



香港快樂指數

Hong Kong Happiness Index

2008

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Hong Kong Happiness Index

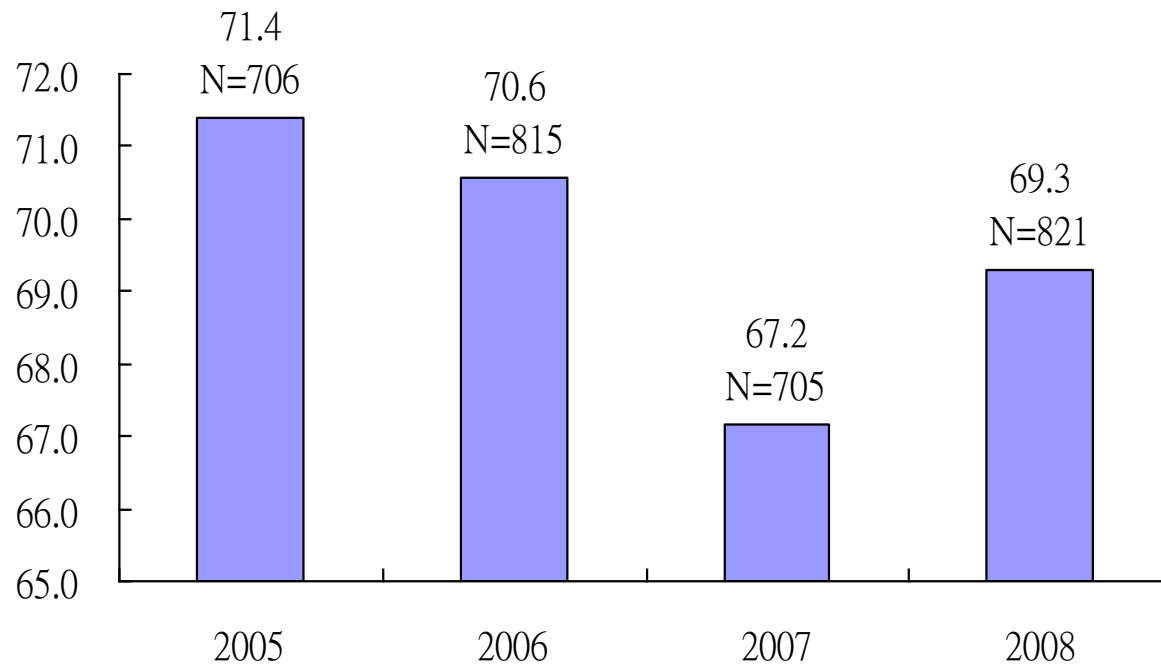
2005 – 2008



- 調查自2005年首次推出今年為第4次
Launched in 2005, this year is the 4th time for the study
- 今年調查於2008年10月20日至24日期間進行
The survey was conducted between 20 – 24 Oct
- 以隨機抽樣電話調查方式進行
The survey was conducted via randomized phone calls
- 成功訪問了823位年齡21歲以上的香港居民
816 Hong Kong residents aged 21 or above were successfully interviewed
- 嶺大「香港快樂指數」：以0-100分作指標，獲取50分以上者屬於「快樂」組別，50分以下屬於「不快樂」組別，愈接近100分，其快樂指數愈高。
On a scale of 0 to 100, an index above 50 suggests that people are happy

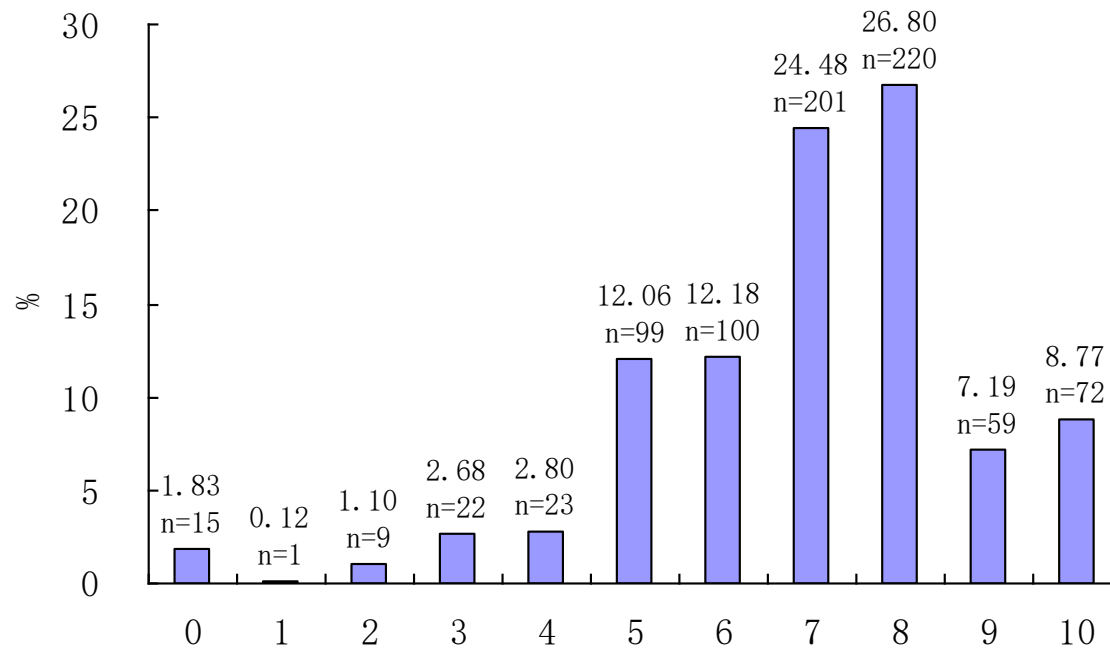


快樂指數 Happiness Index
2005-08



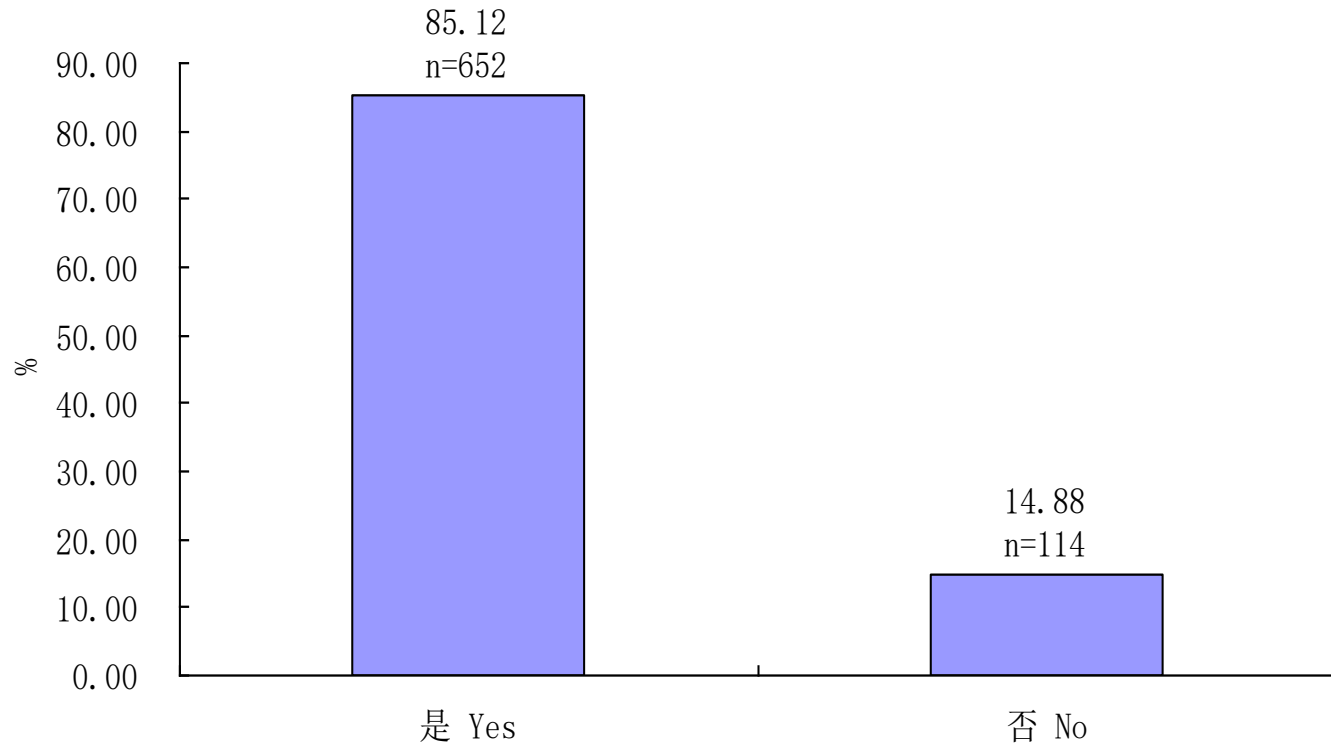


快樂指數分佈 2008
Happiness Index Frequency Distribution



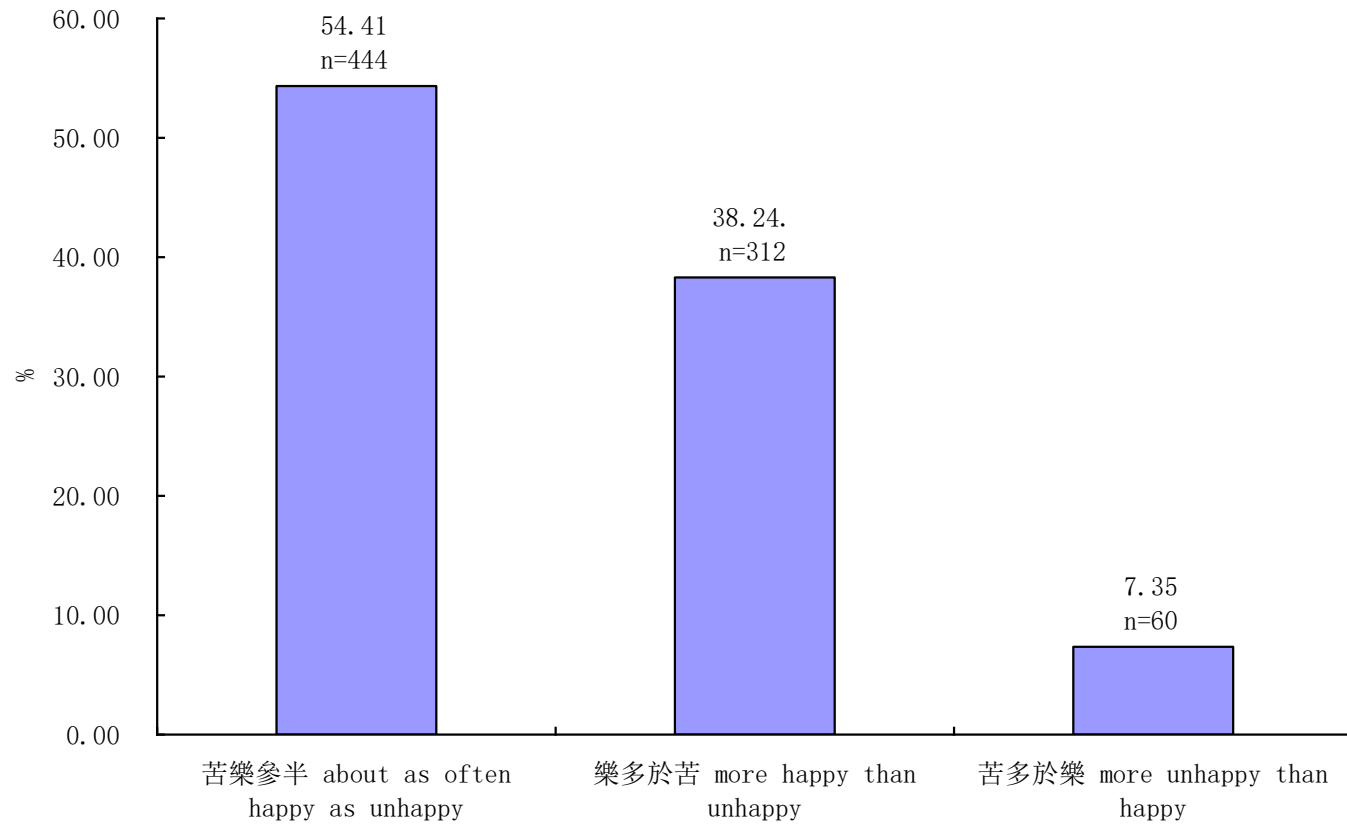


整體來說，你是否同意自己是快樂或非常快樂？ Overall, taking every thing in consideration, you are happy or very happy?



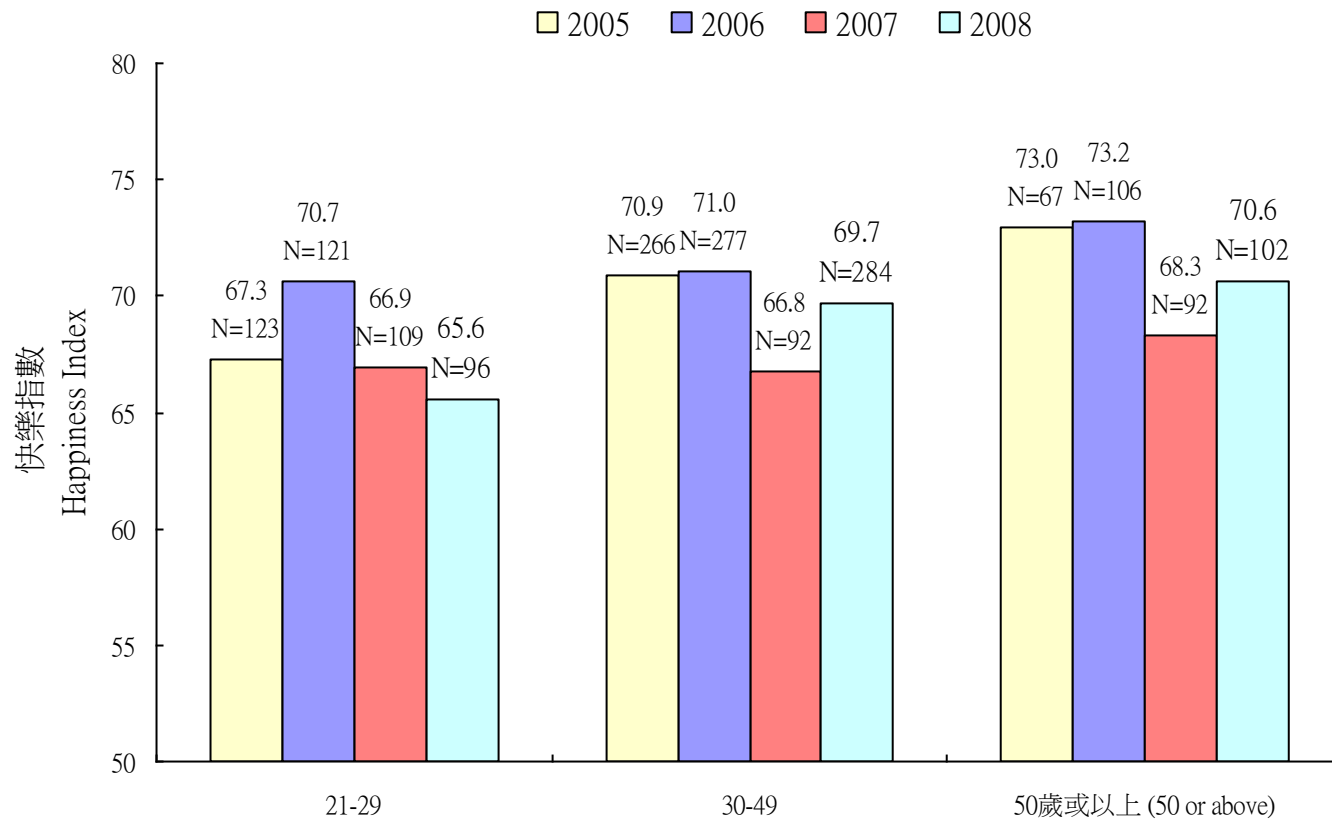


整體來說，你過去的生活，是樂多於苦、苦多於樂，還是苦樂參半呢？
Overall, I have been: more happy than unhappy, more unhappy than happy
or about as often happy as unhappy





按年齡劃分快樂指數 (工作人口)
Happiness Index by Age (Working Population Only)





高等教育未能提高快樂

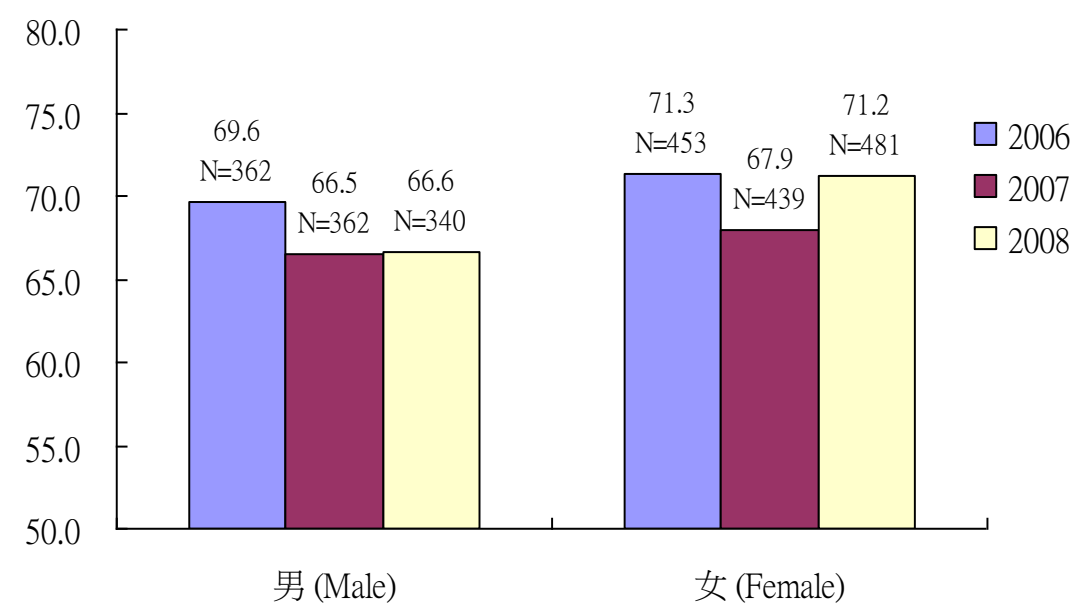
Happiness not enhanced by higher education

	Lower Personal Income 低個人月入	Higher Personal Income 高個人月入	Overall 整體
Primary or below 小學	67.93	72.00	68.1
Secondary 中學	68.94	75.87	69.8
Post-secondary 專上	65.81	70.95	68.2

Low personal income = <\$19,999



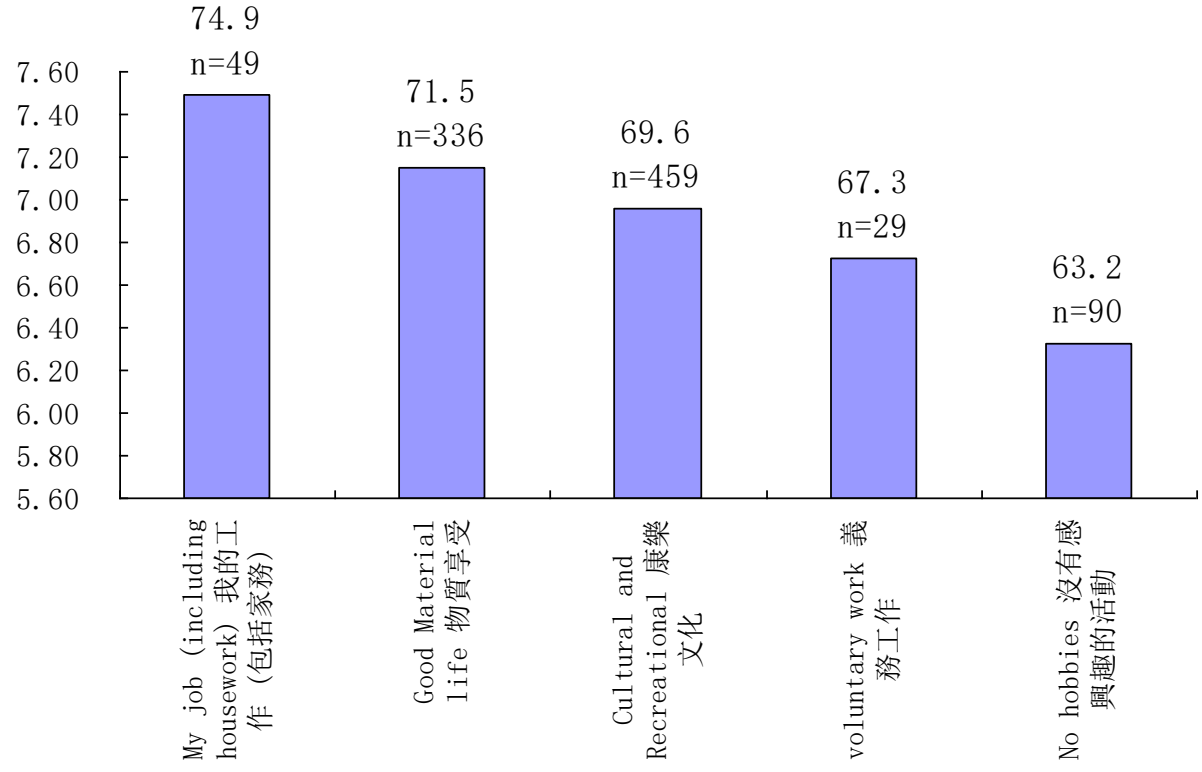
按性別劃分快樂指數
Happiness Index by Sex





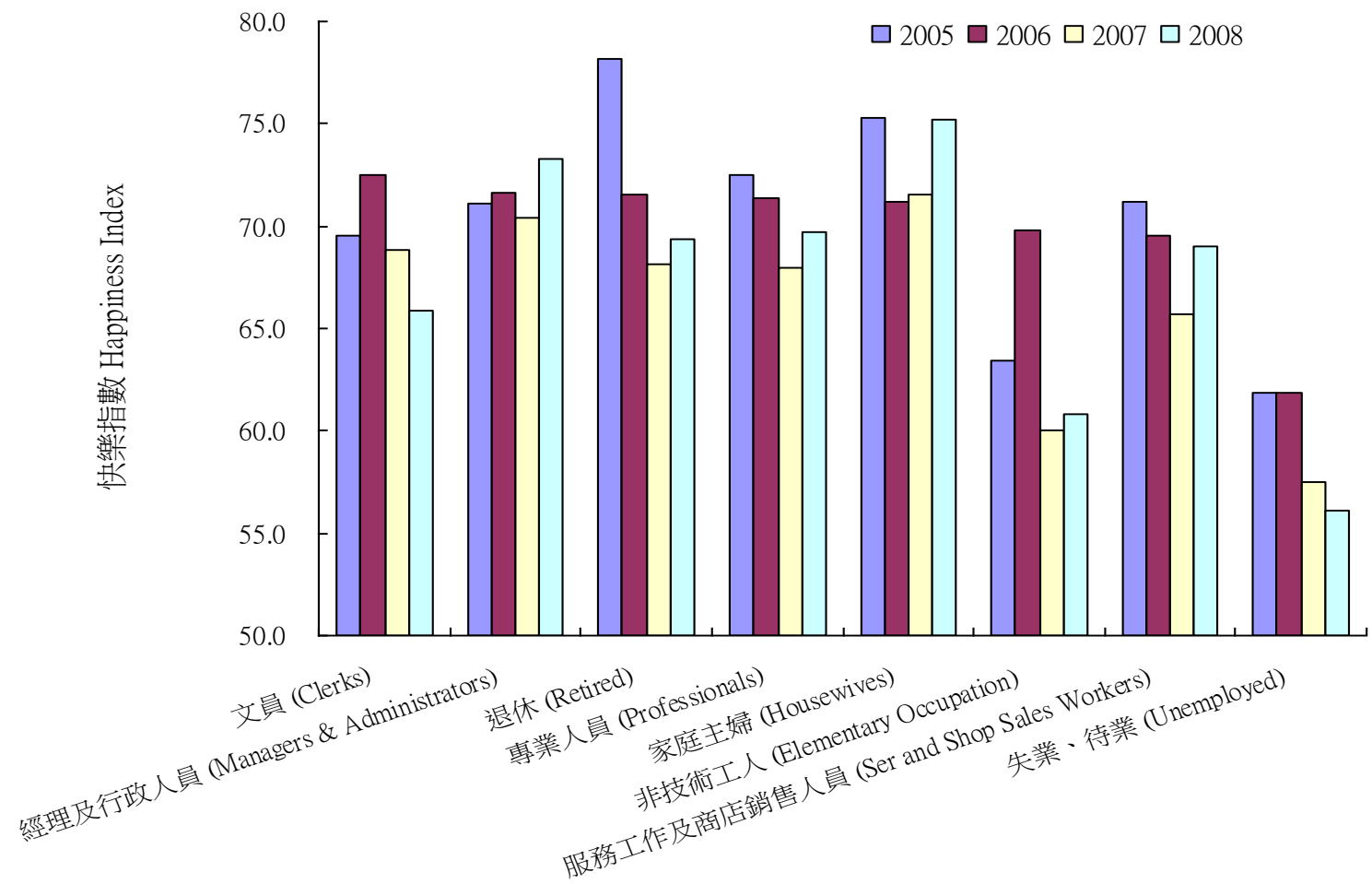
快樂 與 最喜愛的活動

Happiness Index by Hobbies/Activities





按職業劃分快樂指數 (工作人口)
Happiness Index by Occupation (Working Population Only)

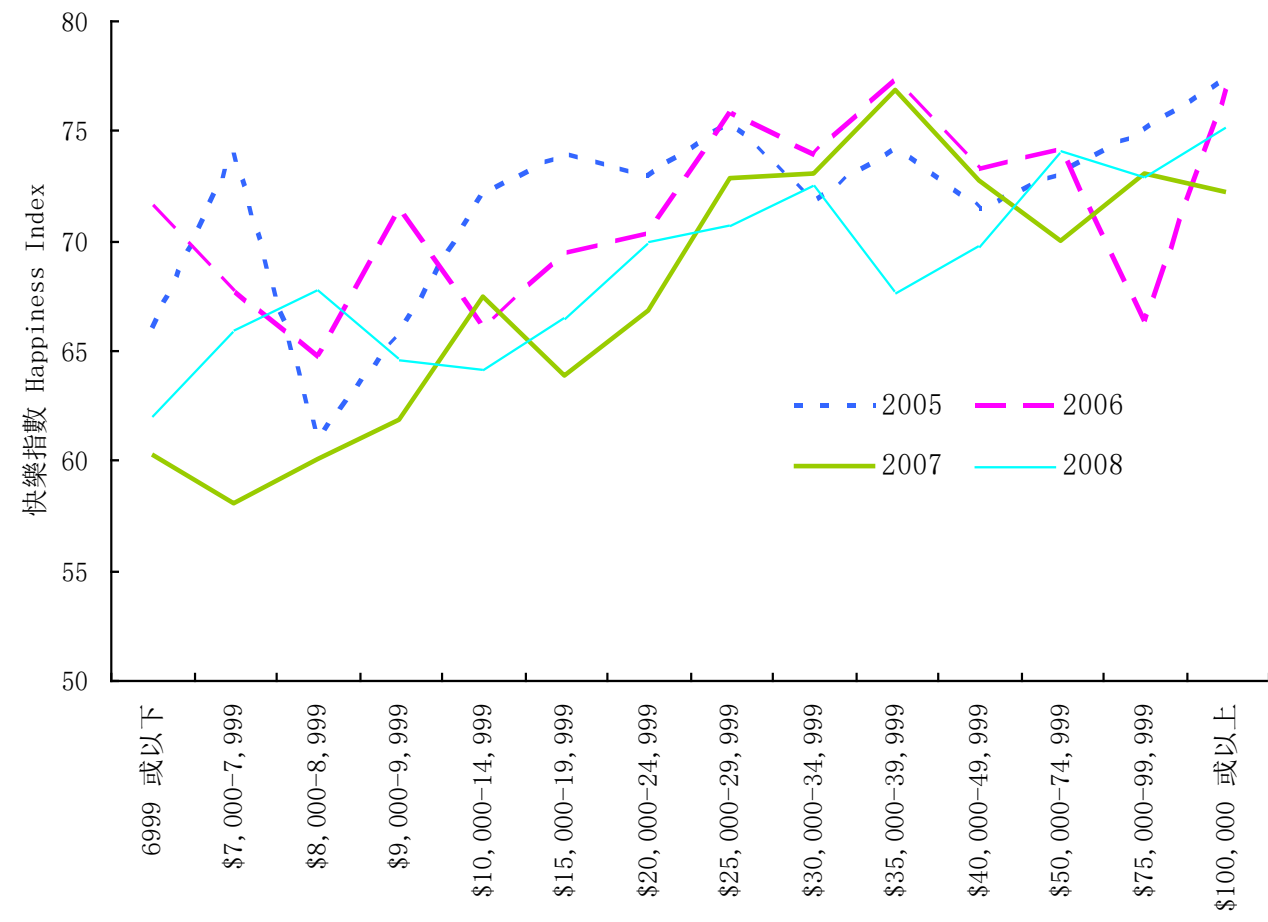




職位 Occupation	2005		2006		2007		2008		07 與 08年百分比轉變 % change form 07 to 08
	平均值 Mean	樣本數目 N	平均值 Mean	樣本數目 N	平均值 Mean	樣本數目 N	平均值 Mean	樣本數目 N	
文員 Clerks	69.5	101	72.5	100	68.8	101	65.9	100	-4.2%
經理及行政人員 Managers & Administrators	71.1	92	71.6	143	70.4	105	73.3	88	+4.1%
退休 Retired	78.2	60	71.5	100	68.1	79	69.4	81	+1.9%
專業人員 Professionals	72.5	61	71.4	74	68	71	69.7	90	+2.5%
家庭主婦 Housewives	75.3	118	71.2	110	71.5	103	75.2	134	+5.2%
非技術工人 Elementary Occupation	63.5	29	69.8	41	60.0	35	60.8	24	+1.4%
服務工作 商店銷售人員 Ser & Shop Sales Workers	71.2	68	69.5	65	65.7	77	69.0	79	+5.0%
失業、待業 Unemployed	61.8	38	61.9	27	57.5	24	56.1	23	-2.5%



家庭每月收入 與 快樂指數 2005-08
Household Monthly Income and Happiness Index

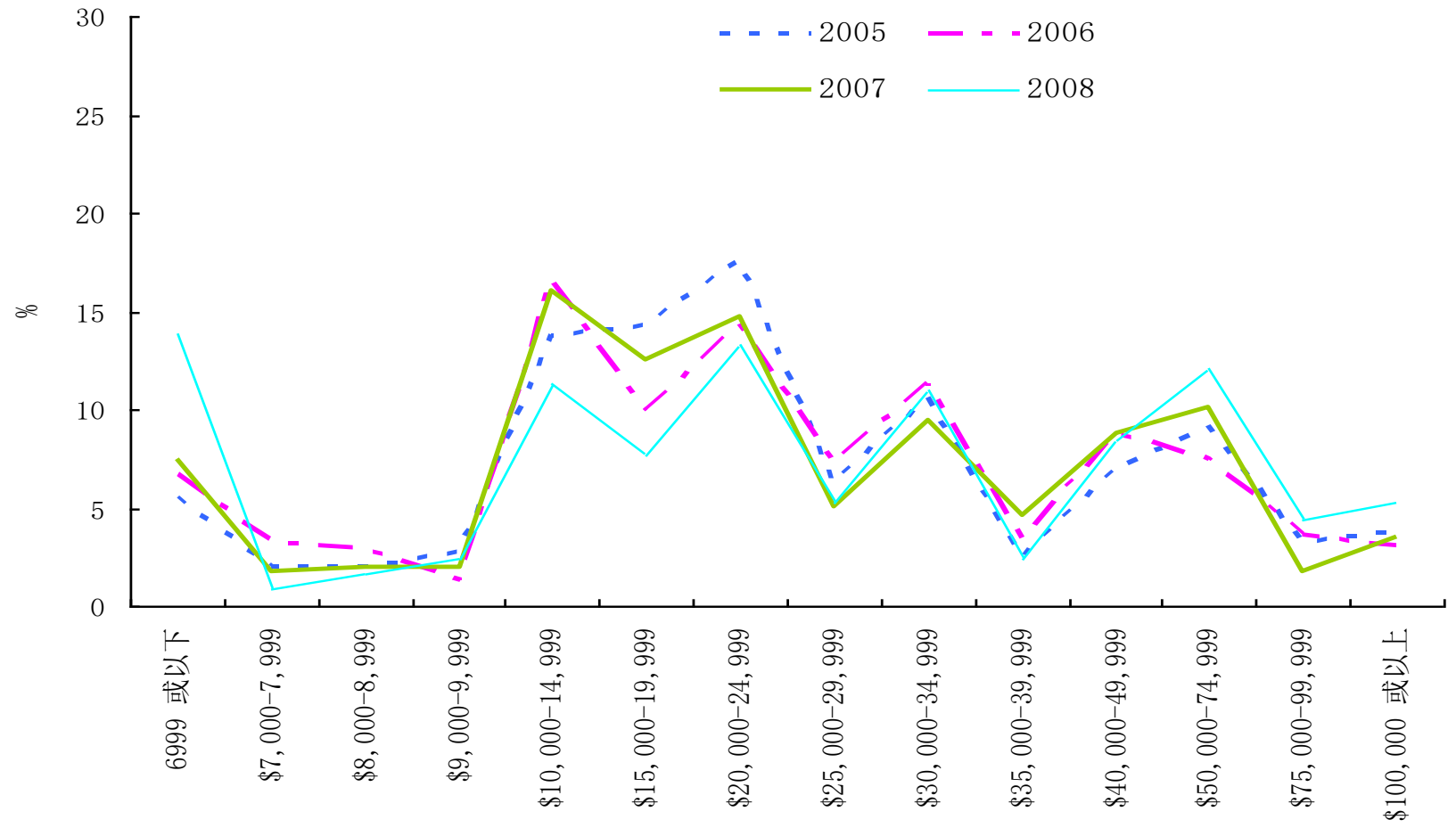




家庭每月收入 Household Income	2007		2008		07 與 08年百分比 (%) 轉變 Change
	平均值 Mean	樣本 數目 Sample	平均值 Mean	樣本 數目 Sample	
9999 or below	60.14	70	63.04	102	+4.8%
10,000-19,999	65.84	154	65.10	104	-1.1%
20000-29,999	68.42	107	70.20	101	+2.6%
30,000-39,999	74.29	77	71.64	73	-3.6%
40,000 or above	71.53	131	72.91	165	+1.9%



家庭每月收入水平分佈 2005-08 Distribution of Household Monthly Income





快樂方程式

Happiness Formula

= LIFE



Measures of prospective happiness 未來

Disagree or agree (scale of 0 to 10)

- I meet each day with excitement and joy 我以興奮的心情迎接每一天
- I do not usually worry about the future 我對未來並不憂慮
- I expect to continue to learn more things in the rest of my life
我期待不斷學習

Measures of happiness in process 現在

Disagree or agree (scale of 0 to 10)

- I enjoy my work/housework. 我享受我的工作（包括家務）
- I enjoy my time with my family. 我享受與家人相處的時間

Measures of retrospective happiness 過去

Disagree or agree (scale of 0 to 10)

- I am pleased with how I have conducted my life 我妥善處理自己的事情
- Life has been kind to me 我此生尚算幸運
- I have grown wiser because I am able to learn from my mistakes.
我從錯誤中學到很多，智慧漸長



Regression Analysis (迴歸分析)

Dependent Variable: 快樂指數(max=10)

快樂由人生三部份組成：現在，過去，未來

Independent Variables: 快樂指數	Coefficient	t statistic
Constant	0.980	4.047***
未來組成部份 prospective happiness	0.206	5.632***
現在組成部份 happiness in process	0.219	6.184****
過去組成部份 retrospective happiness	0.435	10.388***

** & *** indicate 5 & 1% statistical significance

統計上, 那個人生三部份對快樂指數影響較大?

過去組成部份 > 現在組成部份 > 未來組成部份

For someone with 10 for each of the 3 components, Happiness Index = $0.98 + 2.06 + 2.19 + 4.35 = 9.58$



Dependent Variable: 快樂指數(max=10)

按年齡劃分三部份組成：現在，過去，未來

	21-29	30-49	50以上 (50 or above)
未來組成部份 prospective happiness	0.358 (3.913)***	0.249 (5.223)***	0.113 (1.544)
現在組成部份 happiness in process	0.310 (3.809)***	0.153 (3.370)***	0.246 (3.184)***
過去組成部份 retrospective happiness	0.204 (2.257)**	0.511 (9.547)***	0.410 (4.635)***



Dependent Variable: 快樂指數(max=10)

按年齡劃分三部份組成：現在，過去，未來

	21-29	30-49	50以上 (50 or above)
未來組成部份 prospective happiness	1.155 (3.913)***	1.627 (5.223)***	0.459 (1.544)
現在組成部份 happiness in process	1 (3.809)***	1 (3.370)***	1 (3.184)***
過去組成部份 retrospective happiness	0.658 (2.257)**	3.340 (9.547)***	1.667 (4.635)***

Normalizing the coefficient of “happiness in process”=1

現在組成部份參數標準化 = 1



Happiness Formula 快樂方程式 :

= **L I F E**

L = LOVE 關愛

I = INSIGHT 智慧

F = FORTITUDE 堅毅

E = ENGAGEMENT 活動



Measures of Love 關愛

Disagree or agree (scale of 0 to 10)

- I very much care for my family
- I very much care about social justice
- My family very much cares for me

我十分關心我的家人

我關心社會公義能否彰顯

我的家人十分關心我

Measures of Insight 智慧

Disagree or agree (scale of 0 to 10)

- I am not worried about falling behind others. 我不會理會別人是否比我優勝
- I do not care about how others treat me. 我不會理會別人如何待我
- I do not care about how others think of me 我不會理會別人如何評價我
- I am comfortable with myself and will not be troubled by my inadequacies. 我接受我自己，不會因自己的不足而煩惱
- I feel fine as long as I have met my essential needs. 我不愛與人家比較，我深信知足常樂



Measures of fortitude 堅毅

Disagree or agree (scale of 0 to 10)

- Failures only strengthen me. 挫折使我變得更堅強
- I have clear and strong convictions 我有清晰牢固的信念或信仰

Measures of engagement 活動

Disagree or agree (scale of 0 to 10)

- I have ample opportunity and am taking these opportunities to develop my potential
我有足夠機會並能充份發揮所長
- I have clearly identified goals and purposes in life.
我有清晰的人生目標



Regression Analysis (迴歸分析)

Dependent Variable: 快樂指數(maximum 10)

Independent Variables	Coefficient	t statistic
Constant	1.491	4.100***
關愛原素 Love (0-10)	0.146	2.696***
智慧原素 Insight (0-10)	0.174	3.685***
堅毅原素 Fortitude(0-10)	0.087	1.930*
活動原素 Engagement(0-10)	0.368	8.931***
家庭主婦 Housewife (1 or 0)	0.300	1.497
失業 Unemployed (1 or 0)	-0.343	-0.753
感到不小財政压力 Financial stress (1 or 0)	-0.778	-4.069***
女性 Female (1 or 0)	0.039	0.276
已婚 Married (1 or 0)	0.294	1.918*
退休 Retiree (1 or 0)	0.149	0.517
家庭收入<9,999 Household Income	-0.178	-0.849
家庭收入40,000+ Household Income	-0.088	-0.593

* & *** indicate 10% & 1% statistical significance



Regression Analysis (迴歸分析)

Dependent Variable: 快樂指數(maximum 10)

Independent Variables	Coefficient	t statistic
Constant	1.491	4.100***
關愛原素 Love (0-10)	0.146	2.696***
智慧原素 Insight (0-10)	0.174	3.685***
堅毅原素 Fortitude(0-10)	0.087	1.930*
活動原素 Engagement(0-10)	0.368	8.931***

For someone with 10 for each of the 4 components:

Happiness Index =

$$1.491 + 1.46 + 1.74 + 0.87 + 3.68 = 9.241$$

* & *** indicate 10% & 1% statistical significance



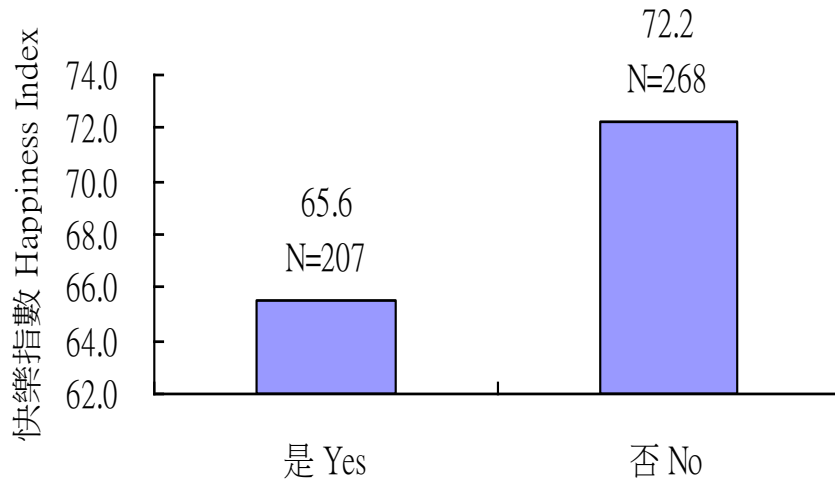
工作 與 快樂

Job and Happiness



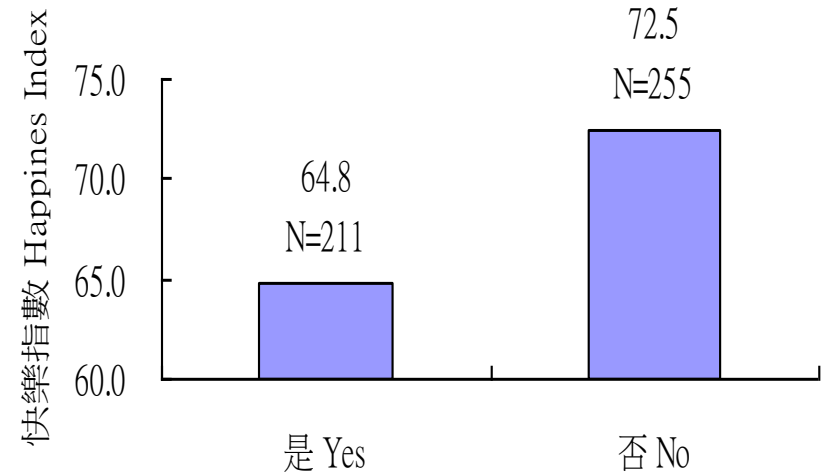
你是否感到每星期工作過長?

Do you agree your weekly working hours are too long?



你是否感到工作壓力過大?

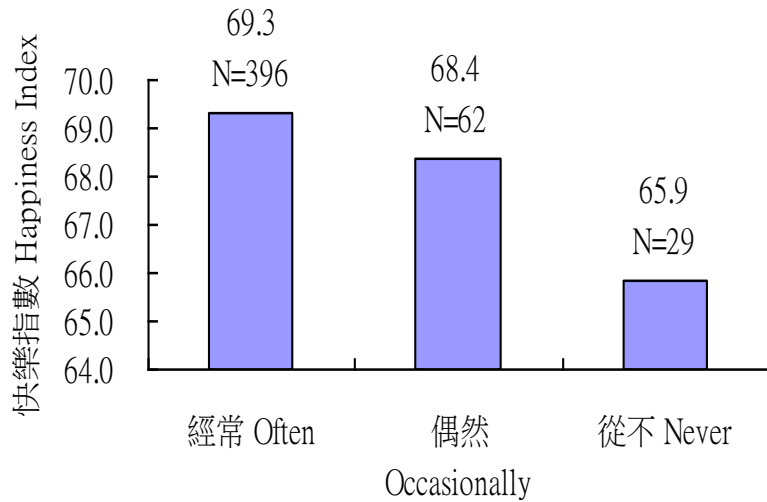
Do you feel too much pressure from work?





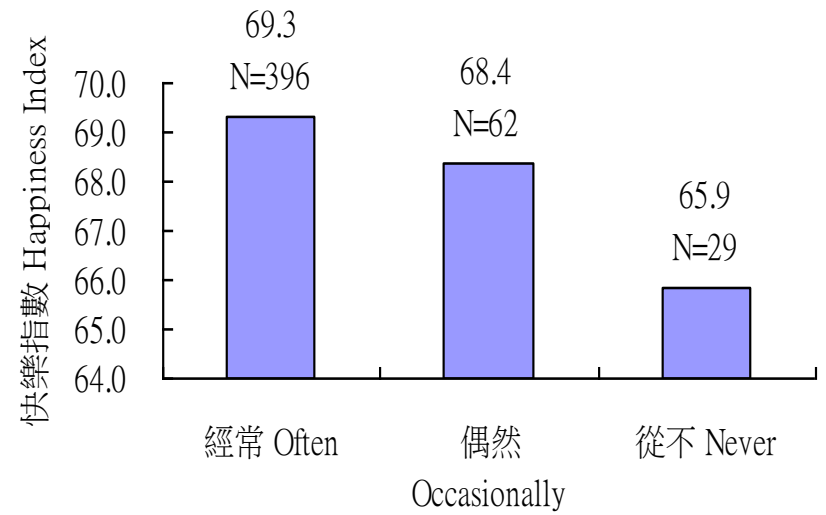
你的工作需要與人溝通嗎?

Do you need to communicate with people in work?



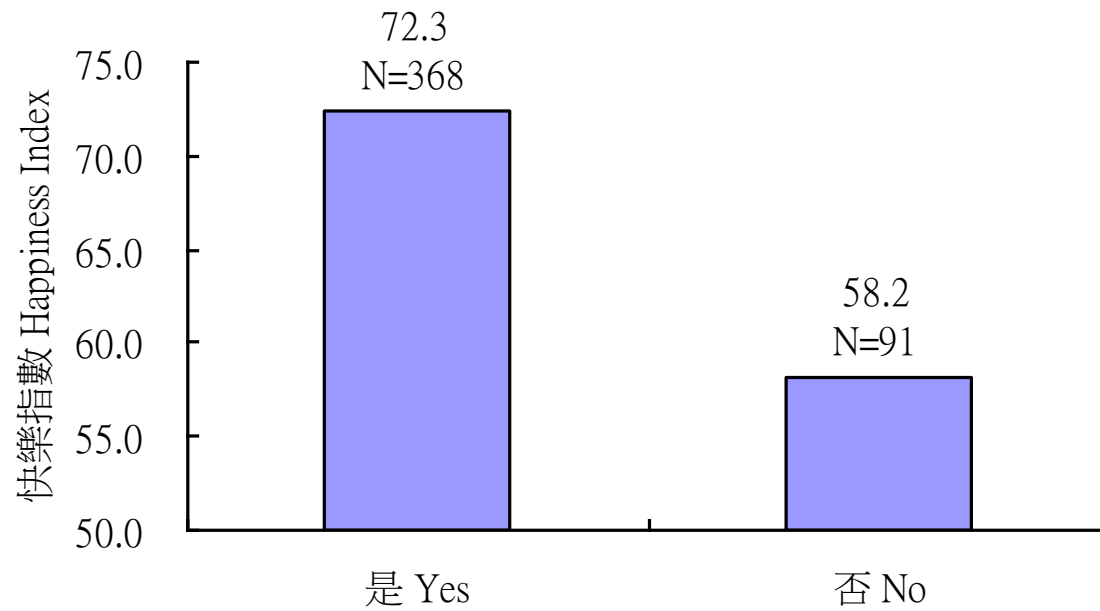
你的工作需要與人溝通嗎?

Do you need to communicate with people in work?





你對工作環境是否滿意
Are you satisfied with your working environment?



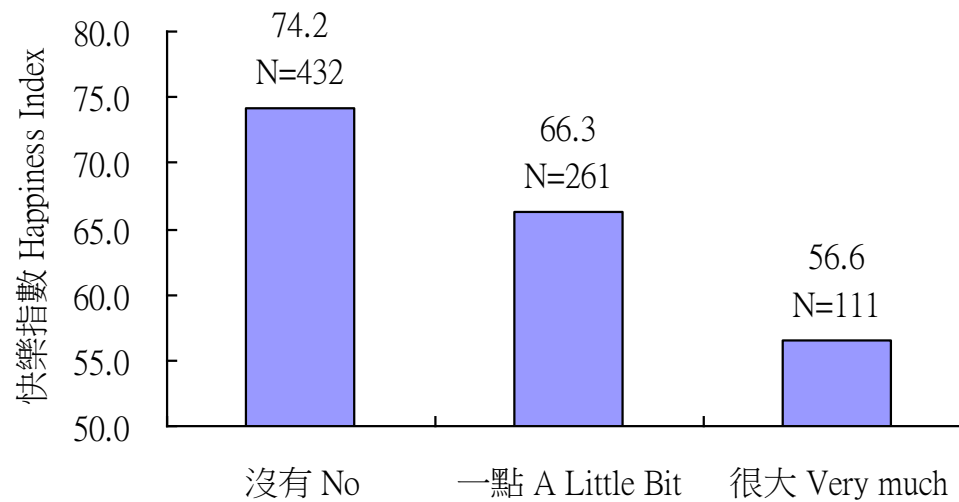


財政壓力 與 快樂

Financial Stress & Happiness



你有沒有感到財政壓力?
Do you feel pressure financially?





財政壓力 Financial Stress	家庭收入 Household Income				所有受訪者 All respondents
	\$9999或以下 or below	\$10000- \$19999	\$20000- \$39999	\$40000或以上 or above	
沒有 No	53.0%	37.9%	47.1%	69.7%	53.3%
一點 A little bit	25.0%	39.8%	37.9%	23.6%	31.5%
很大 A lot	22.0%	22.3%	14.9%	6.7%	15.1%
總數 Total %	100.0%	100.0%	100.0%	100.0%	100.0%



財政壓力Financial Stress	教育程度 Educational Level			所有受訪者 All Respondents
	小學程度或以下 Primary or below	中學程度 Secondary	大專程度或以上 Post secondary or above	
沒有 NO	48.1%	50.1%	60.3%	53.5%
一點 A little bit	29.6%	34.7%	30.3%	32.4%
很大 Too much	22.2%	15.2%	9.4%	14.1%
總數Total	100.0%	100.0%	100.0%	100.0%

Characteristics of unhappy people 不快樂人士的分析





比較不快樂的人與整體受訪者的年齡 Comparison between Unhappy and All Respondents by Age			
年齡 Age	不快樂的人(N) Unhappy Respondents	整體受訪者(N) All Respondents	不快樂佔百分比 % of Unhappy Respondents
21-29	16	166	9.6%
30-49	30	382	7.9%
50以上 (50 or above)	23	251	9.2%
總數Total	69	799	8.6%

比較不快樂的人與整體受訪者的個人收入 Comparison between Unhappy and All Respondents by Personal Income			
個人收入 Personal Income	不快樂的人(N) Unhappy Respondents	整體受訪者(N) All Respondents	不快樂佔百分比 % of Unhappy Respondents
\$9999以下	33	363	9.1%
\$10000 - \$19999	17	180	9.4%
\$20000 - \$39999	4	112	3.6%
\$40000以上	7	55	12.7%
總數Total	61	710	8.6%



比較不快樂的人與整體受訪者的家庭收入 Comparison between Unhappy and All Respondents by Household Income			
家庭收入 Household Income	不快樂的人(N) Unhappy Respondents	整體受訪者(N) All Respondents	不快樂佔百分比 % of Unhappy Respondents
\$9999以下	14	103	13.6%
\$10000 - \$19999	13	104	12.5%
\$20000 - \$39999	9	175	5.1%
\$40000以上	13	165	7.9%
總數Total	49	547	9.0%

比較不快樂的人與整體受訪者的職位 Comparison between Unhappy and All Respondents by Occupation			
最感興趣的活動 Most Cherished Activity	不快樂的人(N) Unhappy Respondents	整體受訪者(N) All Respondents	不快樂佔百分比 % of Unhappy Respondents
My Job 我的工作 (Incl. Housework; 包括治家)	0	49	0.00%
Good Material life 物質享受	25	336	7.44%
Cultural and Recreational 康樂文化	36	459	7.84%
Voluntary work 義務工作	4	29	13.79%
No hobbies 沒有感興趣的活動	12	90	13.33%



比較不快樂的人與整體受訪者的職位
Comparison between Unhappy and All Respondents by Occupation

職位 Occupation	不快樂的人(N) Unhappy Respondents	整體受訪者(N) All Respondents	不快樂佔百分比 % of Unhappy Respondents
經理及行政人員 Managers & Administrators	6	88	6.8%
專業人員 Professionals	8	90	8.9%
文員 Clerks	7	100	7.0%
服務工作及商店銷售人員 Ser & Shop Sales Workers	5	79	6.3%
非技術工人 Elementary Occupation	5	24	20.8%
家庭主婦 Housewives	7	135	5.2%
失業、待業 Unemployed	4	23	17.4%
退休 Retired	8	82	9.8%
總數 Total	50	621	8.1%