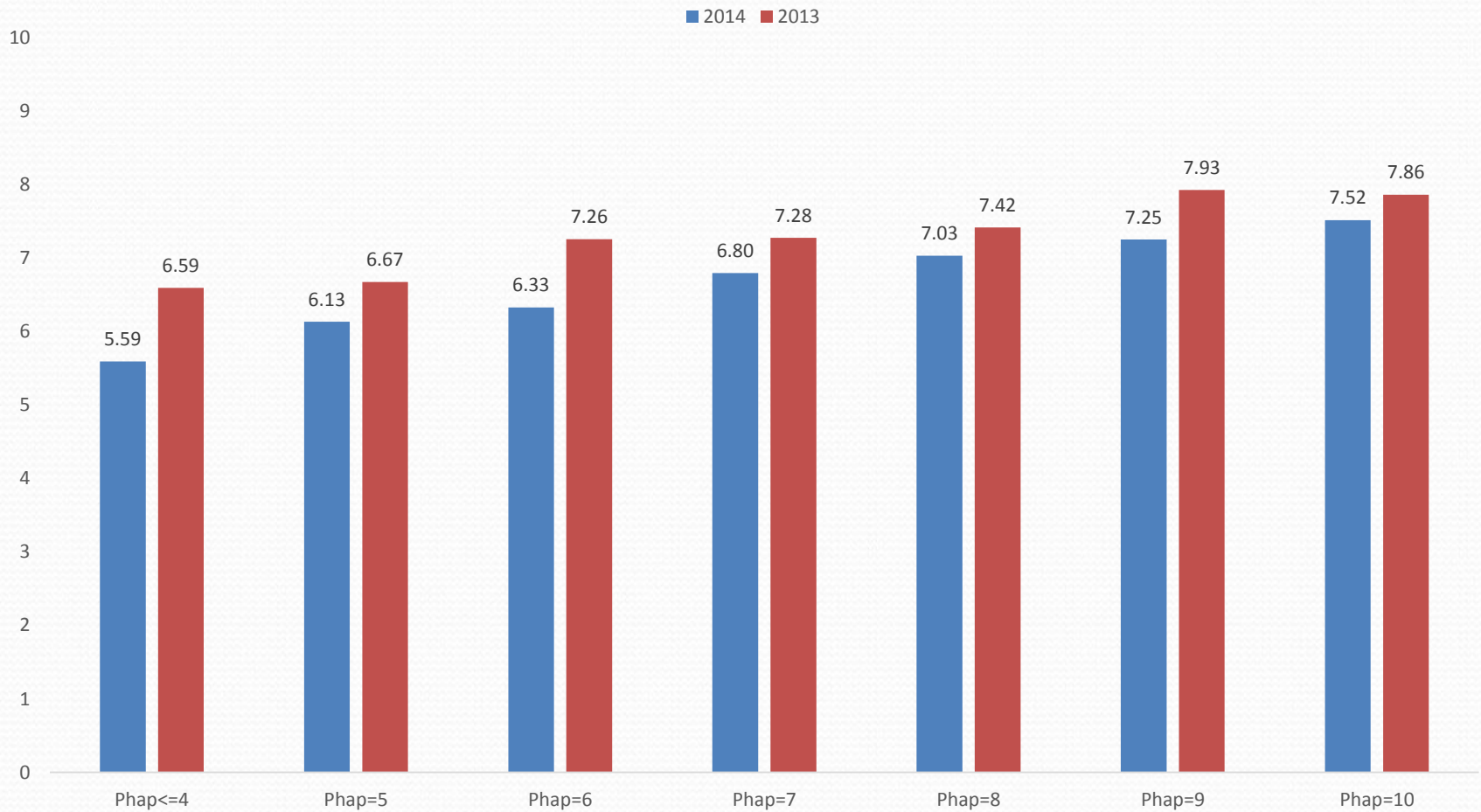
School Children Happiness Indices 2012-2014: Decline across all ages last year: Falling to 6.74 from 7.23

Age	2012	2013	2014
8 to 9	7.94	7.82	7.25
10	6.96	7.75	6.94
11	7.31	7.44	6.9
12	6.93	7.33	6.93
13	6.37	7	6.45
14	6.55	6.67	6.55
15 to 17	6.33	6.58	5.83
Average	6.91	7.23	6.74

Happiness by School Grade 愈高級的學童，十分快樂的比率愈低

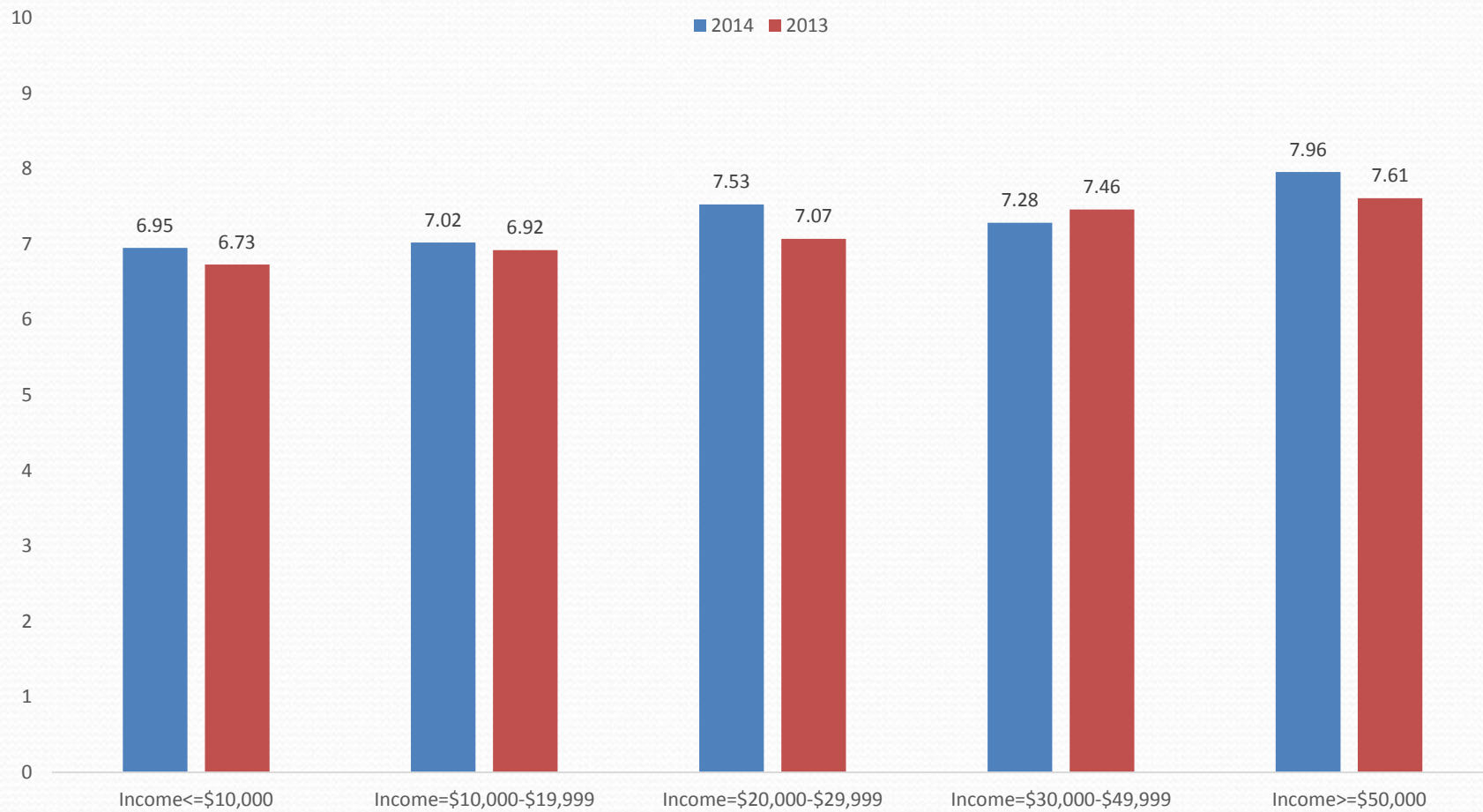
	P4	P5	P6	S1	S2	S3
Very unhappy (0-2)	22	3	4	4	9	12
Neutral (3-7)	114	38	72	47	106	204
Very happy (8-10)	131	53	68	39	57	101
Mean	6.97	7.19	6.98	6.76	6.38	6.40
% of very unhappy	8%	3%	3%	4%	5%	4%
% of very happy	49%	56%	47%	43%	33%	32%
Obs	267	94	144	90	172	317

Comparison of Children's Happiness by Parents' Happiness in 2014 & 2013 雙親快樂孩子更快樂



* Phap = Parents' Happiness

Comparison of Average Parents' Happiness
by Monthly income in 2013 & 2014
唯獨中等收入父母快樂2014年下降



The Two Pressures Have Been Falling

兩種壓力近年均在下跌

School work pressure Distribution Percentages

	2014	2013	2012
Low(1-2) 低	15.5%	27.7%	20.3%
Middle(3)中	69.9%	54.1%	55.7%
High (4-5)高	14.6%	18.2%	24.0%

Extra-curricular activities pressure Distribution Percentages

	2014	2013	2012
Low(1-2) 低	53.2%	60.5%	57.2%
Middle(3)中	40.3%	27.4%	24.2%
High (4-5)高	6.5%	12.1%	18.6%

Mental Capital: 心理資本

The Key to Successful Living

- **Love 關愛**

- 你樂於為爸媽做些事情
- 你樂於為有需要的人做些事情

- **Insight 智慧**

- 接受別人批評並不難受
- 做事不一定要優勝於別人，但一定要盡最大的努力
- 你懂得把握時間的分配
- 你不嚮往奢華的生活

● Fortitude堅毅

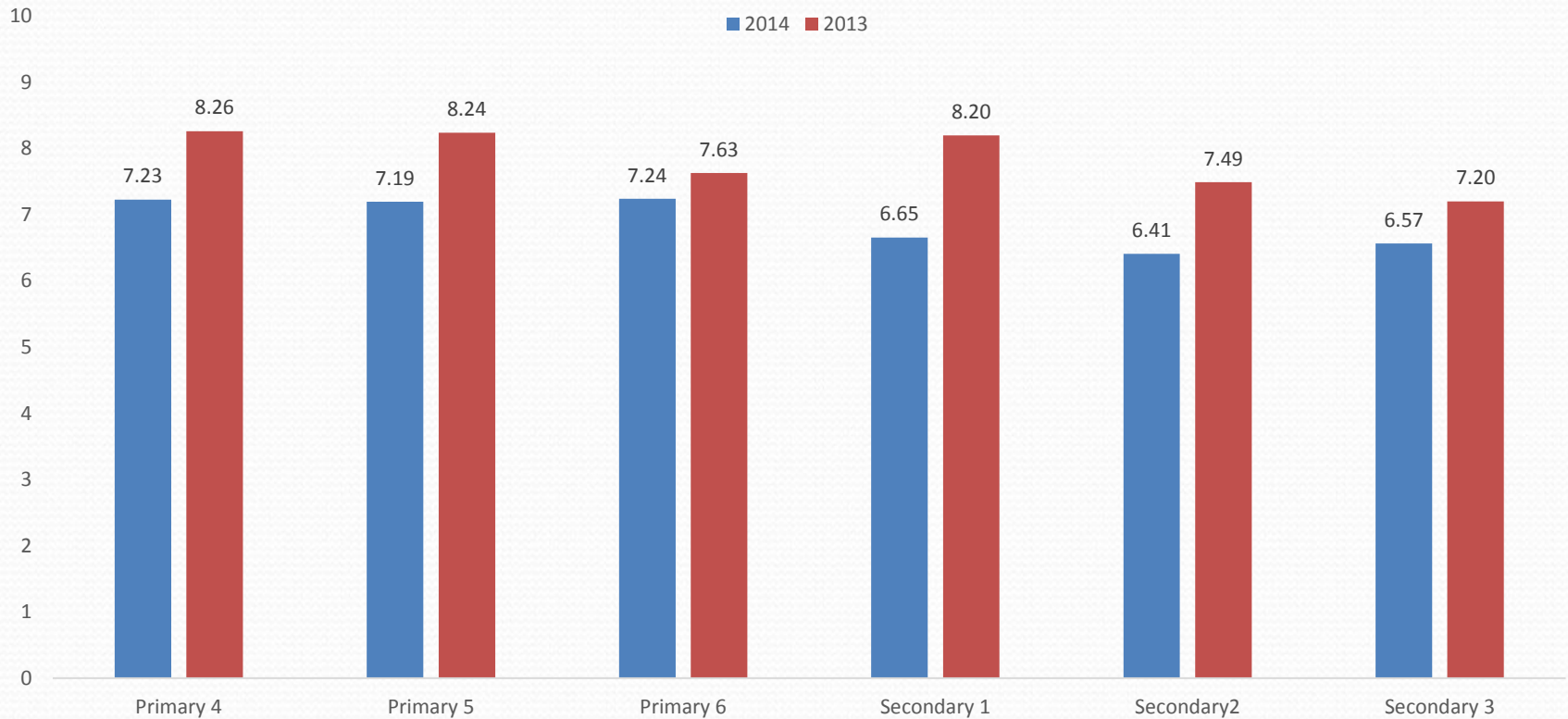
- 你有勇氣面對困難
- 當你決定要做一件事時，你不會輕易放棄
- 你對前景充滿信心

● Engagement行動

- 你經常全心全意努力做好每一件事
- 你積極尋找有興趣的事情來做

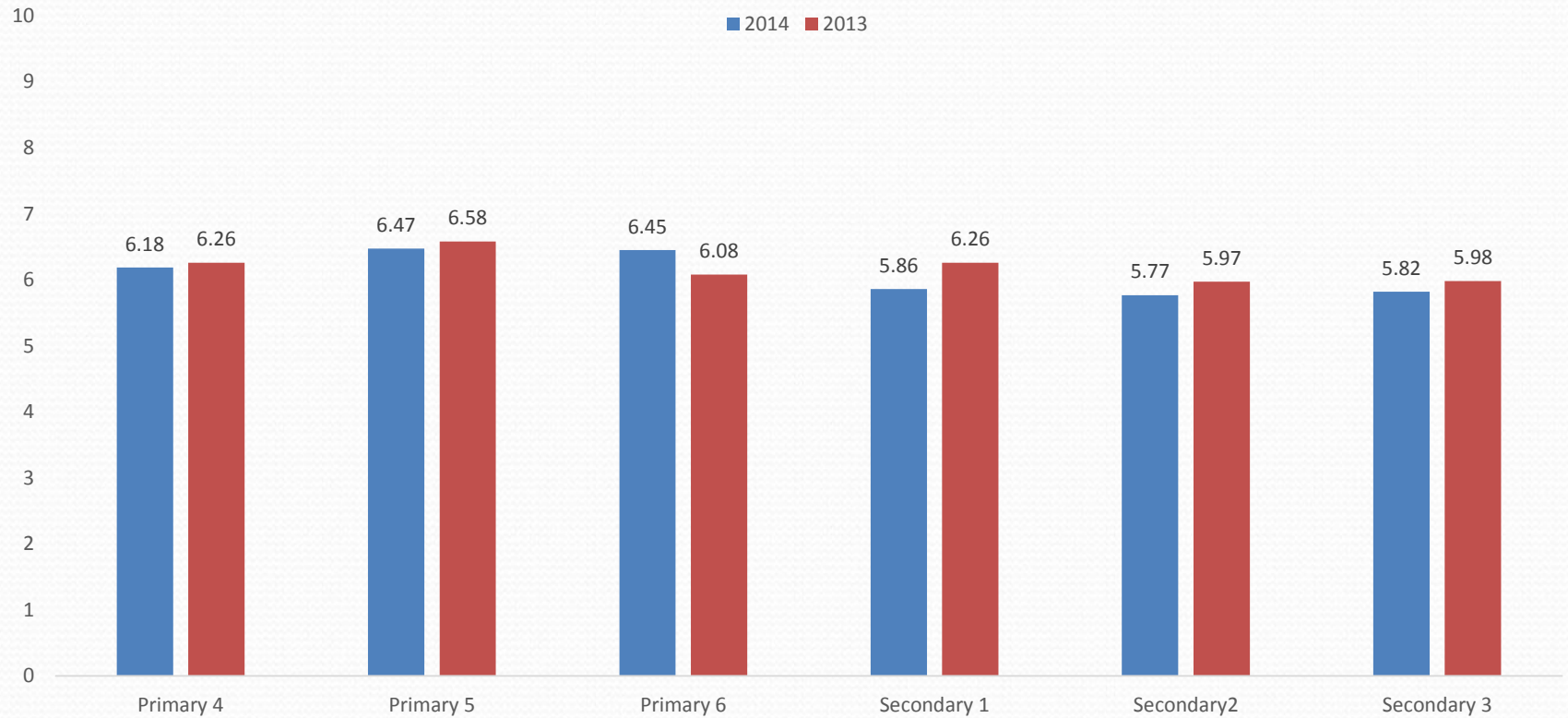
Love score falls across the board

Comparison of Average Love Score by School Grade
in 2014 & 2013



Insight Score Falls from Primary 6

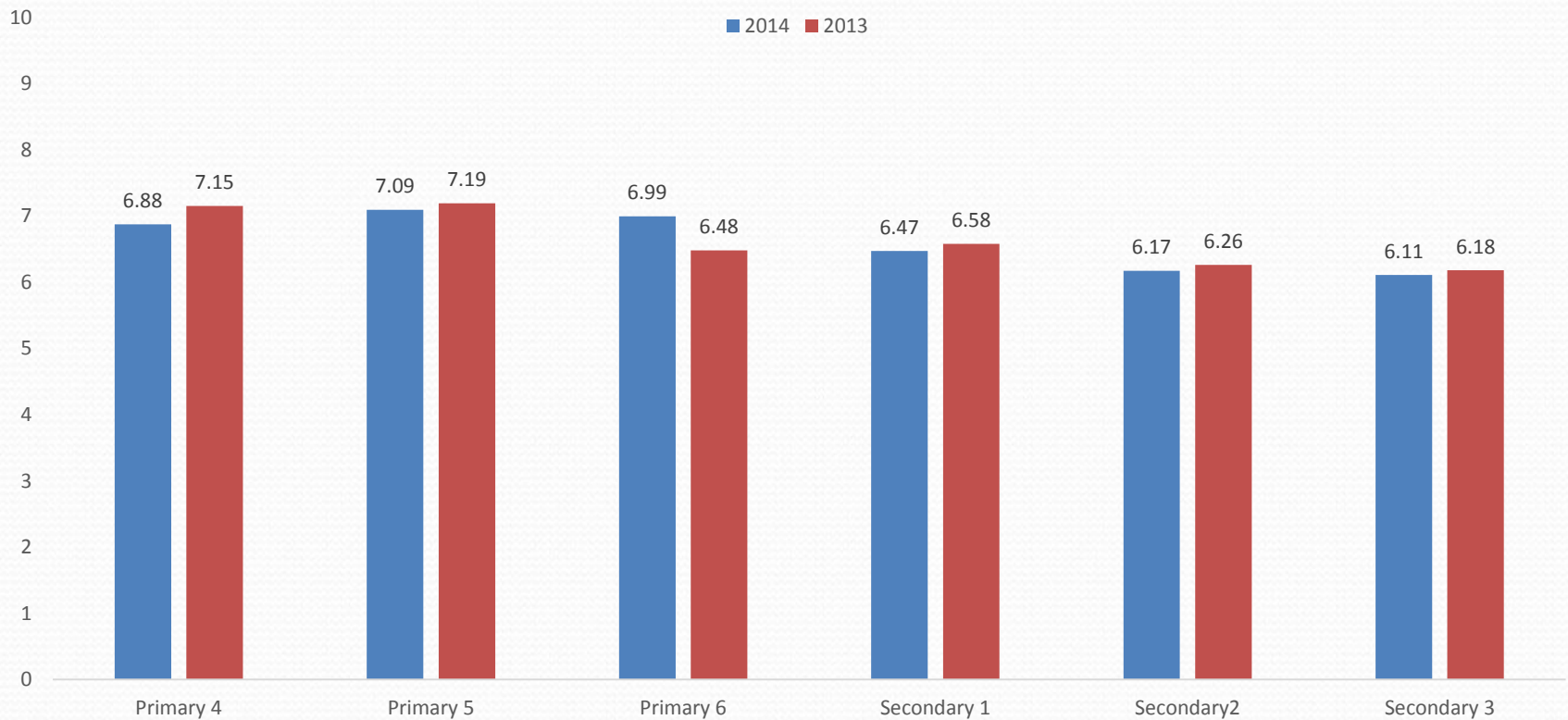
Comparison of Average Insight Score by School Grade
in 2014 & 2013



Fortitude falls from Primary 6

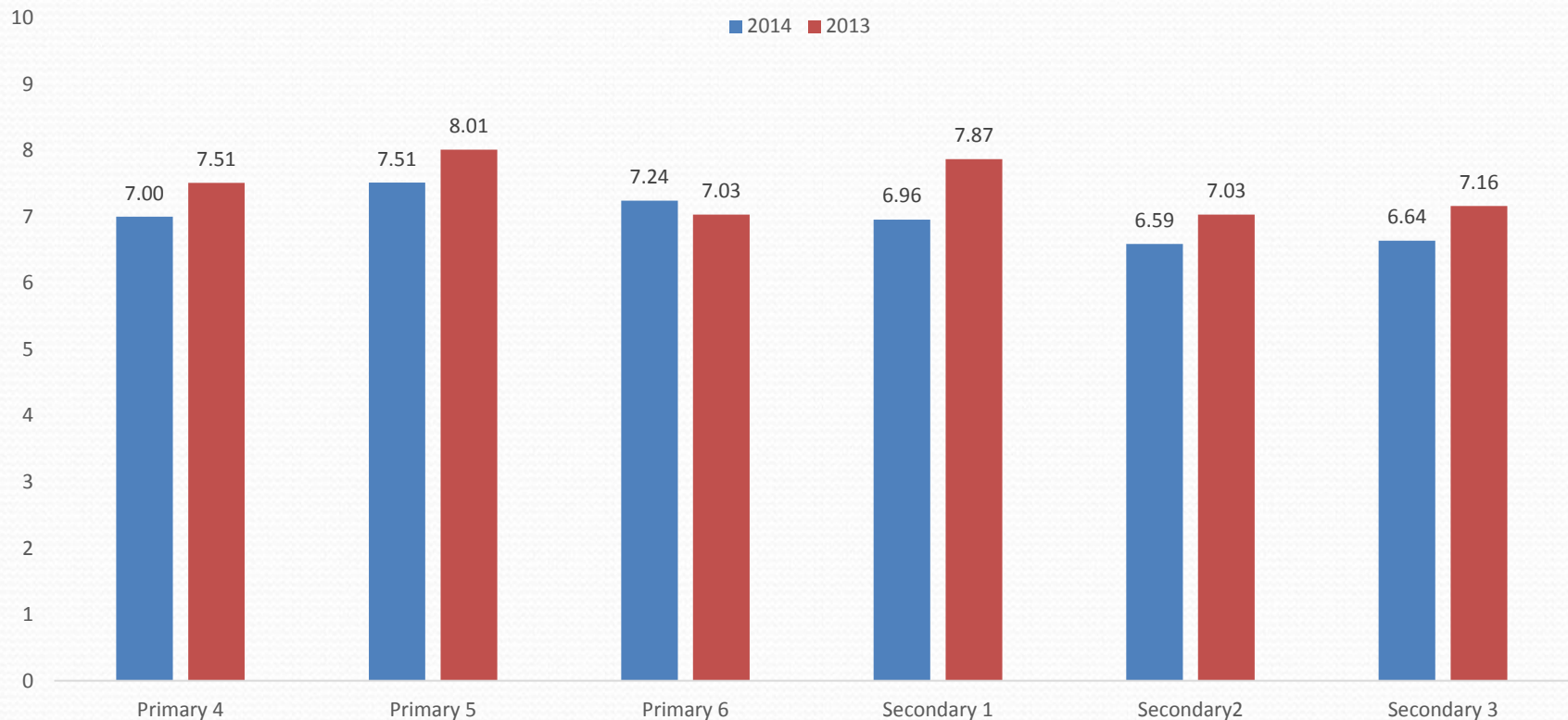
小六起堅毅指數拾級下跌

Comparison of Average Fortitude Score by School Grade
in 2014 & 2013



Engagement Index falls starting from Primary 6; slight pick up in Secondary 3

Comparison of Average Engagement Score by School Grade
in 2014 & 2013



關愛和智慧對幸福感最為重要

• . reg hap love insight fortitude engagement

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Source	SS	df	MS
Model	1043.52312	4	260.880781
Residual	4644.9048	1098	4.23033224
Total	5688.42792	1102	5.16191282

Number of obs = 1103
 F(4, 1098) = 61.67
 Prob > F = 0.0000
 R-squared = 0.1834
 Adj R-squared = 0.1805
 Root MSE = 2.0568

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hap	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
love	.2287424	.041006	5.58	0.000	.1482834	.3092015
insight	.1917171	.0533963	3.59	0.000	.0869468	.2964874
fortitude	.1662676	.0506016	3.29	0.001	.0669809	.2655544
engagement	.0181195	.0469382	0.39	0.700	-.0739793	.1102183
_cons	2.802058	.2678697	10.46	0.000	2.276463	3.327652

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Age carries a negative coefficient

少年期快樂下跌

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Source	SS	df	MS	Number of obs = 1088		
				F(5, 1082) = 51.15		
Model	1068.99204	5	213.798407	Prob > F = 0.0000		
Residual	4522.99326	1082	4.18021558	R-squared = 0.1912		
				Adj R-squared = 0.1874		
Total	5591.98529	1087	5.14442069	Root MSE = 2.0446		
hap	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
love	.231807	.0410116	5.65	0.000	.1513357	.3122783
insight	.1874925	.0535364	3.50	0.000	.0824455	.2925395
fortitude	.159821	.0511234	3.13	0.002	.0595088	.2601333
engagement	.0180552	.0468665	0.39	0.700	-.0739044	.1100148
age	-.0615323	.0333599	-1.84	0.065	-.1269896	.0039251
_cons	3.592649	.5281417	6.80	0.000	2.556351	4.628947

家庭財政狀況影響不可忽視

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• . reg hap love insight fortitude engagement male age page pedu finwelloff
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Source	SS	df	MS	Number of obs =	812
Model	968.596665	9	107.621852	F(9, 802) =	28.46
Residual	3032.65949	802	3.78137094	Prob > F =	0.0000
Total	4001.25616	811	4.93373139	R-squared =	0.2421
				Adj R-squared =	0.2336
				Root MSE =	1.9446

hap	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]
love	.2421753	.0478489	5.06	0.000	.1482515 .3360991
insight	.2092008	.061561	3.40	0.001	.0883611 .3300406
fortitude	.0674429	.05854	1.15	0.250	-.0474669 .1823527
engagement	.0109374	.0525551	0.21	0.835	-.0922244 .1140991
male	-.1382513	.1446918	-0.96	0.340	-.4222707 .1457681
age	-.0054199	.0385784	-0.14	0.888	-.0811465 .0703067
page	.0196461	.0100828	1.95	0.052	-.0001456 .0394378
pedu	-.0441487	.1404642	-0.31	0.753	-.3198695 .2315722
finwelloff	.5340354	.0817554	6.53	0.000	.3735556 .6945152
_cons	.5948875	.7931167	0.75	0.453	-.9619422 2.151717

Correlation between Children's and Parents' LIFE Scores

	<i>Hap</i>	<i>Love</i>	<i>Insight</i>	<i>Fortitude</i>	<i>Engagement</i>	<i>Phap</i>	<i>Plove</i>	<i>Pinsight</i>	<i>Pfortitude</i>	<i>Pengagement</i>
Hap	1									
Love	0.40	1								
Insight	0.41	0.60	1							
Fortitude	0.39	0.58	0.65	1						
Engagement	0.35	0.57	0.56	0.71	1					
Phap	0.20	0.13	0.13	0.15	0.09	1				
Plove	0.13	0.16	0.10	0.13	0.11	0.25	1			
Pinsight	0.12	0.14	0.10	0.10	0.11	0.32	0.57	1		
Pfortitude	0.10	0.13	0.11	0.14	0.11	0.29	0.53	0.69	1	
Pengagement	0.11	0.11	0.07	0.10	0.09	0.27	0.46	0.61	0.69	1

Parents' Life Scores Positive for children's happiness

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Source	SS	df	MS	Number of obs =	1030
Model	114.103011	4	28.5257529	F(4, 1025) =	5.52
Residual	5299.9834	1025	5.17071551	Prob > F =	0.0002
Total	5414.08641	1029	5.26150283	R-squared =	0.0211
				Adj R-squared =	0.0173
				Root MSE =	2.2739

hap	Coef.	Std. Err.	t	P> t	[95% Conf. Interval]	
plove	.0987357	.0637645	1.55	0.122	-.0263881	.2238596
pinsight	.1460054	.0946652	1.54	0.123	-.0397544	.3317651
pfortitude	-.0410724	.0778608	-0.53	0.598	-.1938572	.1117124
pengagement	.1021091	.0719958	1.42	0.156	-.0391668	.243385
_cons	4.656483	.4653661	10.01	0.000	3.743304	5.569662