



香港快樂指數

Hong Kong Happiness Index

2010

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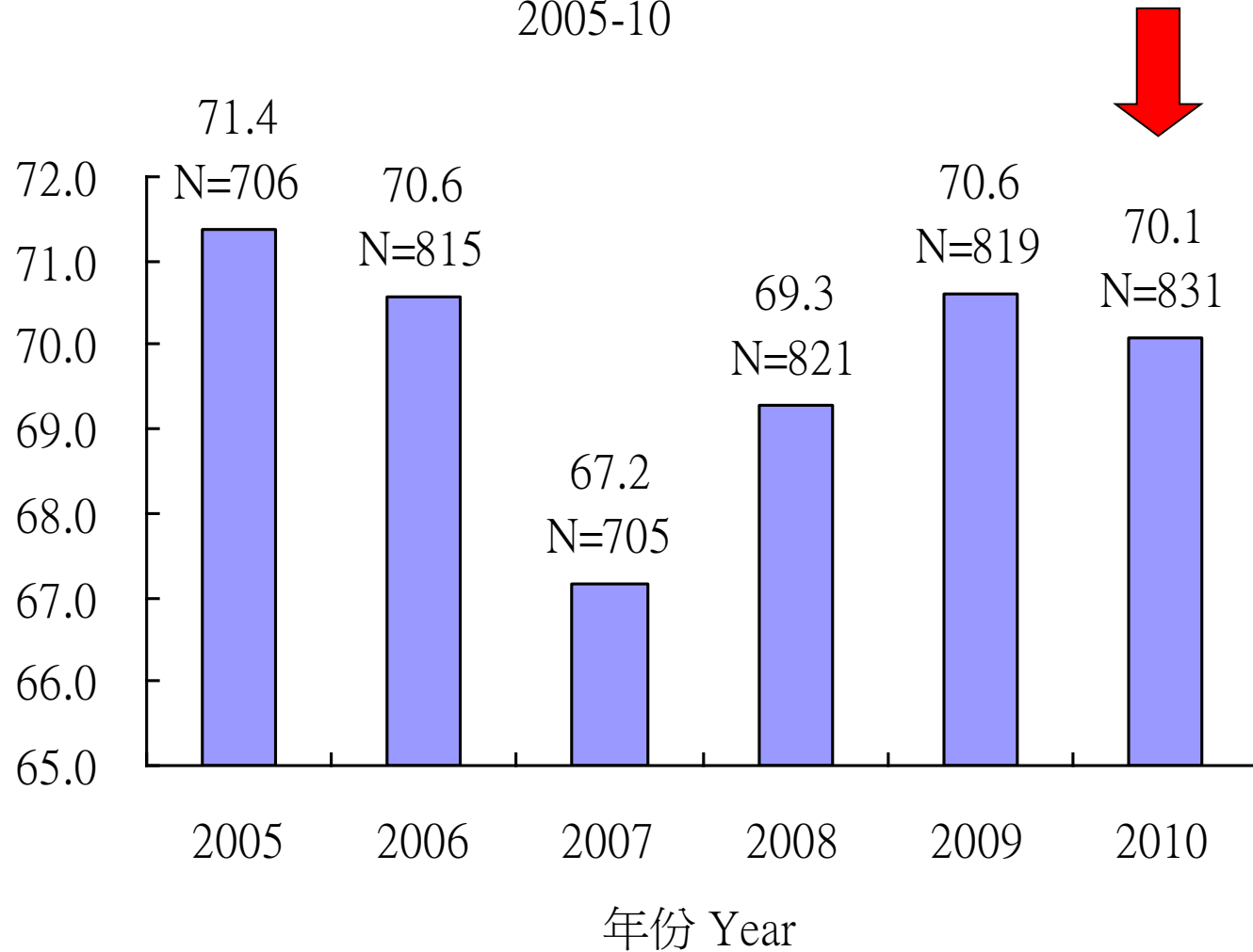
2005 – 2010



- 調查自2005年首次推出今年為第6次
Launched in 2005, this year is the 6th time for the study
- 今年調查於2010年10月18日至22日期間進行
The survey was conducted between Oct18-22
- 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834位年齡21歲以上的香港居民
834 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



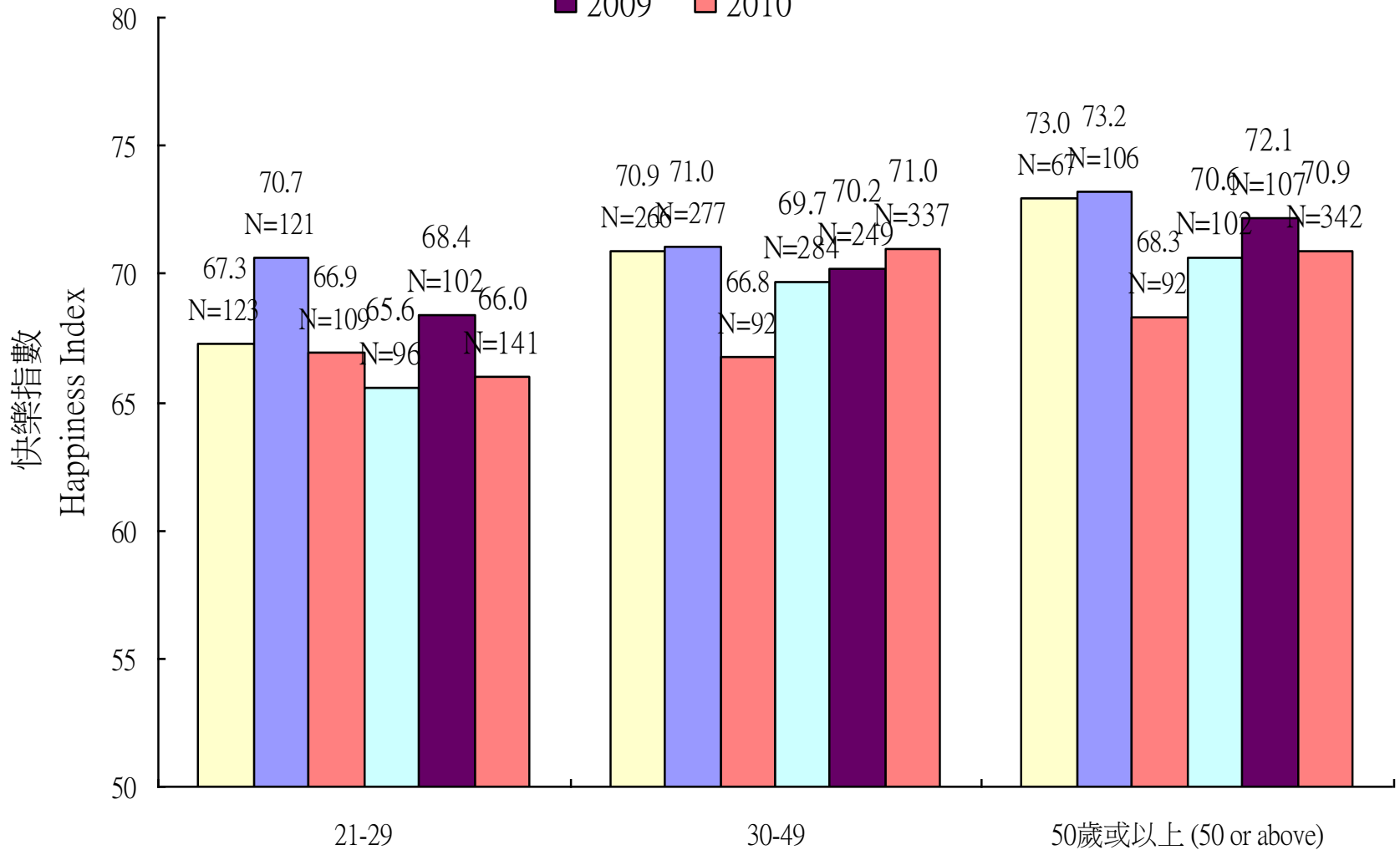
快樂指數 Happiness Index
2005-10



按年齡劃分快樂指數 (工作人口)

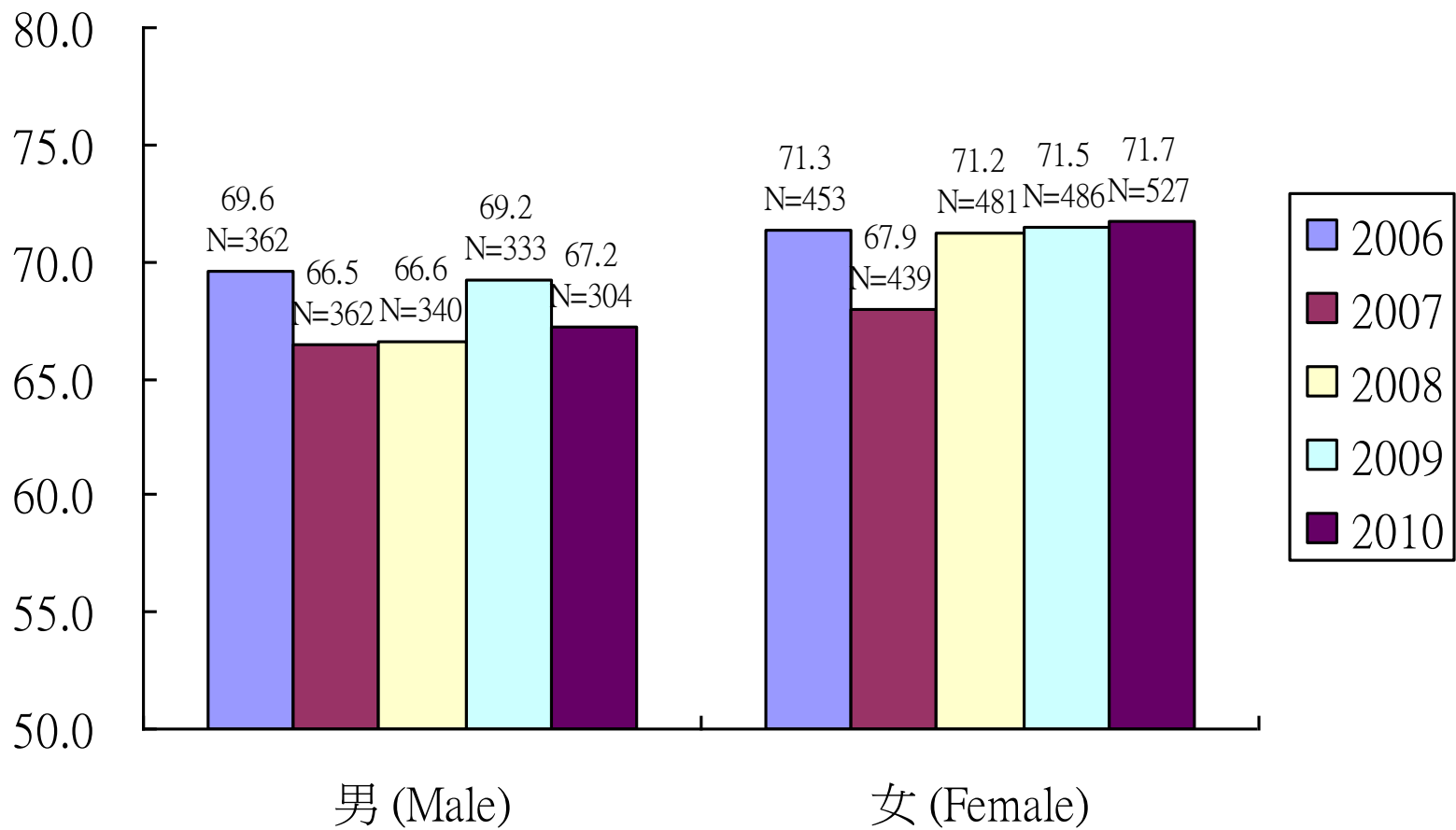
Happiness Index by Age (Working Population Only)

2005 2006 2007 2008
2009 2010





按性別劃分快樂指數 Happiness Index by Sex





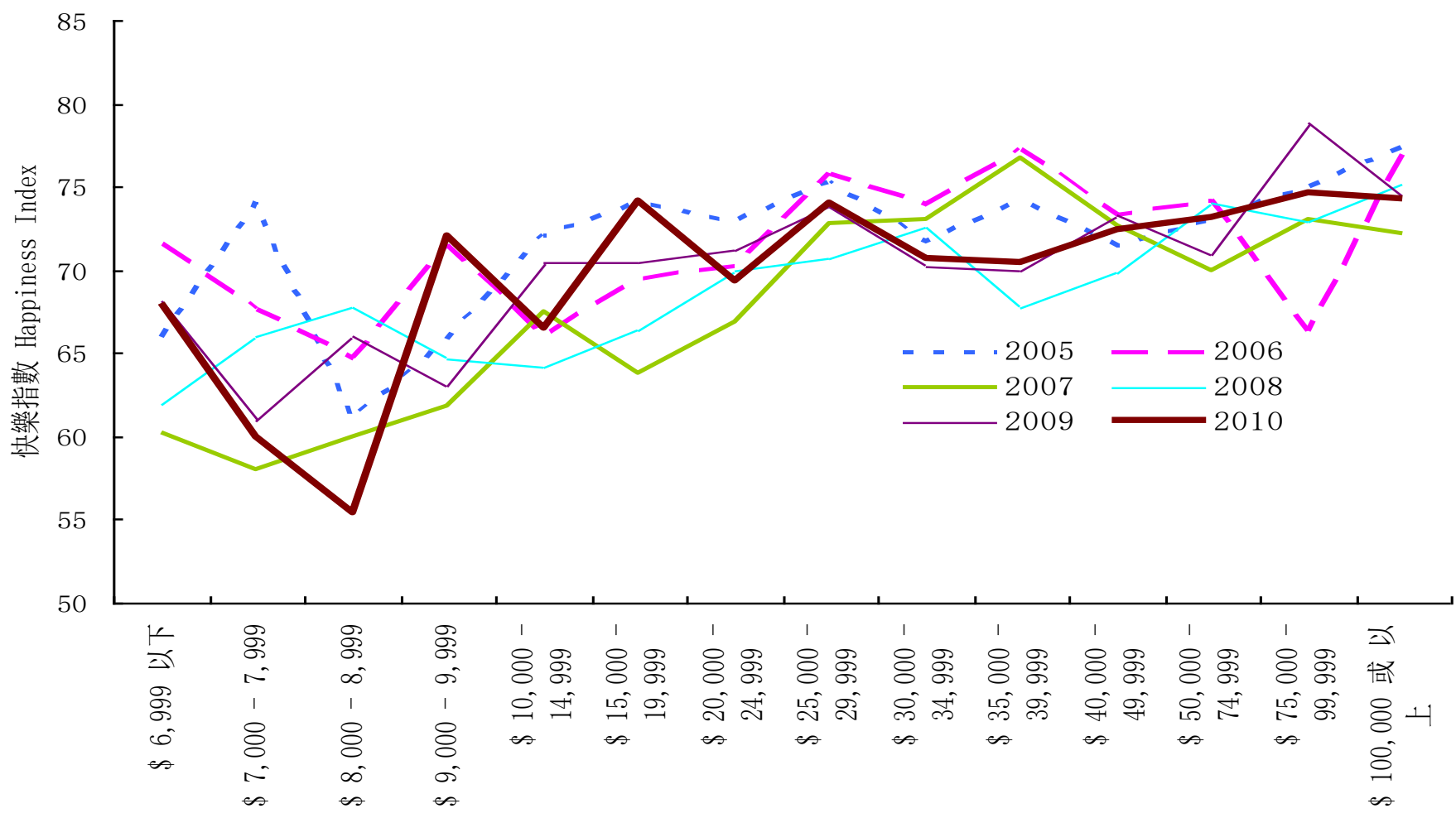
Income, Financial Situation and Happiness

收入, 財政狀況與快樂



家庭每月收入 與 快樂指數 2005-10

Household Monthly Income and Happiness Index





(包括無收入人士 *including no income group*)

家庭每月收入 Household Income	2008		2009		2010	
	平均值 Mean	樣本 數目 Sample	平均值 Mean	樣本 數目 Sample	平均值 Mean	樣本 數目 Sample
\$9999 or below	63.04	102	66.63	104	66.64	116
\$10,000-\$19,999	65.10	104	70.42	119	69.57	116
\$20000-\$29,999	70.20	101	71.88	106	70.58	104
\$30,000-\$39,999	71.64	73	70.13	76	70.60	83
\$40,000 or above	72.91	165	72.81	142	73.29	155



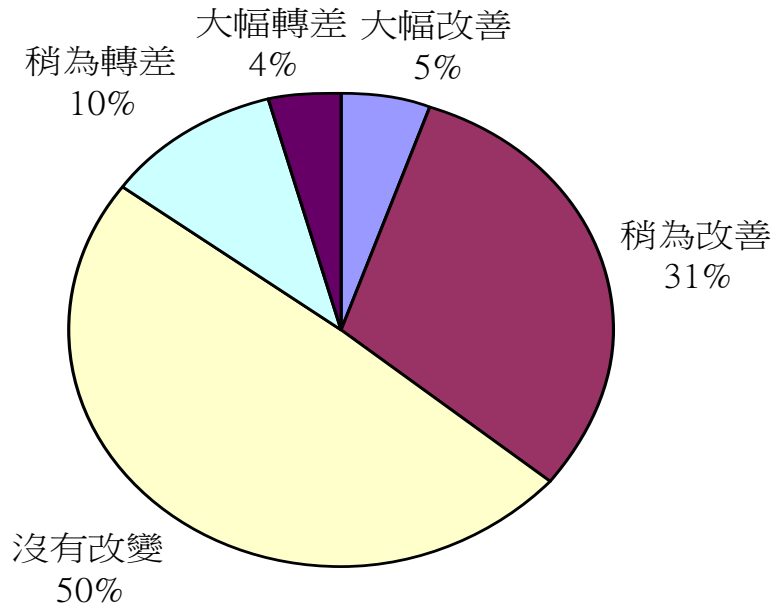
(不包括無收入人士 *excluding no income group*)

家庭每月收入 Household Income	2008		2009		2010	
	平均值 Mean	樣本 數目 Sample	平均值 Mean	樣本 數目 Sample	平均值 Mean	樣本 數目 Sample
\$9999 or below	66.21	58	63.85	65	66.21	66
\$10,000-\$19,999	65.10	104	70.42	119	69.57	116
\$20000-\$29,999	70.20	101	71.89	106	70.58	104
\$30,000-\$39,999	71.64	73	70.13	76	70.60	83
\$40,000 or above	72.91	165	72.82	142	73.29	155



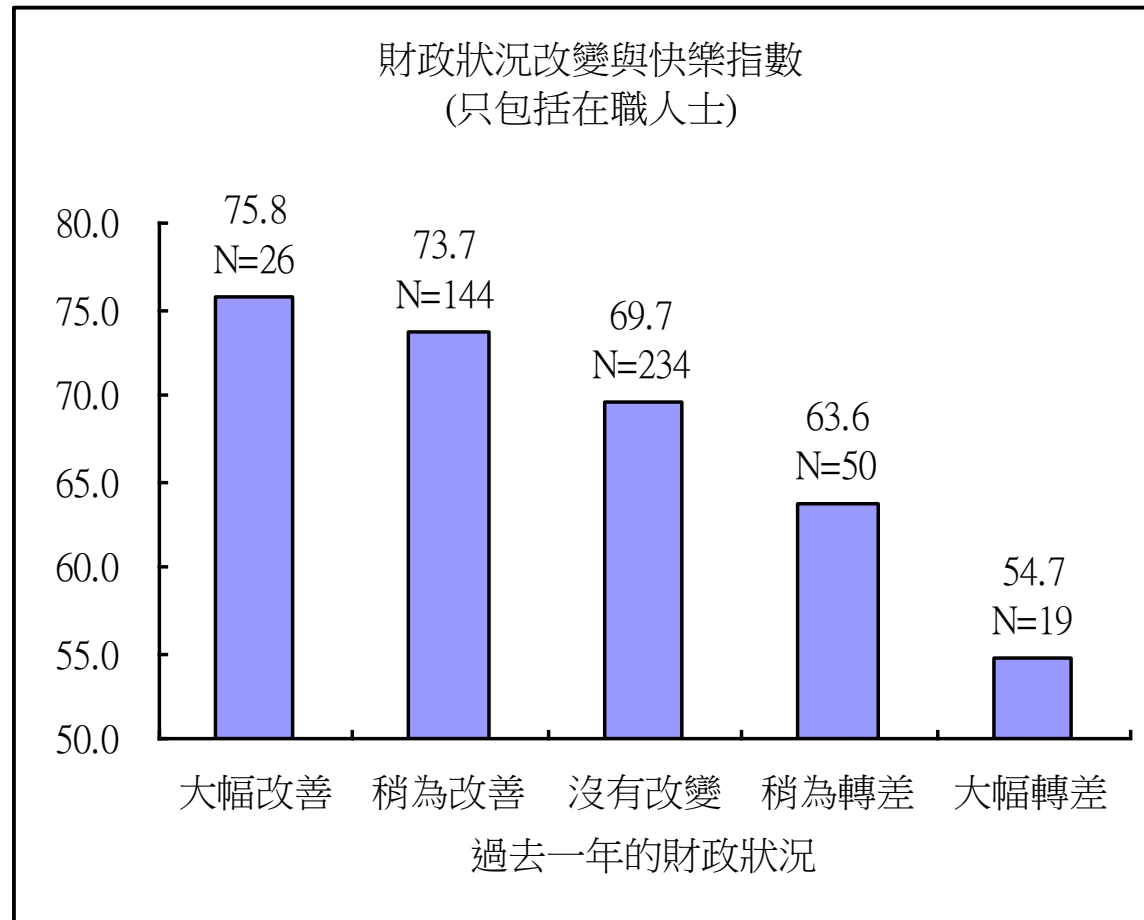
Is your financial situation better, worse, or about the same compared with last year?

2010: 過去一年, 你的財政狀況如何?
(只包括在職人士)



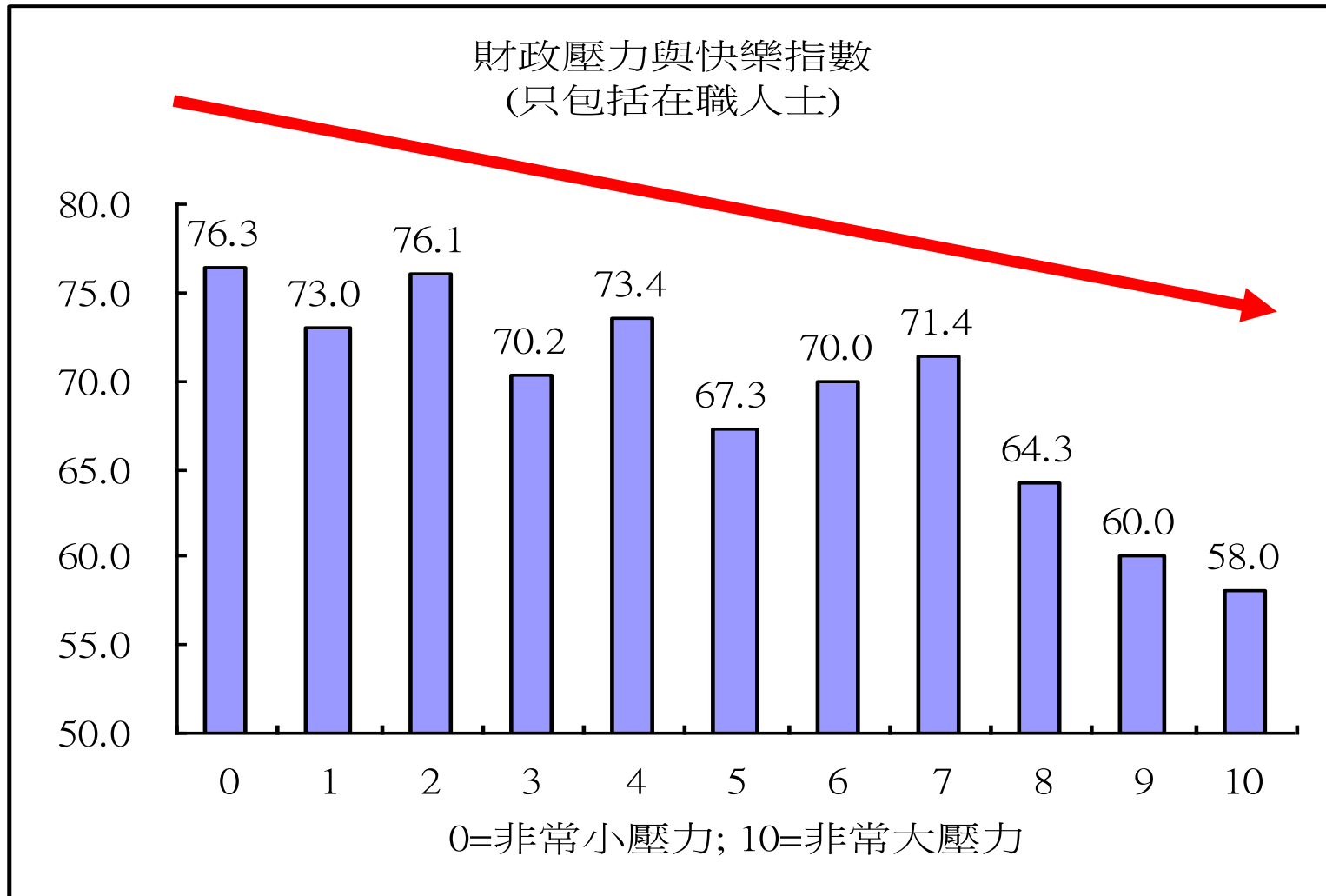


Happiness Index by Change of Financial Situation



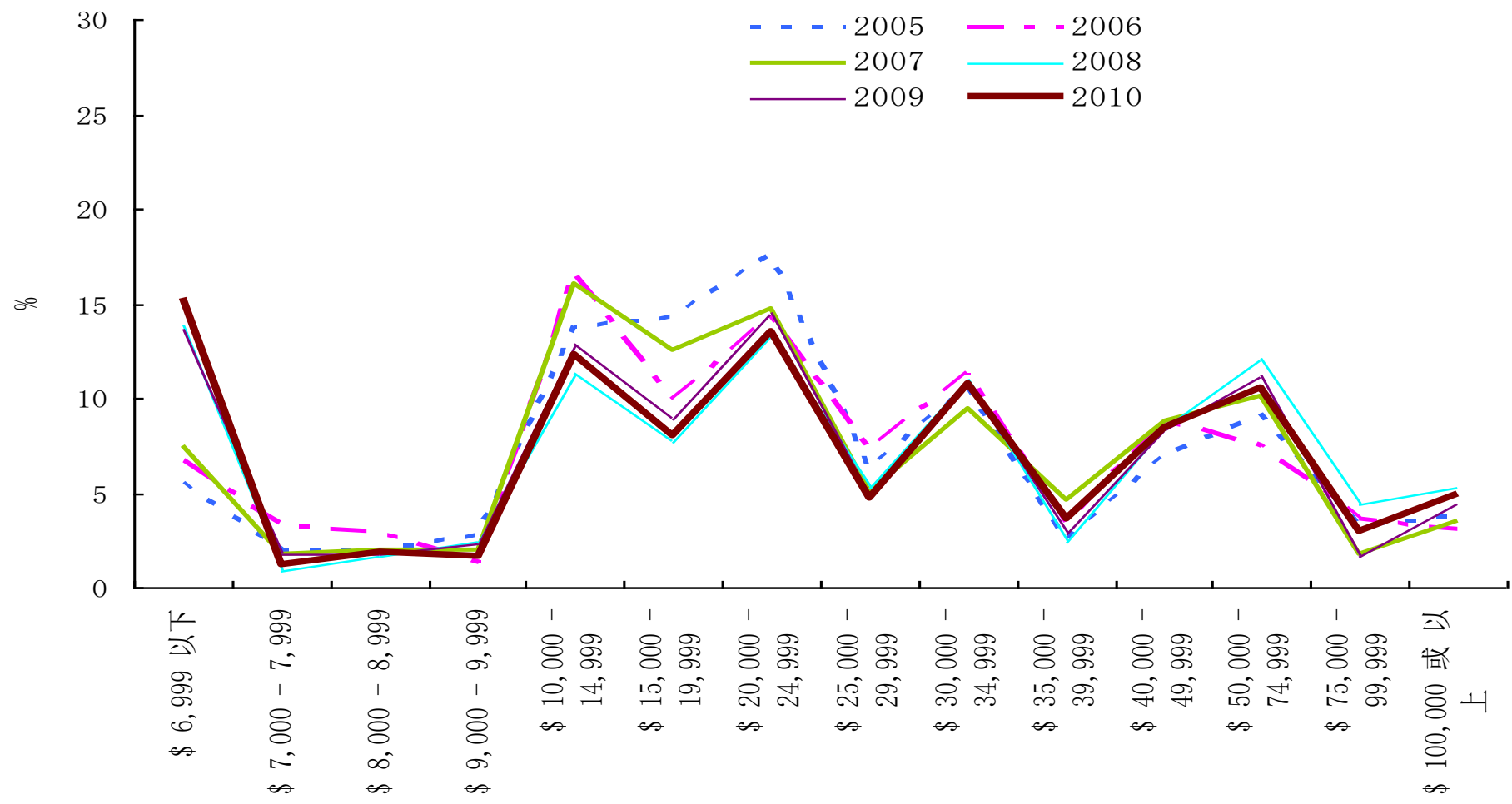


Happiness by Financial Pressure





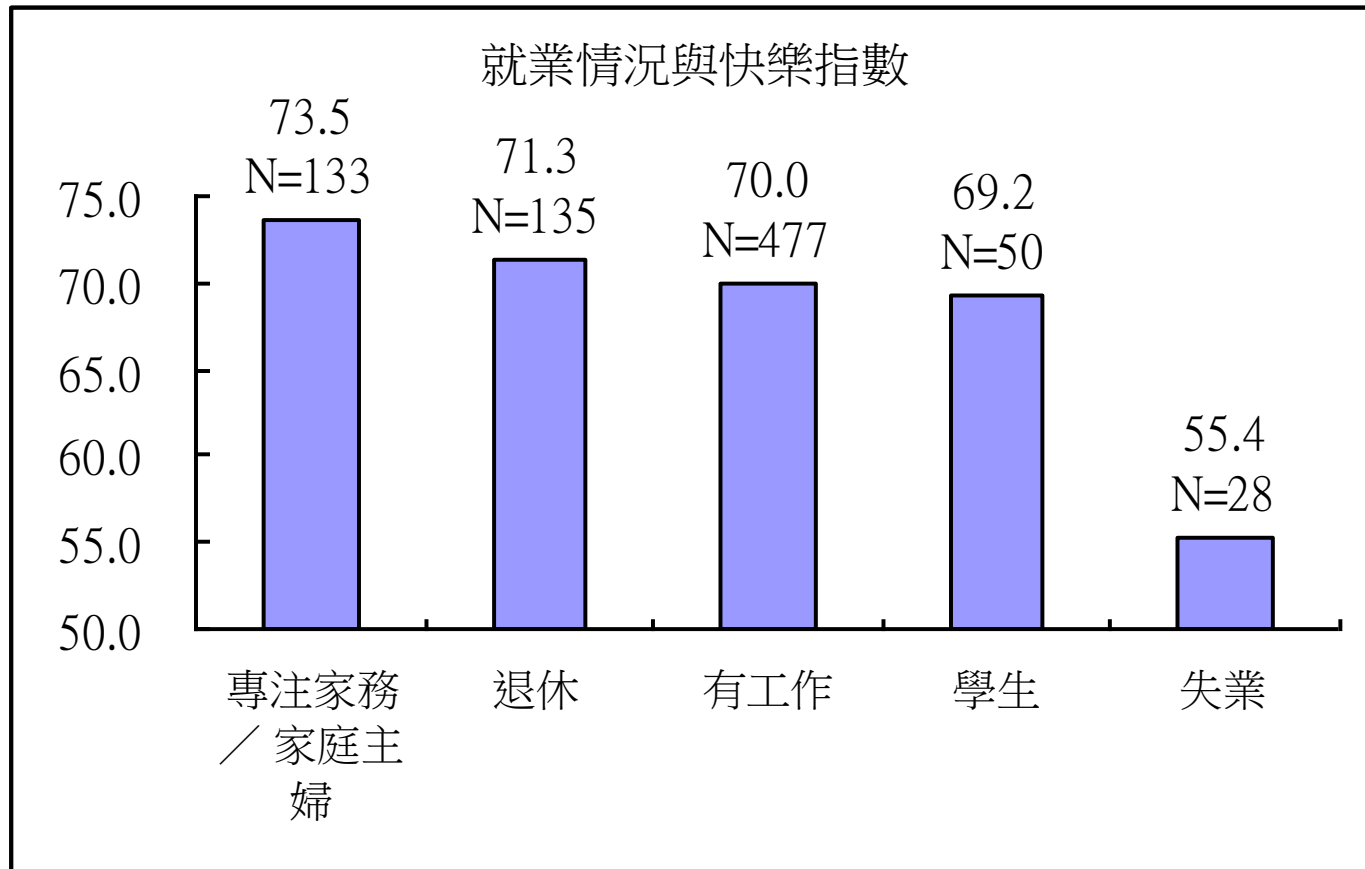
家庭每月收入水平分佈 2005-10 Distribution of Household Monthly Income



Work and Happiness

工作與快樂

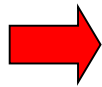






33.你最喜愛的活動，包括工作，是甚麼？（最多可選兩項）

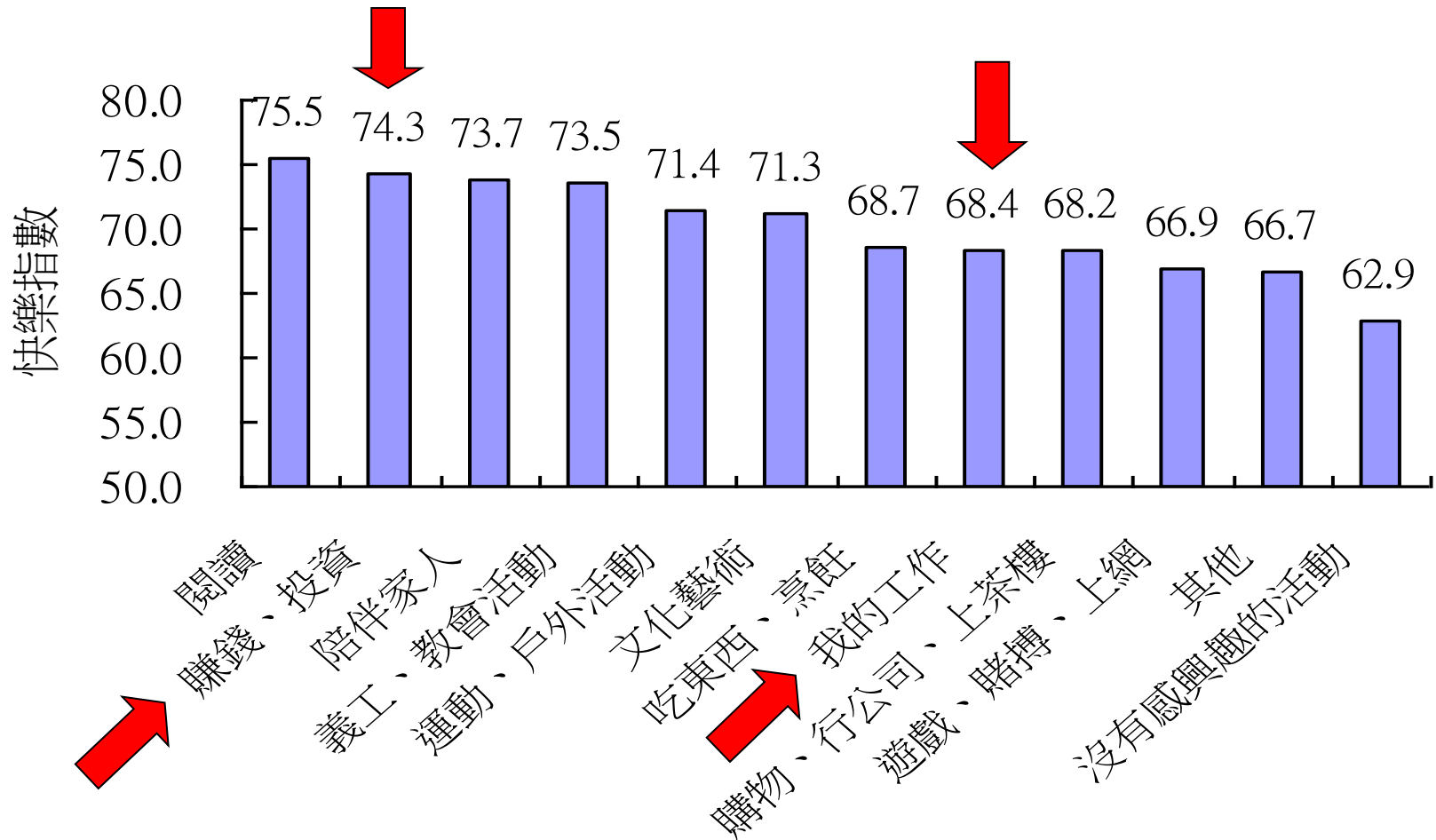
運動、戶外活動	338
文化藝術	136
遊戲、賭搏、上網	101
購物、行公司、上茶樓	100
陪伴家人	84
吃東西、烹飪	66
其他	42
我的工作	40
義工、教會活動	33
閱讀	28
沒有感興趣的活動	21
賺錢、投資	8
總回答人數	812





Happiness Index by the most favourite activity

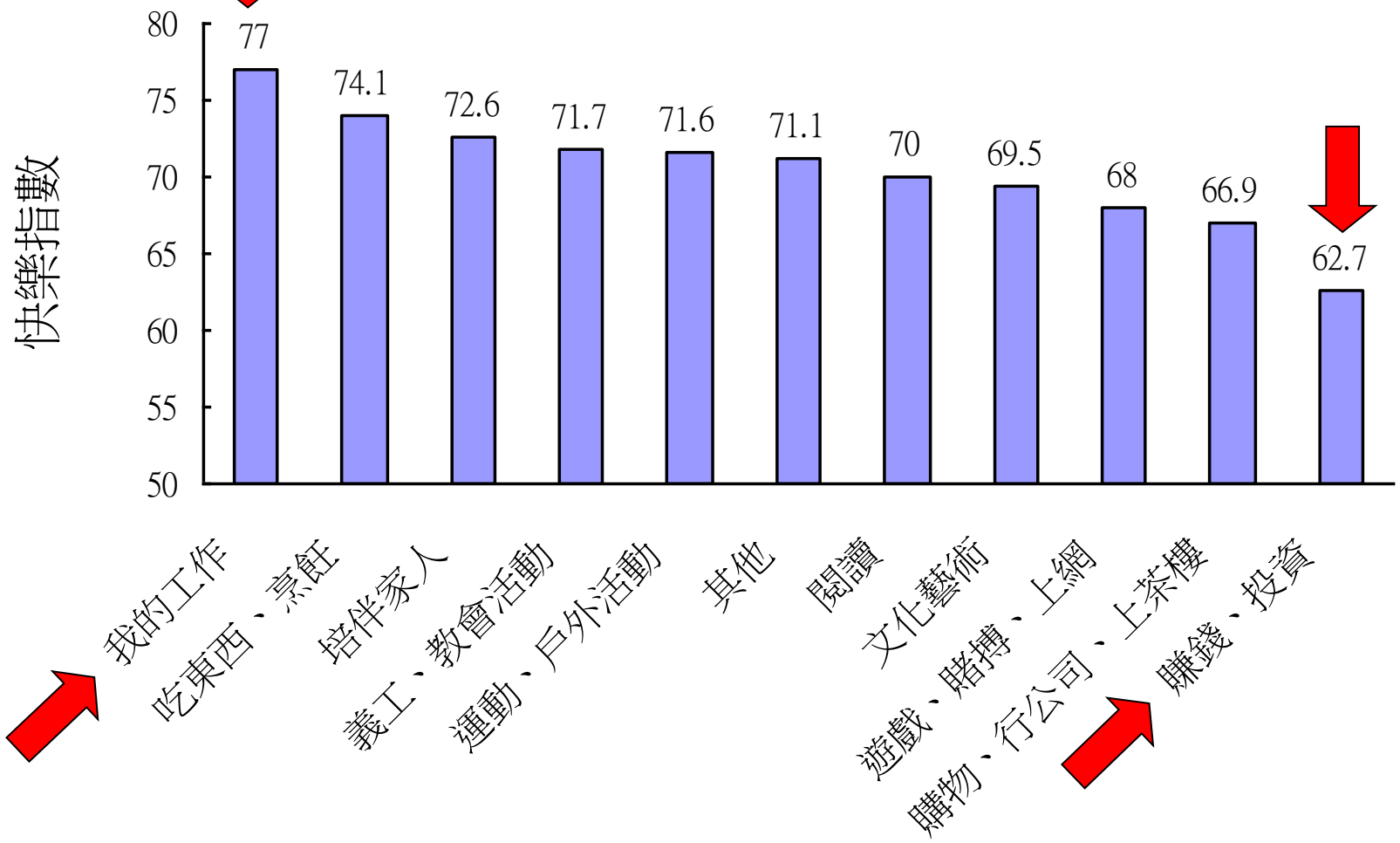
快樂指數比較: 最喜愛的活動





2009

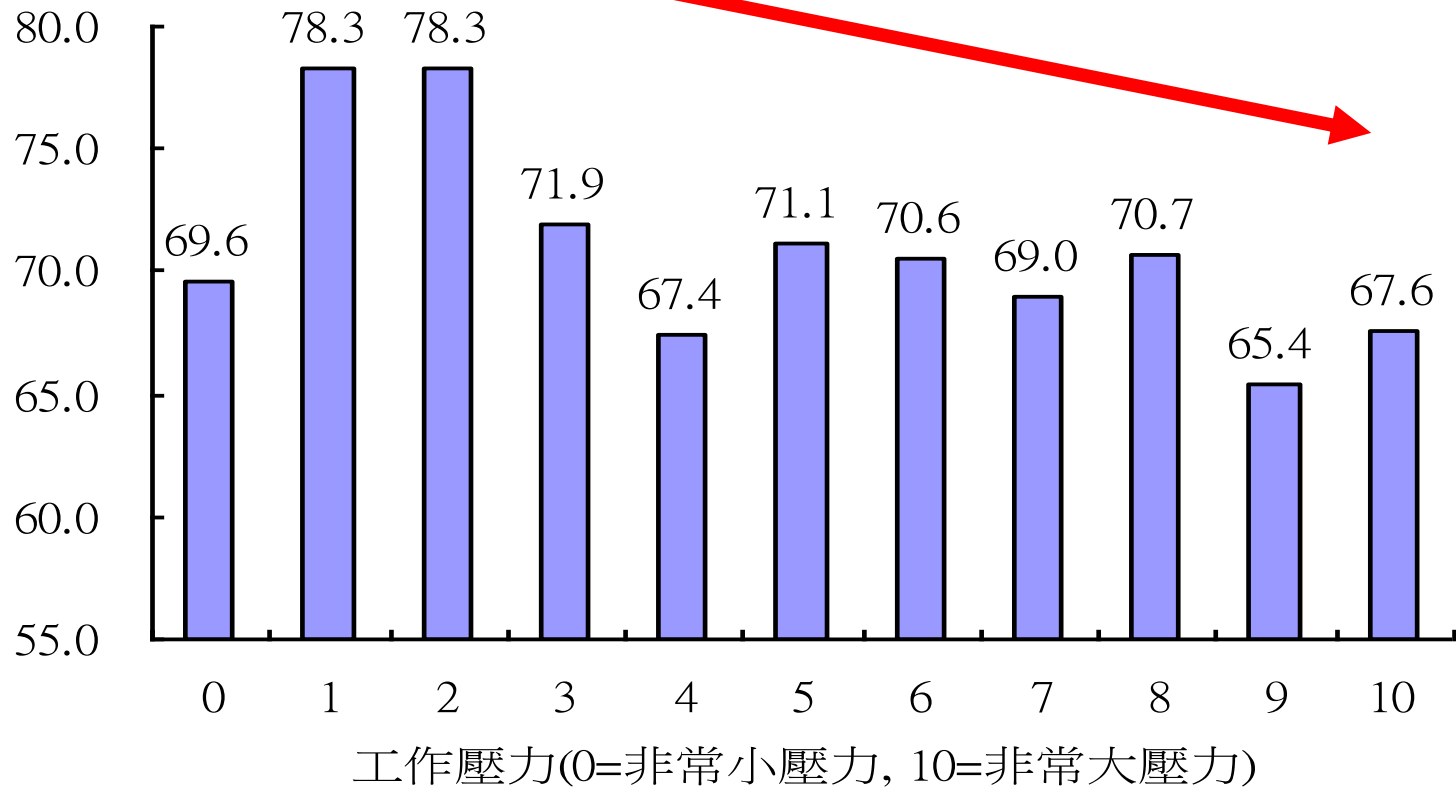
Happiness Index by the most favorite activity 快樂指數比較: 最喜愛的活動





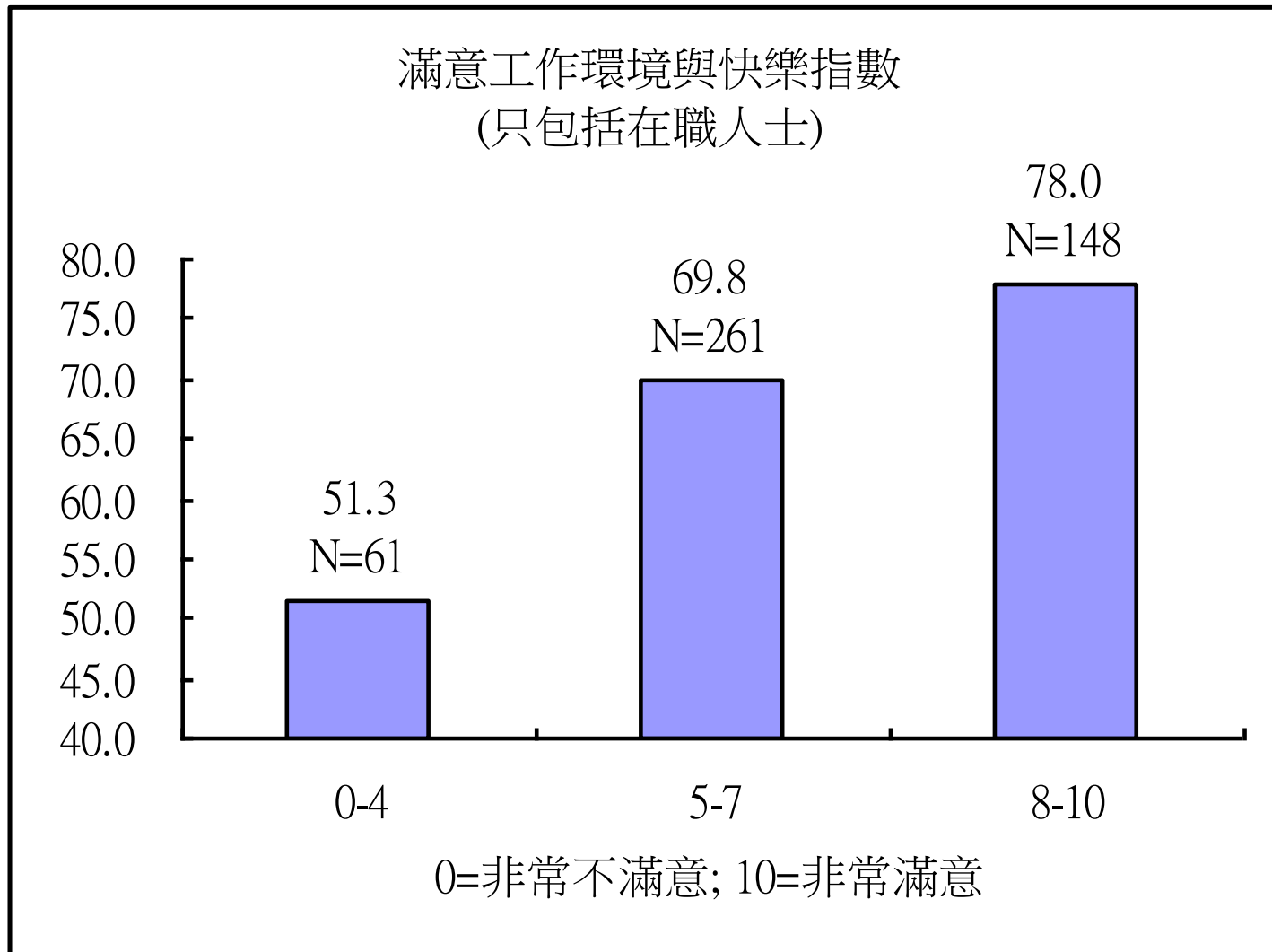
Happiness Index by Work Pressure

工作壓力與快樂指數
(只包括在職人士)



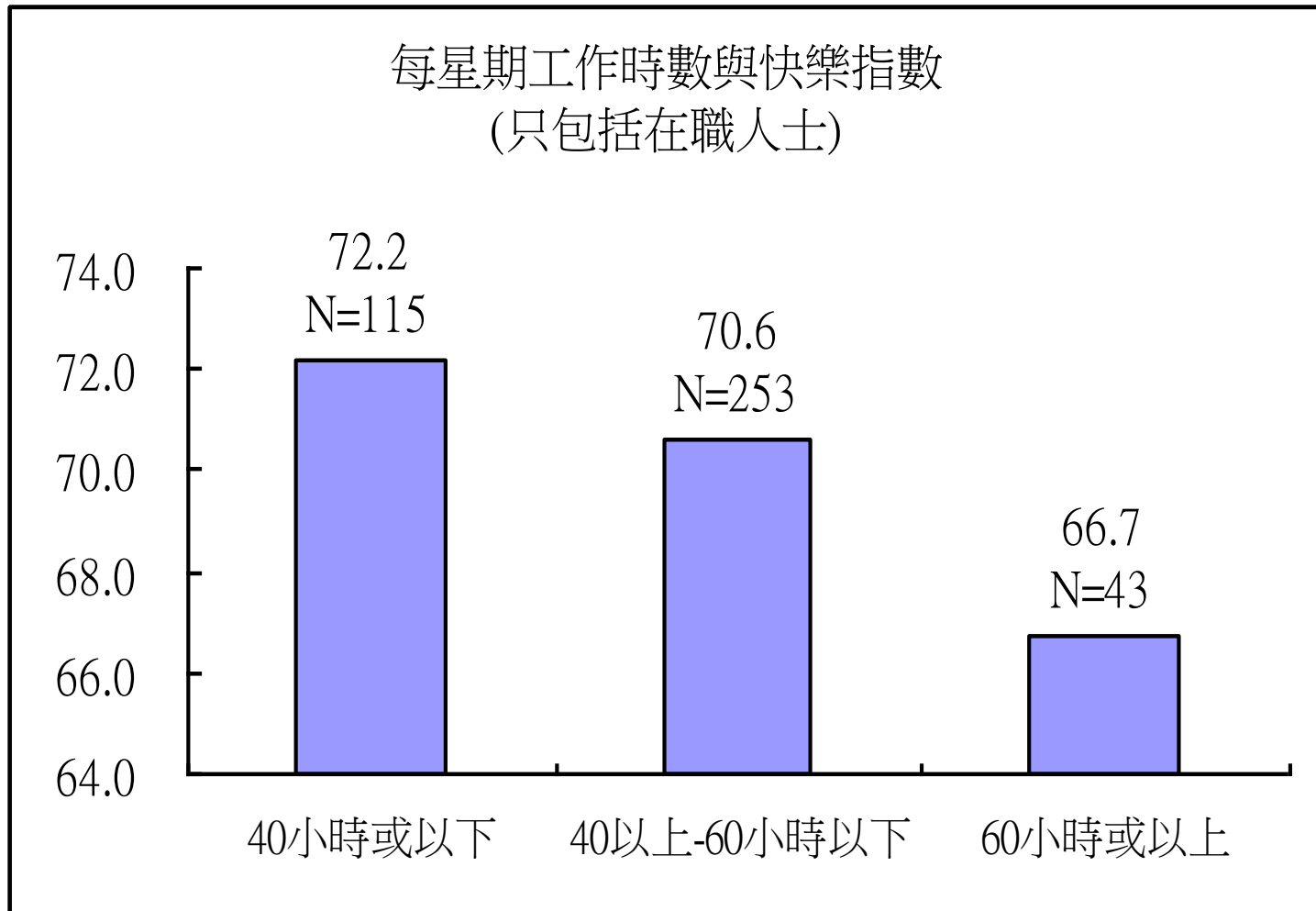


Happiness Index by the Satisfaction about Working Environment





Happiness Index by Weekly Working Hours





其他因素

Other Factors



21. 請問你能堅持下去的力量，是來自哪一方面，是別人的鼓勵和支持、宗教信仰，還是其他方面的信念？

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	別人的鼓勵和支持	338	40.5	55.2	55.2
	宗教信仰	94	11.3	15.4	70.6
	其他方面的信念	180	21.6	29.4	100.0
	Total	612	73.4	100.0	
Missing	不知道 / 沒有意見 [跳至第 23 題]	16	1.9		
	不願回答	1	.1		
	9	205	24.6		
	Total	222	26.6		
Total		834	100.0		



22.請問是誰給你支持呢？(最多可選五個答案)

	Frequency
家人	301
朋友	98
親戚	9
同事	9
教友	9
師長	5
同學	4
其他	20
總回答人數	348

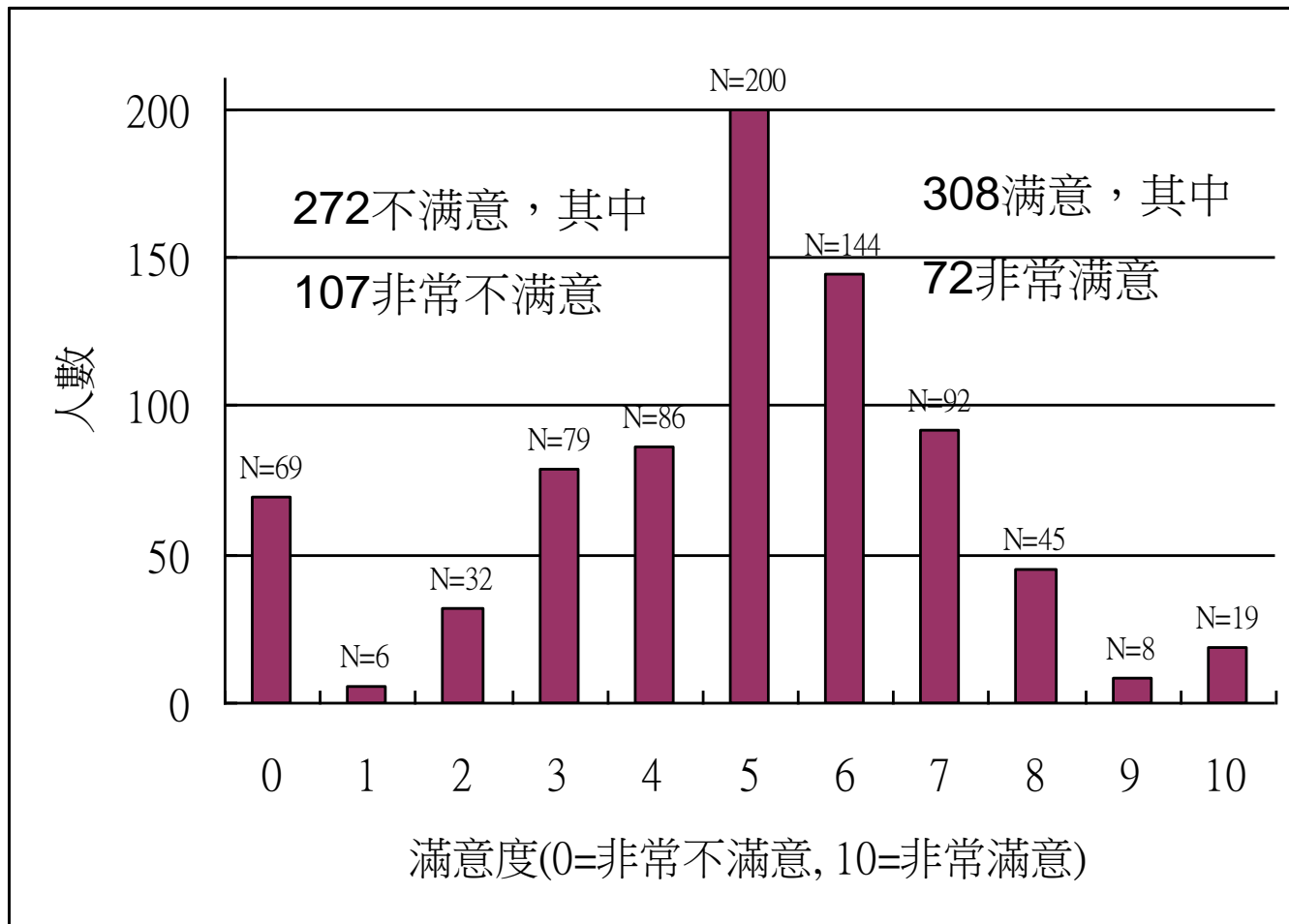


23.一生中你最感激的是誰？

	Frequency	Valid Percent
母親	296	38.1
父親	129	16.6
伴侶	118	15.2
其他	51	6.6
子女	34	4.4
神	33	4.2
自己	32	4.1
兄弟姊妹	23	3
父母	20	2.6
朋友	19	2.4
師長	13	1.7
同事	2	0.3
教友	1	0.1
沒有最感激的人	6	0.8
Total	777	100

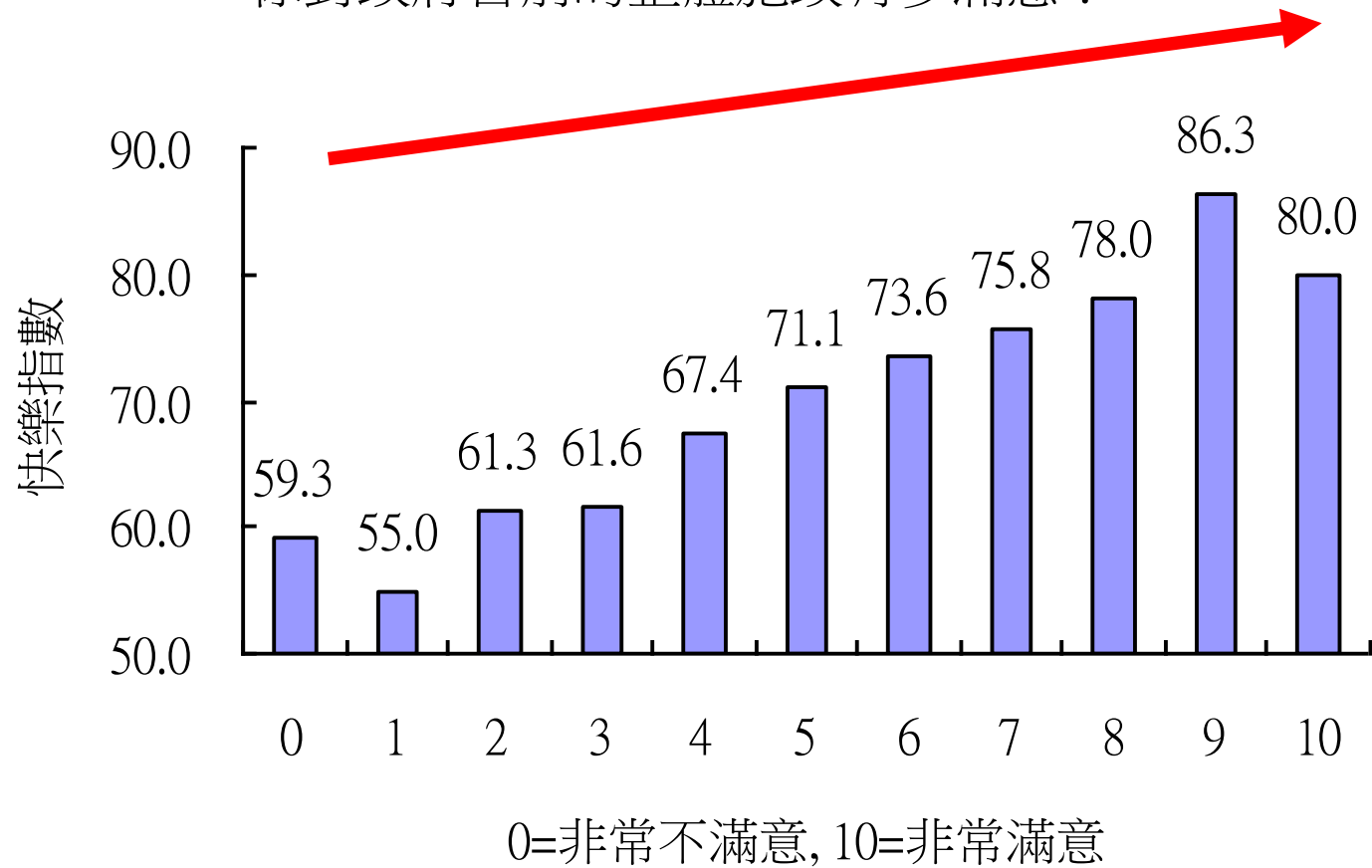


你對政府目前的整體施政有多滿意? **Score=4.85**



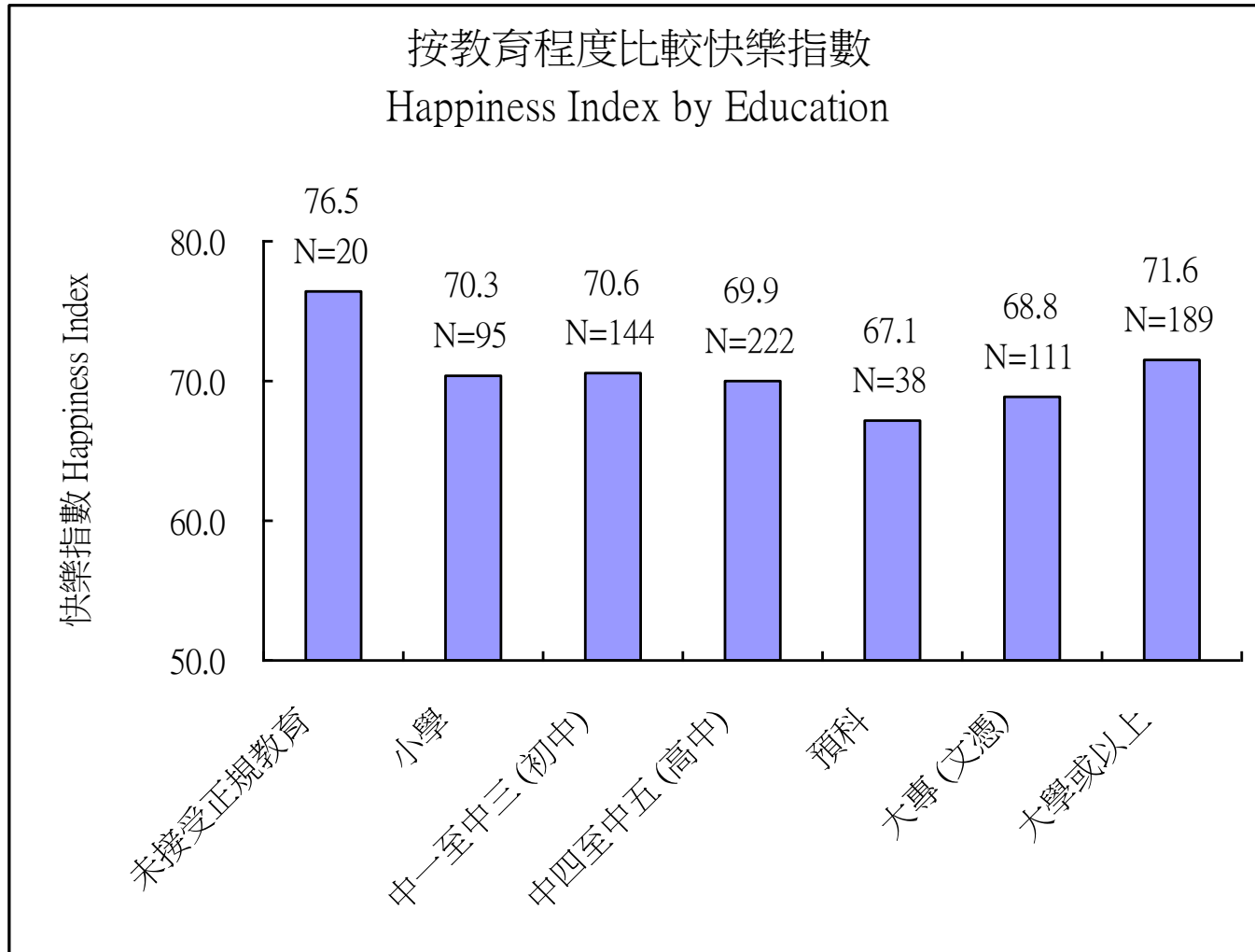


你對政府目前的整體施政有多滿意？



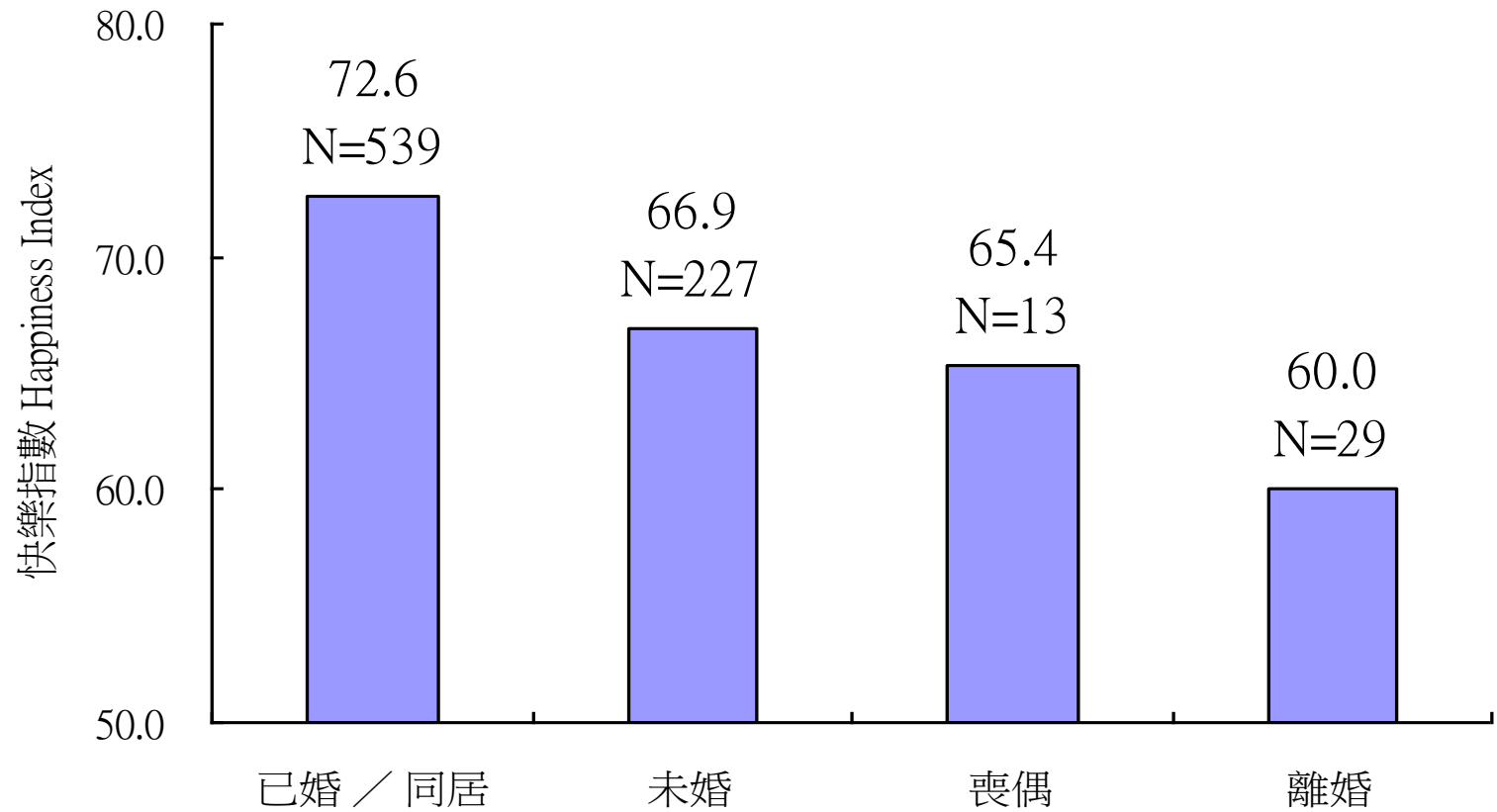


Happiness Index by Education



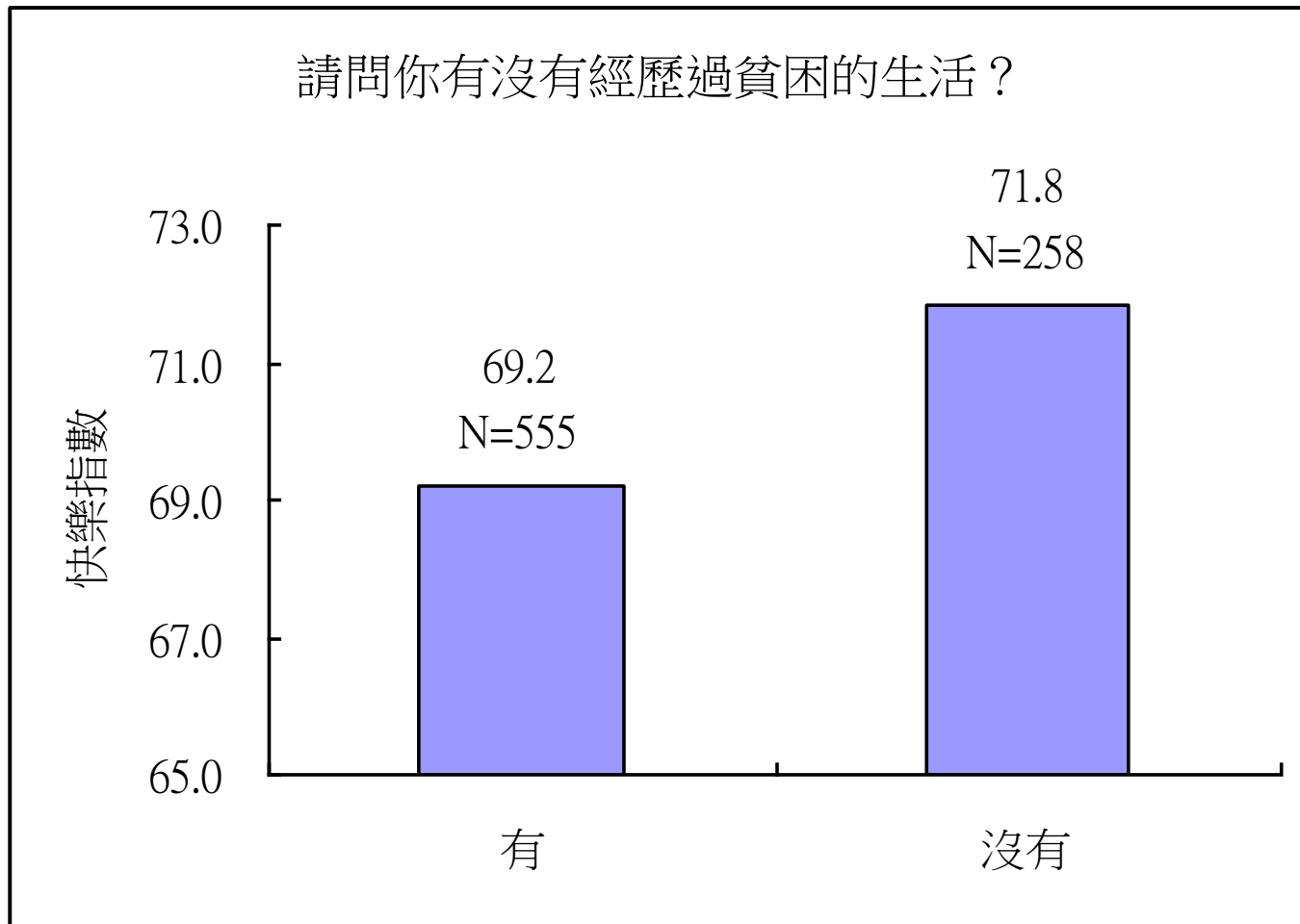


按婚姻狀況比較快樂指數
Happiness Index by Marital Status



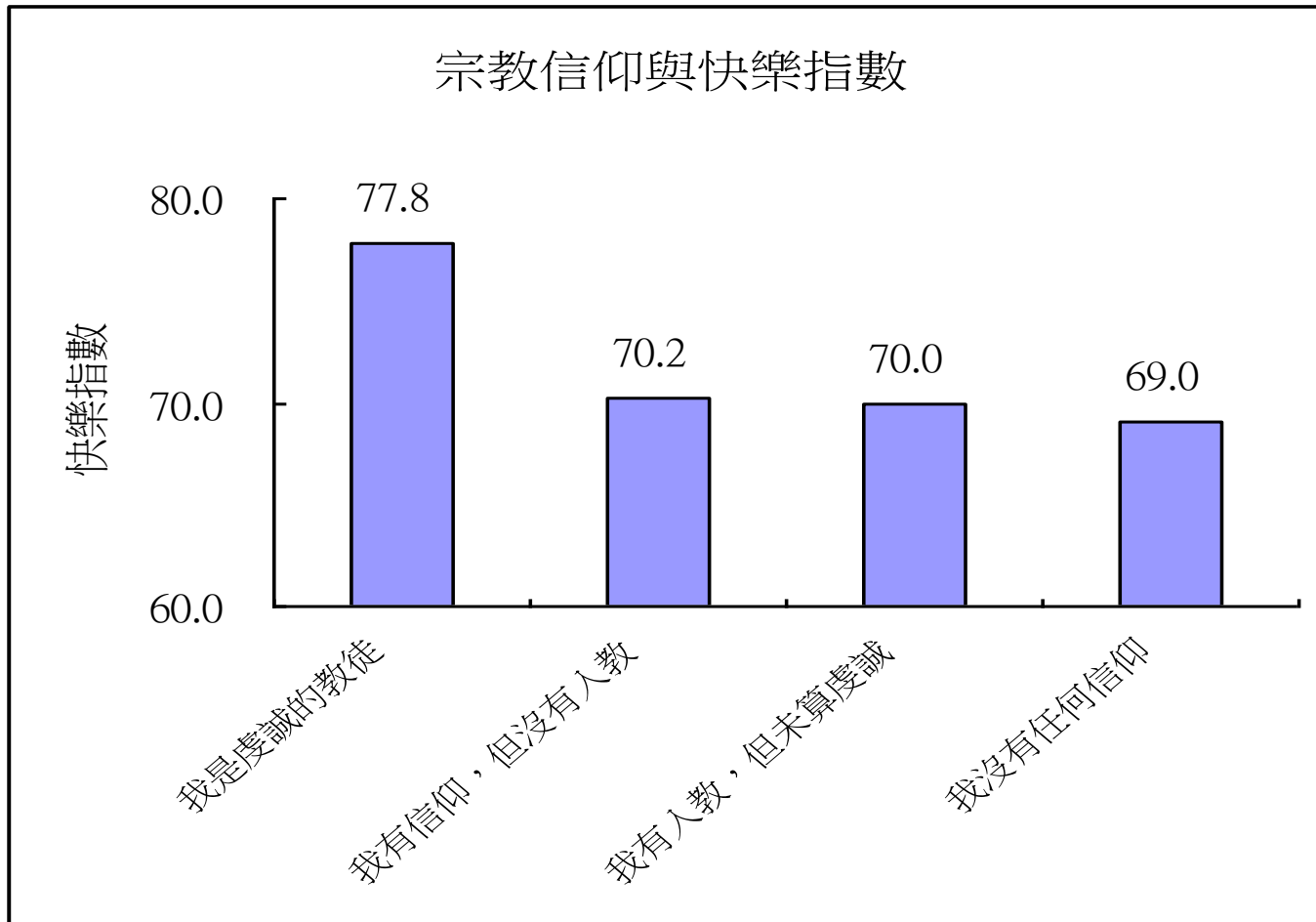


Comparison of Happiness Index: Have you ever experienced poverty?



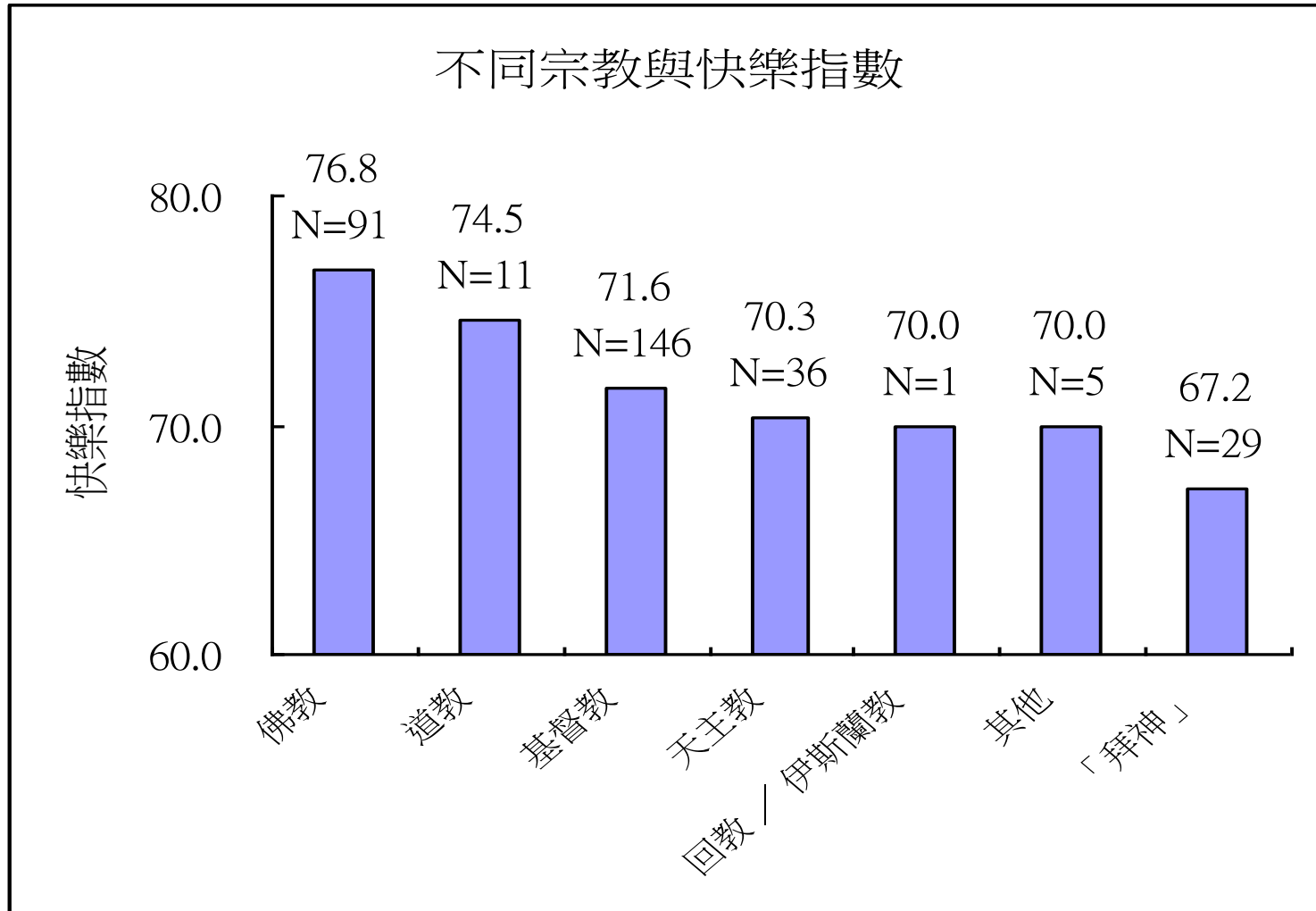


Happiness Index by Degree of Religious Practice/Faith





Happiness Index by Religion



快樂方程式
Happiness Formula
= LIFE





Measures of prospective happiness 未來

Disagree or agree (scale of 0 to 10)

- I meet everyday 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 the time with my family. 我享受與家人相處的時間
- I find much interest in my living. 我從生活中找到很多樂趣

Measures of retrospective happiness 過去

Disagree or agree (scale of 0 to 10)

- Looking back, I am satisfied with the things done by me. 回首過去, 我滿意自己所做過的事
- 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
- Looking back, there is nothing regrettable. 回首過去, 沒有使我十分遺憾的事情



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	1.696	7.194***
未來組成部份 prospective happiness	0.164	4.528***
現在組成部份 happiness in process	0.350	8.739***
過去組成部份 retrospective happiness	0.277	6.628***

** & *** indicate 5% & 1% statistical significance R bar square: 0.412 F-statistics: 185.136***

統計上, 那個人生三部份對快樂指數影響較大?

現在組成部份 > 過去組成部份 > 未來組成部份

For someone with 10 for each of the 3 components, Happiness
Index=1.70+1.64+3.50+2.77=9.61



Dependent Variable: 快樂指數(max=10) 按年齡劃分的迴歸分析

年齡Age	21-29	30-60	60或以上 (60 or above)
Constant term	1.483 (2.914) ^{***}	2.076 (6.882) ^{***}	1.000 (1.542)
未來組成部份 prospective happiness	0.064 (0.676)	0.185 (4.007) ^{***}	0.132 (1.597)
現在組成部份 happiness in process	0.350 (3.908) ^{***}	0.368 (7.014) ^{***}	0.313 (3.300) ^{***}
過去組成部份 retrospective happiness	0.407 (3.958) ^{***}	0.185 (3.499) ^{***}	0.427 (4.080) ^{***}
<i>R bar square (F-statistics)</i>	0.432 (36.016) ^{***}	0.386 (107.308) ^{***}	0.416 (31.668) ^{***}

Coefficient (t-statistics) ** & *** indicate 5% & 1% statistical significance



按年齡劃分, 不同快樂組成部分的平均得分(最低0分, 最高10分)

年齡 Age	21-29	30-59	60或以上 (60 or above)	全部樣本
未來組成部分 Prospective happiness	5.86 (143)	6.20 (517)	6.28 (151)	6.15 (811)
現在組成部分 Happiness in process	6.65 (141)	7.33 (519)	7.28 (146)	7.20 (806)
過去組成部分 Retrospective happiness	5.85 (143)	6.60 (514)	6.84 (145)	6.51 (802)

mean (N)



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 行動



Measures of Love 關愛

Disagree or agree (scale of 0 to 10)

- I very much care for my family 我十分關心我的家人
- My family members care for me very much 我的家人十分關心我

Measures of Insight 智慧

Disagree or agree (scale of 0 to 10)

- Success means doing the best I can, even if the outcome fails to impress others.
只要盡了自己的力量, 不論結果如何, 亦屬成功
- If I have acted in good conscience, then I do not care about how others think of me.
只要光明磊落, 就不用理會別人如何評價自己
- 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



Measures of fortitude 堅毅

Disagree or agree (scale of 0 to 10)

- In the past, I would persist regardless of difficulties. 過去當我遇上挫折時, 都能堅持下去。
- In the future, I will persist regardless of difficulties. 將來我遇上挫折時, 一定會堅持下去。

Measures of engagement 行動

Disagree or agree (scale of 0 to 10)

- I strive for opportunities to learn and develop my potential.
我爭取機會學習盡量發揮所長
- 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	1.476	4.942***
關愛原素 Love (0-10)	0.195	4.72***
智慧原素 Insight (0-10)	0.166	3.952***
堅毅原素 Fortitude(0-10)	0.187	4.564***
行動原素 Engagement(0-10)	0.194	5.758***

For 10 marks of each component, Happiness Index =

$$1.48+1.95+1.66+1.87+1.94=8.9$$

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

R bar square: 0.339

F statistics: 100.858***



Regression Analysis of the Happiness Formula 2010

Dependent variable: Happiness Index (Scale of 0 to 10)

	Coefficient	t	Sig.
(Constant)	2.26	4.607	0
Love index (0-10)	0.152	2.589	0.01
Insight index (0-10)	0.091	1.49	0.137
Fortitude index (0-10)	0.124	1.984	0.048
Engagement index (0-10)	0.259	4.883	0
Financial stress (0-10)	-0.055	-1.911	0.057
Female (0 or 1)	0.526	3.597	0
Married (0 or 1)	0.137	0.851	0.396
Household income < \$9,999 (0 or 1)	-0.662	-2.392	0.017
Household income \$40,000+ (0 or 1)	0.282	1.759	0.08

R bar square: 0.359

F-statistics: 21.903***

(***indicates 1% significance)



Regression Analysis 2 of the Happiness Formula 2010

Dependent variable: Happiness Index (Scale of 0 to 10)

	Coefficient	t	Sig.
(Constant)	2.288	4.671	0
Love index (0-10)	0.165	2.831	0.005
Insight index (0-10)	0.077	1.273	0.204
Fortitude index (0-10)	0.096	1.524	0.128
Engagement index (0-10)	0.234	4.363	0
Financial stress (0-10)	-0.061	-2.098	0.037
Female (0 or 1)	0.496	3.406	0.001
Married (0 or 1)	0.086	0.534	0.594
Household income < \$9,999 (0 or 1)	-0.726	-2.592	0.01
Household income \$40,000+ (0 or 1)	0.221	1.373	0.171
Voluntary work participation (0-10)	0.078	2.558	0.011

R bar square: 0.368

F-statistics: 20.469***

(***indicates 1% significance)



Regression Analysis 3 of the Happiness Formula 2010

Dependent variable: Happiness Index (Scale of 0 to 10)

	Coefficient	t	Sig.
(Constant)	2.022	3.952	0
Love index (0-10)	0.166	2.852	0.005
Insight index (0-10)	0.08	1.326	0.186
Fortitude index (0-10)	0.094	1.5	0.135
Engagement index (0-10)	0.244	4.541	0
Financial stress (0-10)	-0.06	-2.074	0.039
Female (0 or 1)	0.839	3.409	0.001
Male x Married (0 or 1)	0.362	1.598	0.111
Female x Married (0 or 1)	-0.162	-0.753	0.452
Household income < \$9,999 (0 or 1)	-0.725	-2.595	0.01
Household income \$40,000+ (0 or 1)	0.229	1.428	0.154
Voluntary work participation (0-10)	0.075	2.464	0.014

R bar square: 0.371

F-statistics: 18.993*** (***) indicates 1% significance)



Scores in different happiness formula elements across age

不同年齡組別在快樂方程式原素的得分比較

年齡Age	21-29		30-59		60或以上 60 or above		全部樣本 Total	
	Mean	N	Mean	N	Mean	N	Mean	N
關愛原素 love	7.61	143	8.51	517	8.52	149	8.35	809
智慧原素 wisdom	6.54	143	7.62	516	7.93	155	7.49	814
堅毅原素 fortitude	6.55	143	7.42	515	7.51	149	7.28	807
行動原素 engagement	6.58	143	6.90	510	6.27	144	6.73	797



Scores in different happiness formula elements across education

不同教育程度在快樂方程式原素的得分比較

教育程度 Education	小學或以下 Primary or below		中學 Secondary		大專或以上 Tertiary or above		全部樣本 All	
	mean	N	Mean	N	Mean	N	Mean	N
關愛原素 love	8.71	109	8.34	401	8.22	298	8.34	808
智慧原素 wisdom	7.95	113	7.52	400	7.33	301	7.51	814
堅毅原素 fortitude	7.58	110	7.21	397	7.27	301	7.28	808
行動原素 engagement	6.10	102	6.65	399	7.11	295	6.75	796



Predictive Power on Happiness Index of LIFE equation

LIFE方程式對快樂指數的預測能力

LIFE equation:

Happiness Index (HI) =

$$1.476 + 0.195 \times LOVE + 0.166 \times INSIGHT + 0.187 \times FORTITUDE + 0.194 \times ENGAGEMENT$$

年齡 Age	21-29	30-59	60或以上 60 or above	全部樣本 Total
Predicted HI by LIFE equation	6.546(99.2%)	7.127(100.0%)	7.075(101.5%)	7.015
Actual mean HI by survey	6.60	7.13	6.97	7.01



LIFE Scores in 2008, 2009 and 2010

<i>Index</i>	<i>2008</i>		<i>2009</i>		<i>2010</i>	
	Mean	N	Mean	N	Mean	N
Love	7.64	801	7.67	806	8.35	809
Insight	6.75	809	7.10	737	7.49	814
Fortitude	6.99	790	6.89	693	7.28	807
Engagement	6.29	793	6.76	807	6.73	797



Male/Female Comparisons for LIFE Score, 2008 - 2010

Sex		Male		Female		Total	
		Mean	N	Mean	N	Mean	N
Love	2010	8.11	299	8.48	521	8.35	820
	2009	7.45	331	7.81	475	7.67	806
	2008	7.40	339	7.80	462	7.63	801
Insight	2010	7.30	299	7.59	526	7.49	825
	2009	6.99	311	7.18	426	7.10	737
	2008	6.51	339	6.92	470	6.75	809
Fortitude	2010	7.18	298	7.33	520	7.28	818
	2009	6.53	278	7.14	415	6.89	693
	2008	6.67	334	7.21	456	6.99	790
Engagement	2010	6.47	292	6.88	516	6.73	808
	2009	6.67	331	6.81	476	6.76	807
	2008	6.15	334	6.39	459	6.29	793



LIFE Scores against Age, 2008 - 2010

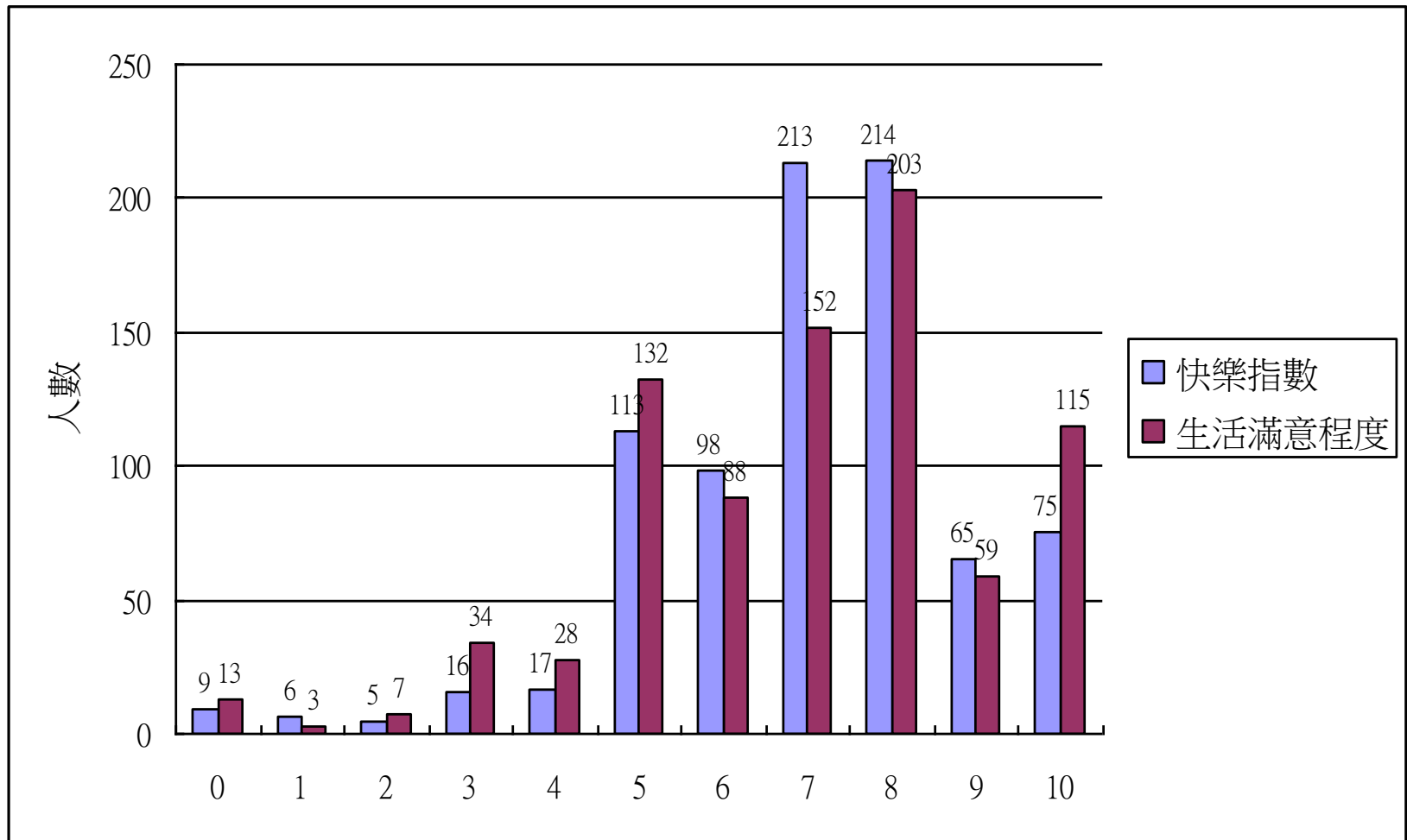
Variable	Age	21-29		30-59		60 or above		All samples	
		mean	N	mean	N	mean	N	mean	N
Love	2010	7.61	143	8.51	517	8.52	149	8.35	809
	2009	7.02	181	7.79	512	8.24	102	7.67	795
	2008	7.00	164	7.80	506	7.84	109	7.64	779
Insight	2010	6.54	143	7.62	516	7.93	155	7.49	814
	2009	6.88	175	7.14	460	7.31	93	7.10	728
	2008	5.66	163	6.97	512	7.36	113	6.75	788
Fortitude	2010	6.55	143	7.42	515	7.51	149	7.28	807
	2009	6.63	152	6.86	449	7.54	82	6.89	683
	2008	6.38	161	7.10	500	7.37	106	6.99	767
Engagement	2010	6.58	143	6.90	510	6.27	144	6.73	797
	2009	6.84	180	6.84	516	6.23	99	6.76	795
	2008	6.19	164	6.43	507	5.73	101	6.29	772



快樂指數 vs. 生活滿意度

快樂指數: 整體來說, 你有幾快樂呢? [0 = 非常不快樂, 10 = 非常快樂]

生活滿意度: 整體來說, 我對現在生活上的一切都很滿意。認同程度 [0 = 非常不認同, 10 = 非常認同]





Regression of Happiness Index vs. Life Satisfaction

Dependent variable: Happiness Index (Scale of 0 to 10)

	Coefficient	t	Sig.
(Constant)	3.283	18.824	0
Life satisfaction	0.536	22.335	0

R bar square: 0.375

F-statistics: 498.874***

(***indicates 1% significance)