Children and Happy Growing Up

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Data Collection. Schools were first contacted in August 2013. Questionnaires were sent to and were collected from the schools in the period of September and October 2013.

Completed questionnaires.

A total of 8 primary schools, and 12 secondary schools(international schools are not included in this survey) participated in the Survey.

A total of 1,119 student questionnaires (primary 377; secondary 742) and 1,060 parent questionnaires (primary 361; secondary 699) were collected.

The number of schools by district:

Secondary	12	
Primary	8	
Total	20	
九龍城區	1	
元朗區	3	
屯門區	2	
西貢區	3	
沙田區	2	
東區	2	
深水埗區	4	
葵青區	3	
Total	20	
香港	2	
九龍	5	
新界	13	
Total	20	

	Students			Parents	
	N	%		N	%
Primary schools					
School 1	60	5.4		53	5.0
School 2	56	5.0		54	5.1
School 3	31	2.8		30	2.8
School 4	49	4.4		46	4.3
School 5	57	5.1		54	5.1
School 6	52	4.6		51	4.8
School 7	46	4.1		46	4.3
School 8	26	2.3		27	2.5
Secondary schools					
School 1	63	5.6		63	5.9
School 2	55	4.9		53	5.0
School 3	71	6.3		66	6.2
School 4	69	6.2		68	6.4
School 5	66	5.9		66	6.2
School 6	51	4.6		49	4.6
School 7	70	6.3		63	5.9
School 8	66	5.9		65	6.1
School 9	65	5.8		64	6.0
School 10	61	5.5		61	5.8
School 11	63	5.6		61	5.8
School 12	42	3.8		20	1.9
Total	1,119	100.0		1,060	100.0

Summary of Findings Table: Happy and Unhappy Children whose Parents are Caring

Parental Care ≥ 4 on a 5-point scale: 1-5

	Range	Unhappy children (happiness≤4)	Happy children (happiness≥6)	t-test
Parents' relationships	1-5	M= 3.23, SD= 1.14, N=91	M= 4.11, SD= 0.98, N=786	t(875) = -7.93, p=0.000
Children's pressures	1-5	M= 2.85, SD= 0.69, N=96	M= 2.15, SD= 0.76, N=817	t(911) = 8.57, p=0.000
Children's pressures(academic)	1-5	M= 3.18, SD= 0.80, N=97	M= 2.44, SD= 0.87, N=826	t(921) = 7.96, p=0.000
Children's pressures (extra curricular)	1-5	M= 2.52, SD= 1.18, N=96	M= 1.86, SD= 0.94, N=817	t(911) = 6.29, p=0.000
Parents' disciplinary severity on misbehavior	1-5	M= 2.75, SD= 0.84, N=96	M= 2.46, SD= 0.77, N=803	t(897) = 3.43, p=0.000
Child's age	8-17	M= 12.11, SD= 1.73, N=94	M= 11.91, SD= 1.68, N=808	t(900) = 1.10, p=0.2727
Parents' age	29-68	M= 43.27, SD= 6.55, N=93	M= 42.95, SD= 6.43, N=537	t(601) = 0.39, p=0.6991
Children's perception of financial well being	1-5	M= 3.25, SD= 1.09, N=93	M= 4.01, SD= 0.88, N=802	t(893) = -7.70, p=0.000

7.23 in 2013 higher than 6.91 in 2012

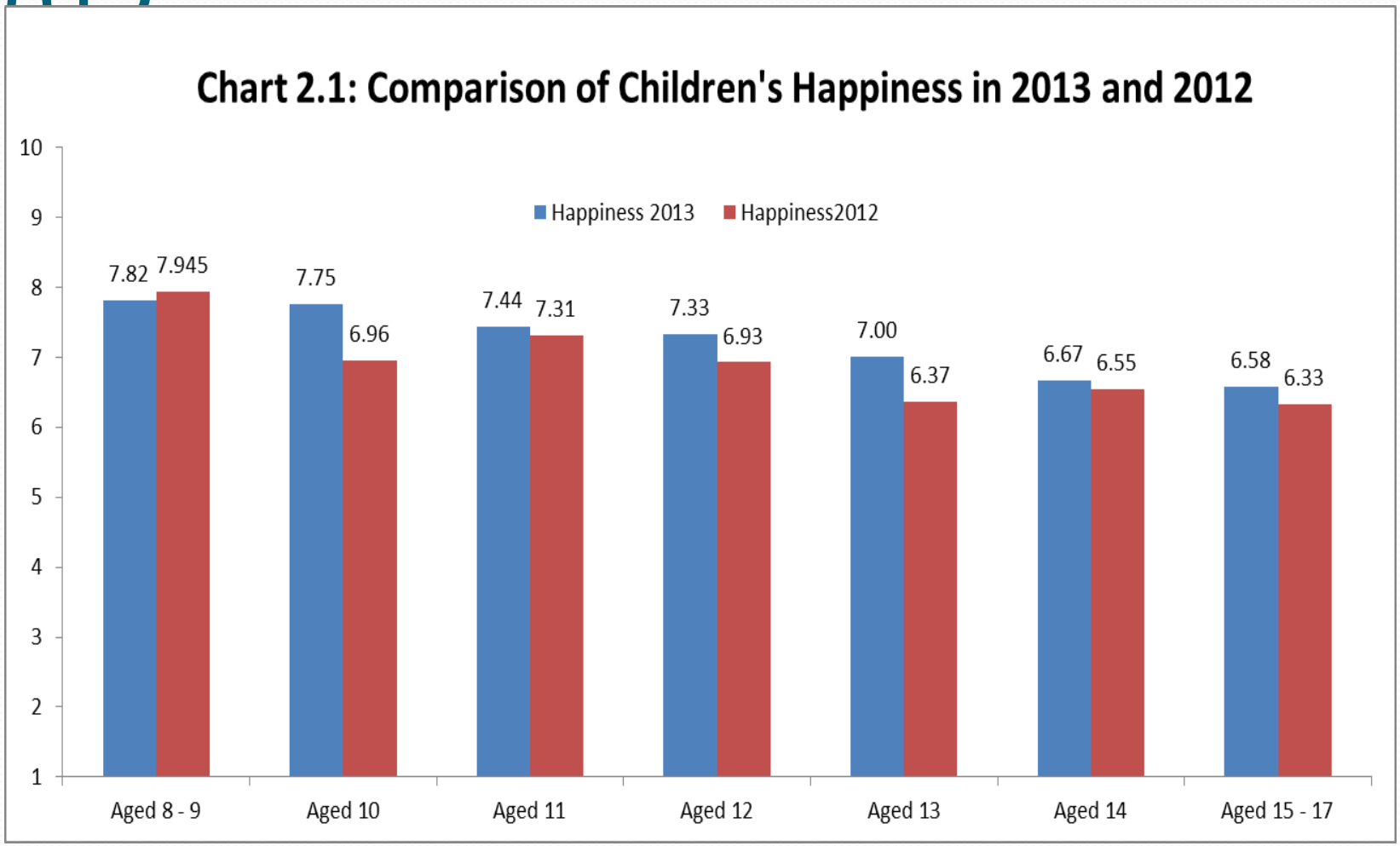
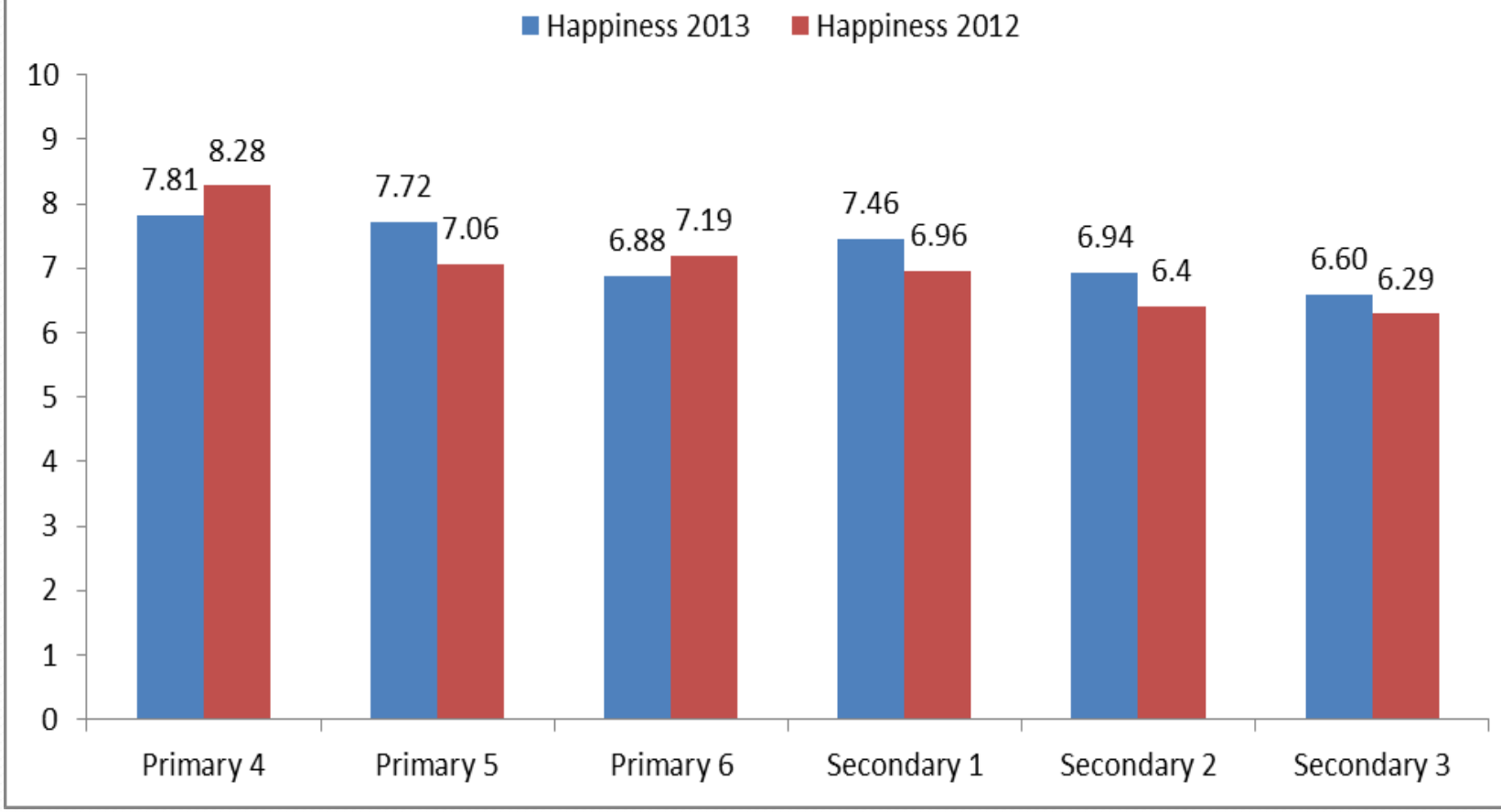


Chart 2.2: Comparison of Average Children's Happiness by School Grade in 2013 and 2012



Big drop in happiness in P6 could
be due to small sample bias but may also relate to uncertainty;
S1 students are remarkably happy

Table 2: Happiness by School Grade

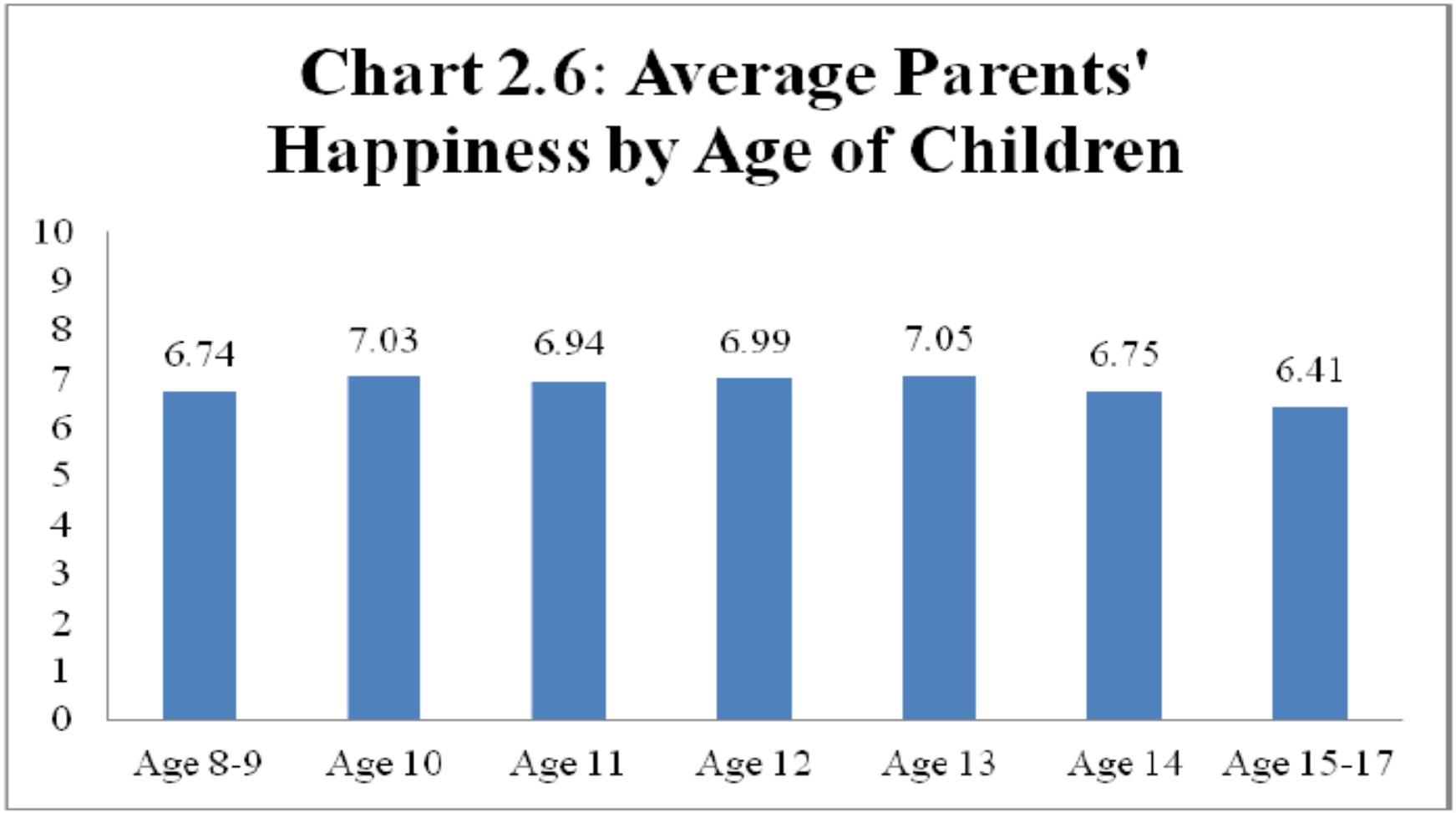
	P4	P5	P6	S1	S2	S3
"Very unhappy" (0 – 2)	2	4	1	4	7	0
"Neutral" (3-7)	42	65	34	125	174	70
"Very happy" (8+)	69	105	24	154	144	37
Mean	7.81	7.72	6.88	7.46	6.94	6.60
% of Very unhappy	2%	2%	2%	1%	2%	0%
% of Very happy	54%	57%	37%	53%	43%	32%
Obs.	127	185	65	290	338	114

PREVALENCE OF DEPRESSIVE SYNDROMES AMONG SENIOR HIGH SCHOOL STUDENTS

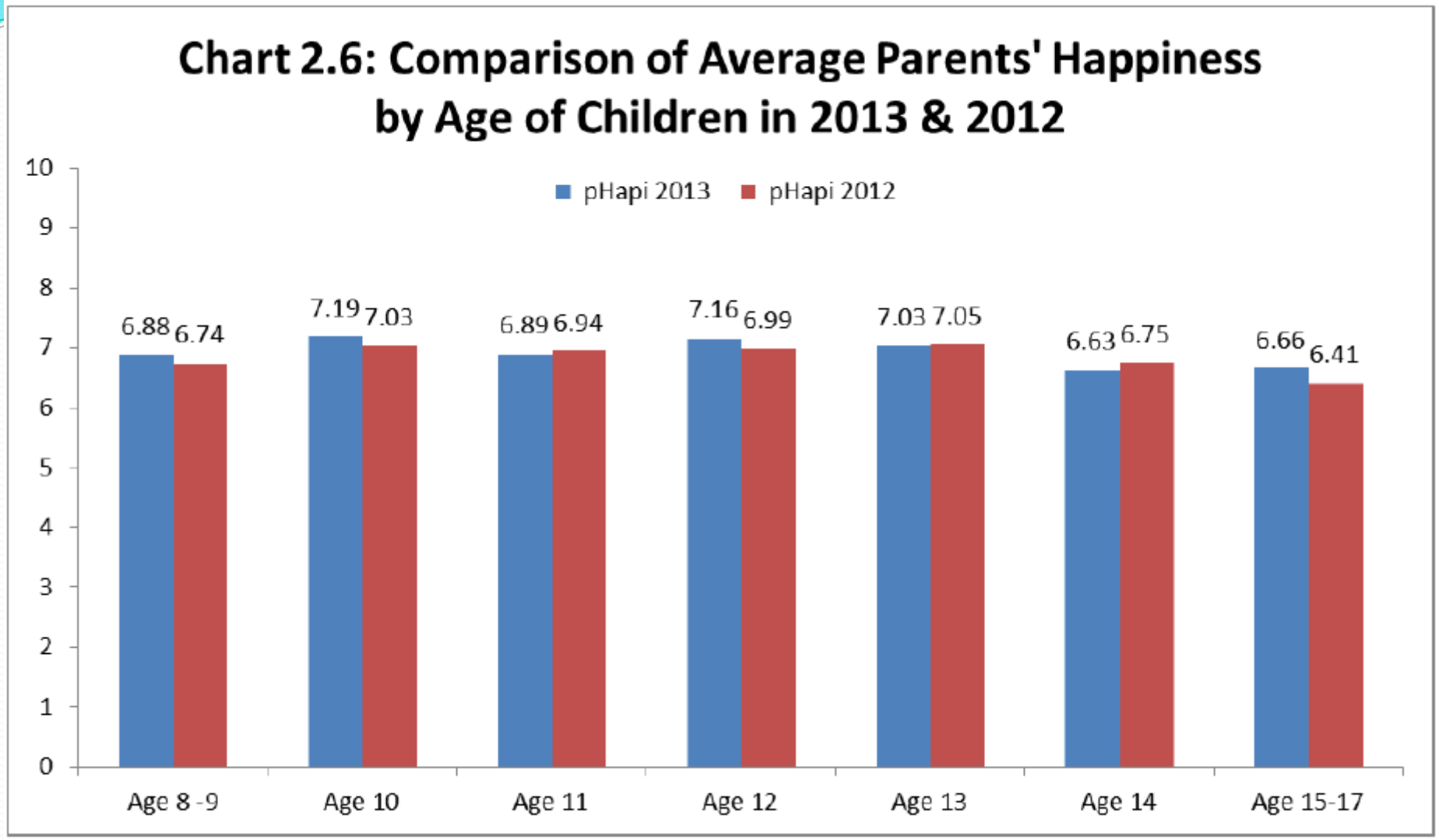
- 浸信會愛群社會服務處在2011年12月至2012年4月間，向10間學校共2600名12至18歲中一至中五學生發出問卷，以國際認可方式評估學生是否有抑鬱症狀，另外又以世衛方式，評估受訪者的精神困擾程度。

  結果顯示，成功受訪的2332名學生當中，44%人出現不同程度抑鬱症狀，由輕度、中度至嚴重不等，中度及嚴重佔16%；中四及中五群組方面，中度及嚴重 抑鬱的比例較高，達19%，較中一至中三群組的13.7%高。另一項精神困擾程度調查，則有2554人成功受訪，24.1%受訪者有輕度精神困擾，即有患 上情緒病或精神病的風險，31.4%有中度及嚴重精神困擾，需即時專業評估及治療。

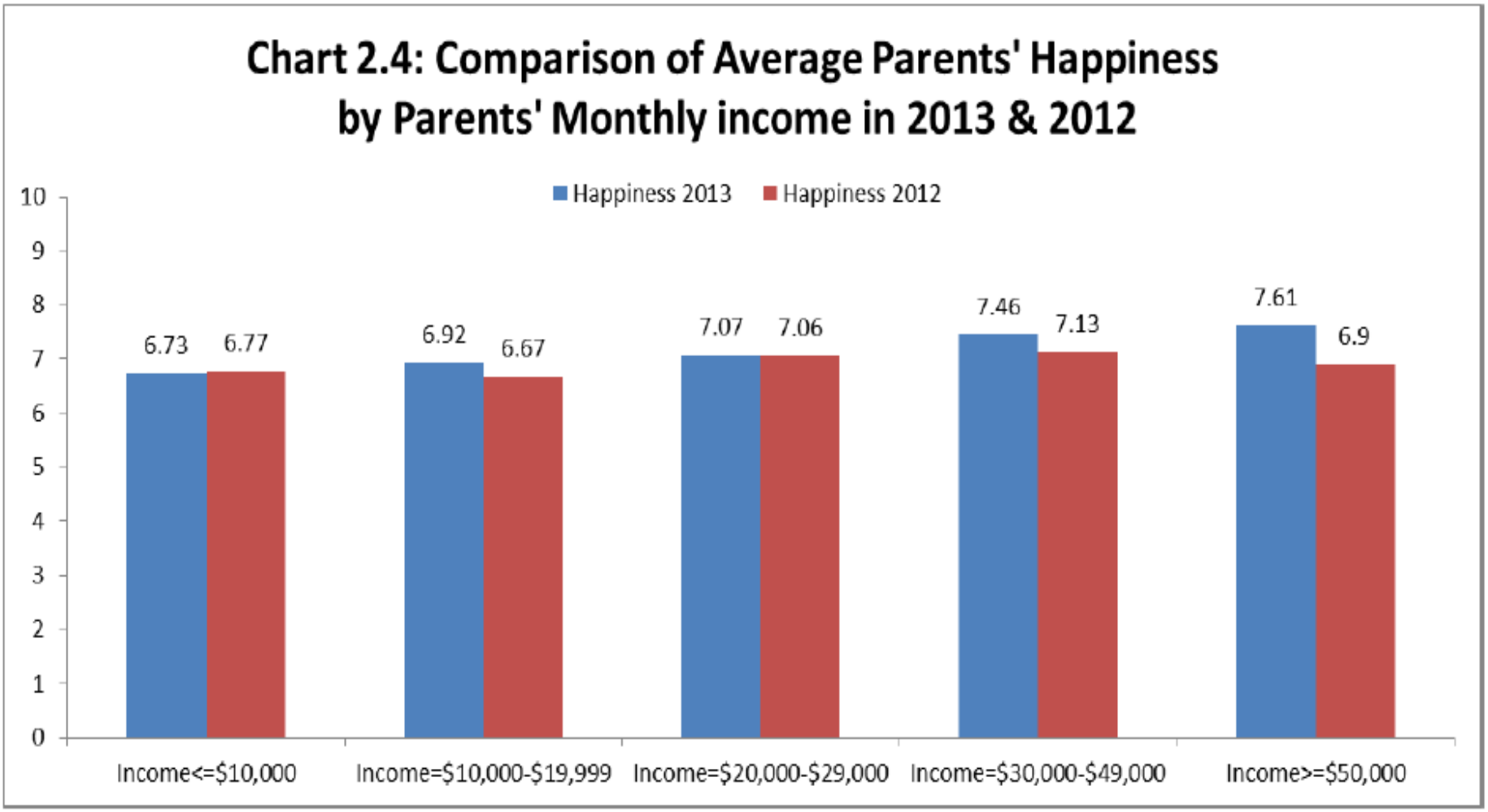
Parents' Other Challenge: Adolescence of Children: last year



Parent Happiness Peaks when Child is 12 or 13



Happiness increases with income consistently this year



Mental Capital: The Key to Successful Living

- **Love** is measured using responses to a set of questions about the respondent's propensity to care for others and feelings about others having a genuine concern for the respondent's well-being. Love helps generate a sense of purpose and meaning in life. Notice that in this exercise Love is specifically defined not to include perception of being loved by others. While this is pertinent to Love, and is in part related to a person's sensitivity or gratitude, it is mainly dependent on the behaviours of others. We want to assess strictly a child's attitude, and concentrate on how this attitude affects happiness.

- **Insight** is measured using responses to a set of questions about the respondent's sense of proportion and priorities, ability to distinguish between means and ends, interpretation of what constitutes success in life, ability to reflect over one's decisions and to learn, etc. Insight thus helps generate a sense of self-efficacy, autonomy, and a sense of achievement that is not dependent on others.

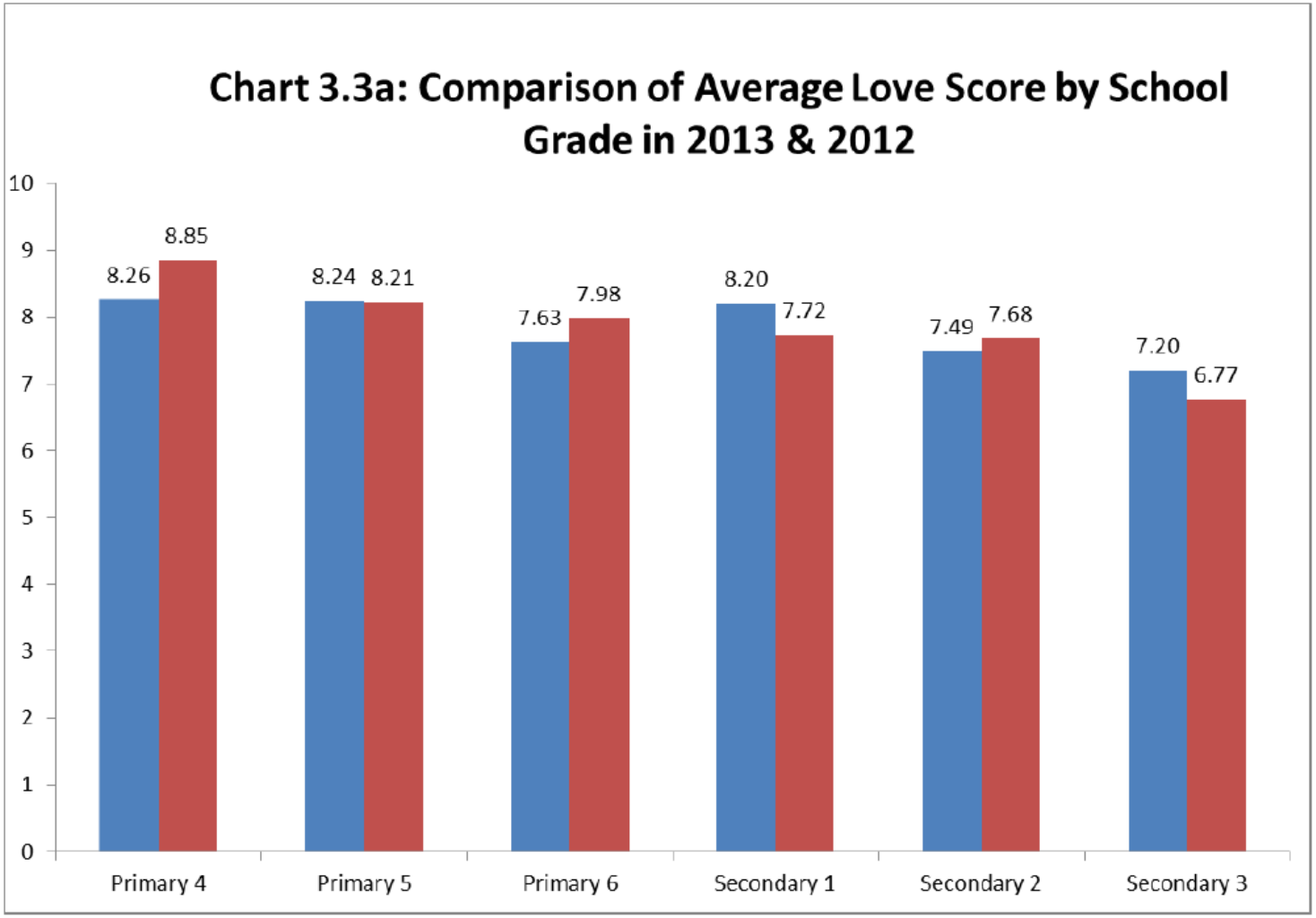
- **Fortitude** is measured using responses to questions regarding the respondent's ability to face adversity. Fortitude helps generate a sense of achievement and inner strength.
- **Engagement** is measured using responses to questions regarding the respondent's putting thoughts into action. An engaged person is a person who actively engages in tasks that serve his identified purposes. Engagement generates a sense of self-actualization.

Mental Capital Questions
LIFE: Love
(2012: did not include 9j)

Table 3.1 Questions for Children's Love Score

3a. You love your mom
3b. You love your dad
9j. You enjoy helping others

Love Score Falls with Progression through School



LIFE: Insight:

- **Table 3.2: Questions for Children's Insight Score**
  9a. You usually are not resentful of others' criticisms.
  9d. You allocate your time well
  9g. You often engage in reflections, trying to learn from mistakes
  9i. We don't need to be better than others, but need to try our best
  9k. You don't look forward to a luxurious living

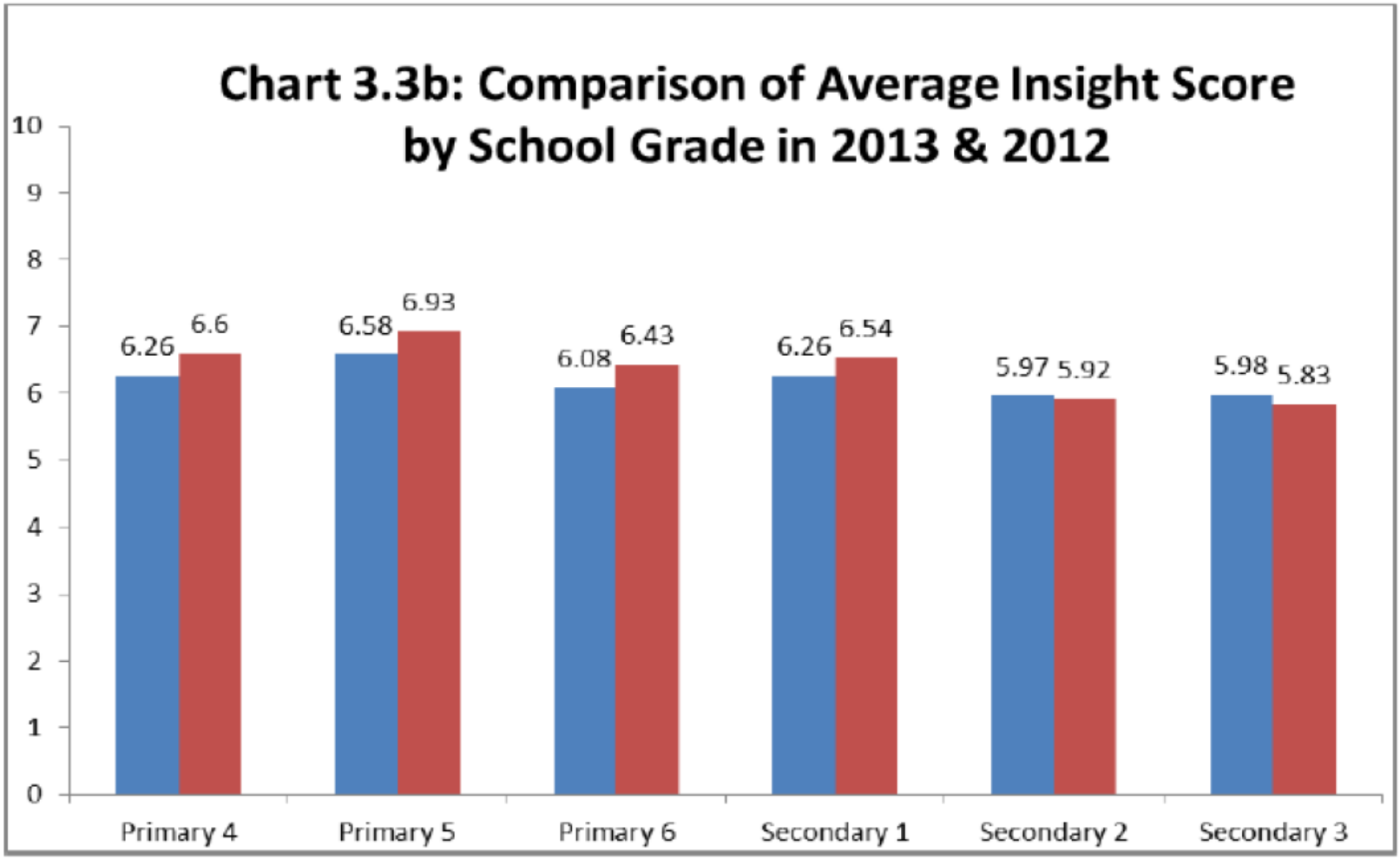


Chart 3.3b: Comparison of Average Insight Score by School Grade in 2013 & 2012
10
9
8
7
6
5
4
3
2
1
0
6.26
6.6
6.58
6.93
6.08
6.43
6.26
6.54
5.97
5.92
5.98
5.83
Primary 4
Primary 5
Primary 6
Secondary 1
Secondary 2
Secondary 3

Table 3.3: Questions for Children's Fortitude Score(same in both years)

9b. You won't give up easily once you have decided to do something

9c. You have the courage to face difficulties

Fortitude Score

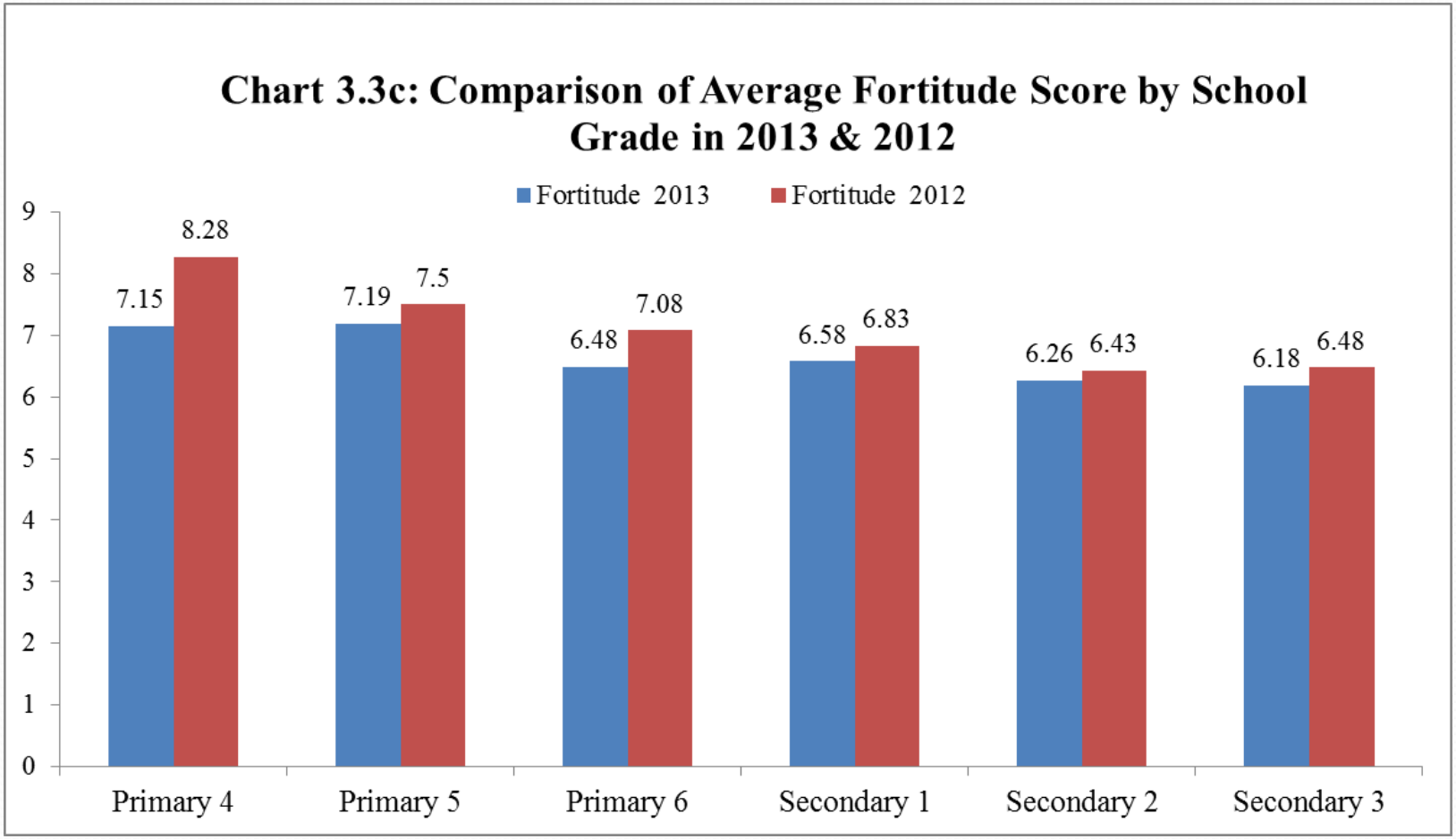


Table 3.4: Single Question for Children's Engagement Score

7. How enthusiastic are you in the above activity?
9f. You will try your best to do what you have chosen to

Engagement Score
(note: 2013 and 2012 results not directly comparable)

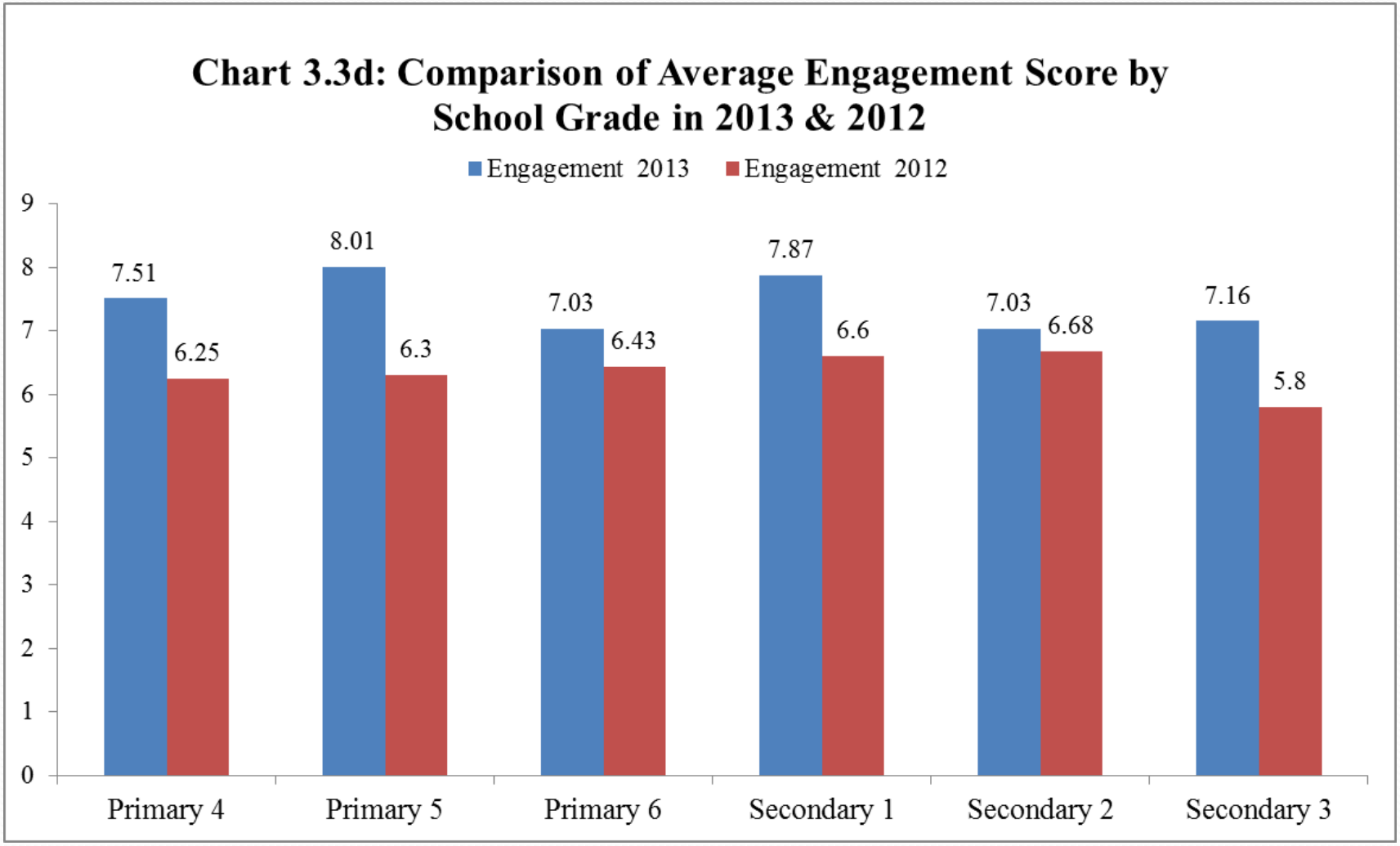


Table 3.5: Baseline OLS Regression against LIFE Scores

Dependent Variable: HAPI

Method: Least Squares

Date: 12/16/13 Time: 15:55

Sample: 1 915

Included observations: 915

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.918931	0.337526	5.685284	0.0000
L	0.334105	0.039620	8.432701	0.0000
I	0.134063	0.052013	2.577487	0.0101
F	0.056349	0.042183	1.335817	0.1819
E	0.205324	0.043555	4.714070	0.0000

R-squared	0.230789	Mean dependent var	7.306011
Adjusted R-squared	0.227408	S.D. dependent var	2.015888
S.E. of regression	1.771909	F-statistic	68.25759
Sum squared resid	2857.094	Prob(F-statistic)	0.000000
Log likelihood	-1819.255		

Table 3.6: Happiness Falls with Age in the Sampling Range(OLS)

Dependent Variable: HAPI

Method: Least Squares

Date: 12/17/13 Time: 11:19

Sample: 1 892

Included observations: 892

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	3.154479	0.611421	5.159259	0.0000
L	0.327726	0.040104	8.171982	0.0000
I	0.131626	0.052454	2.509343	0.0123
F	0.040820	0.042726	0.955392	0.3396
E	0.199055	0.044225	4.500938	0.0000
AGE	-0.084980	0.035913	-2.366278	0.0182

R-squared	0.234059	Mean dependent var	7.304933
Adjusted R-squared	0.229737	S.D. dependent var	2.015946
S.E. of regression	1.769288	Log likelihood	-1771.638
Sum squared resid	2773.517	F-statistic	54.14944
Prob(F-statistic)	0.000000		

Table 3.7: Parent Age (Age Gap) not significant In Impacting Children's Happiness

Dependent Variable: HAPI

Method: Least Squares

Date: 12/17/13 Time: 11:22

Sample: 1 568

Included observations: 568

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	2.561323	0.971357	2.636849	0.0086
L	0.257056	0.053852	4.773414	0.0000
I	0.127867	0.065272	1.958973	0.0506
F	0.054131	0.052158	1.037837	0.2998
E	0.160885	0.055230	2.912987	0.0037
FEMALE	-0.155698	0.149478	-1.041612	0.2980
AGE	-0.062367	0.046299	-1.347041	0.1785
PAGE	-0.014383	0.011933	-1.205326	0.2286
PEDU	0.184454	0.164300	1.122669	0.2621
FINWELLOFF	0.362748	0.085708	4.232362	0.0000

R-squared	0.248132	Mean dependent var	7.285211
Adjusted R-squared	0.236005	S.D. dependent var	2.011342
S.E. of regression	1.758050	F-statistic	20.46125
Sum squared resid	1724.632	Prob(F-statistic)	0.000000
Log likelihood	-1121.381		

Insight is Significantly Correlated with Fortitude For both Parents and Children

Table 3.8a: Correlation between Children's and Parents' LIFE Scores

	plove	pinsight	pfortitude	pengagement	phapi	love	insight	fortitude	engagement	hapi
plove	1									
pinsight	0.565	1								
pfortitude	0.446	0.656	1							
pengagement	0.528	0.710	0.630	1						
phapi	0.365	0.270	0.193	0.268	1					
love	0.041	0.057	0.007	0.052	0.033	1				
insight	0.052	0.079	0.014	0.067	0.040	0.472	1			
fortitude	0.011	0.032	0.011	0.016	-0.008	0.390	0.635	1		
engagement	-0.019	0.029	0.001	-0.003	-0.019	0.305	0.444	0.530	1	
hapi	0.039	0.070	0.027	0.045	0.053	0.391	0.351	0.329	0.313	1

Simple Regressions on One Variable Highlights Importance of Parents' Mental Capital on Child Development

Table 3.9: Happiness of Children Regressed against Parents' LIFE Scores (OLS)

Parent's LIFE SCORE (11 point scale)	Impact on 11 point Child's Happiness (coefficient):	Statistical Significance	t statistics	R-square
plove	0.167808	0.0001	3.834427	0.016162
pinsight	0.195852	0.0011	3.279771	0.011876
pfortitude	0.226666	0.0000	4.351921	0.020723
pengagement	0.0.06621	0.0964	1.664448	0.003086

LIFE definitions for Parents

Love

4m. You have a good relationship with your spouse

9j. You enjoy helping others

Insight

9a. You usually are not resentful of others' criticisms.

9d. You allocate your time well

9g. You often engage in reflections, trying to learn from mistakes

9i. We don't need to be better than others, but need to try our best

9k. You don't look forward to a luxurious living

Fortitude

9b. You won't give up easily once you have decided to do something

9c. You have the courage to face difficulties

Engagement

9f. You will try your best to do what you have chosen to

9h. You often try to find something you are interested in to do

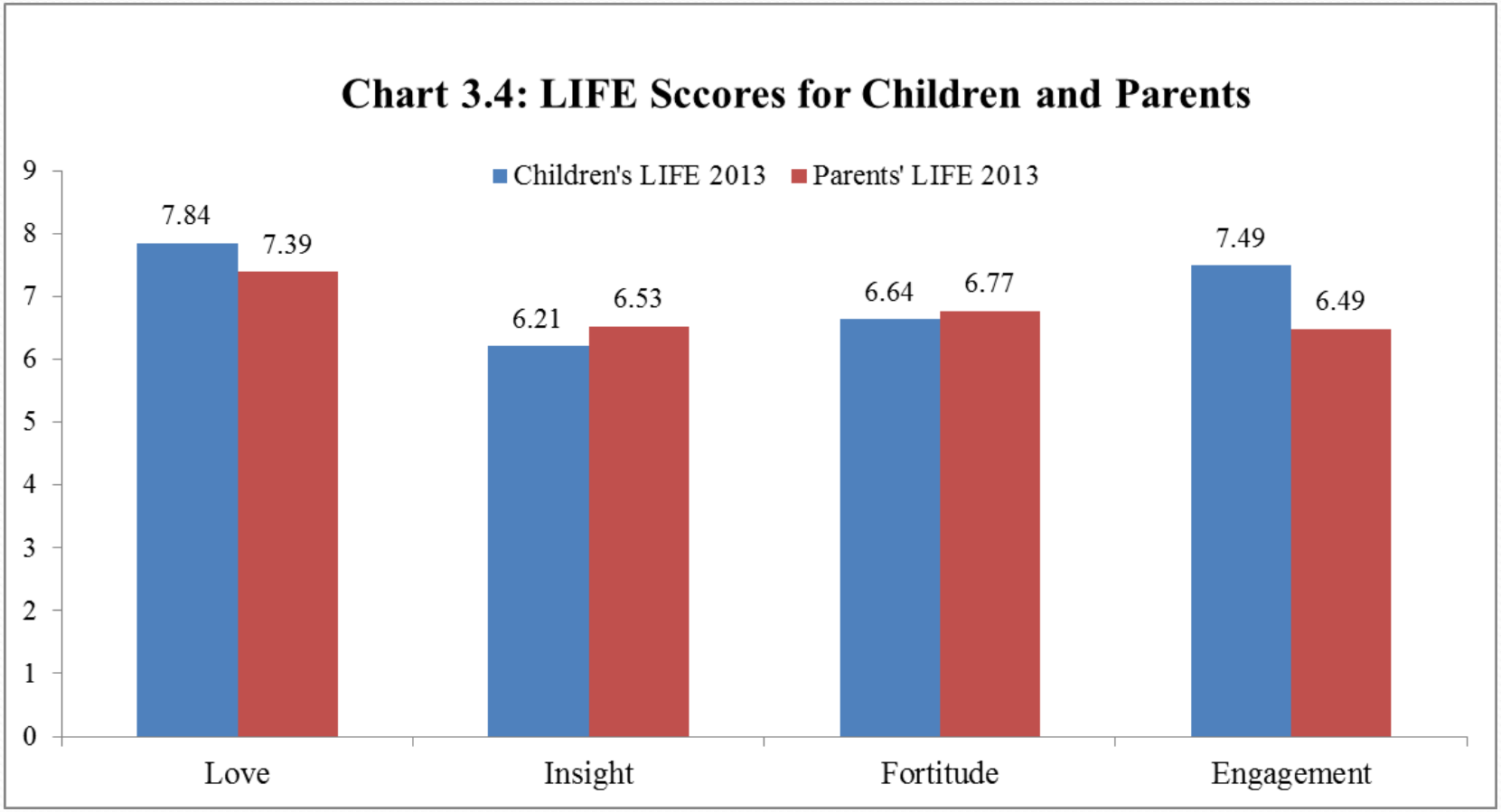


Chart 3.4: LIFE Sccores for Children and Parents
Children's LIFE 2013
Parents' LIFE 2013
9
8
7
6
5
4
3
2
1
0
7.84
7.39
6.21
6.53
6.64
6.77
7.49
6.49
Love
Insight
Fortitude
Engagement

Table 3.10: Parents' Happiness on Parents' LIFE Scores (OLS)

Dependent Variable: PHAPI

Method: Least Squares

Date: 11/12/13 Time: 14:45

Sample: 1 975

Included observations: 975

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	2.968385	0.338813	8.761123	0.0000
L	0.239503	0.041266	5.803859	0.0000
I	0.001663	0.075126	0.022136	0.9823
F	0.259419	0.064200	4.040821	0.0001
E	0.071855	0.038886	1.847866	0.0649

R-squared	0.141234	Mean dependent var	6.978462
Adjusted R-squared	0.137692	S.D. dependent var	1.812162
S.E. of regression	1.682783	F-statistic	39.88186
Sum squared resid	2746.805	Prob(F-statistic)	0.000000
Log likelihood	-1888.396		

Table 3.11: Parents' Happiness on Parents' LIFE Scores and Other Factors (OLS)

Dependent Variable: PHAPI

Method: Least Squares

Date: 11/12/13 Time: 20:08

Sample: 1 717

Included observations: 717

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.845458	0.653916	2.822162	0.0049
PLOVE	0.237068	0.047833	4.956145	0.0000
PINSIGHT	0.065484	0.087685	0.746809	0.4554
PFORTITUDE	0.266741	0.074316	3.589290	0.0004
PENGAGEMENT	0.041540	0.045359	0.915815	0.3601
PAGE	0.013144	0.009882	1.330131	0.1839
PEDU	0.109699	0.139086	0.788712	0.4305

R-squared	0.149297	Mean dependent var	6.909344
Adjusted R-squared	0.142108	S.D. dependent var	1.819013
S.E. of regression	1.684815	F-statistic	20.76726
Sum squared resid	2015.408	Prob(F-statistic)	0.000000
Log likelihood	-1387.889		

Table 3.12: Parents Happiness on Parents LIFE Scores with Demographics and Income(OLS): Love/Retired & Housewives Mostly Happy

Dependent Variable: PHAPI

Method: Least Squares

Date: 01/13/14 Time: 11:18

Sample: 1 453

Included observations: 453

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.558799	0.904359	1.723651	0.0855
PLOVE	0.274148	0.062367	4.395716	0.0000
PINSIGHT	0.024882	0.111940	0.222284	0.8242
PFORTITUDE	0.307908	0.097692	3.151824	0.0017
PENGAGEMENT	0.038684	0.057673	0.670736	0.5027
PAGE	0.014398	0.013588	1.059609	0.2899
PEDU	0.032363	0.184913	0.175016	0.8611
NOTWORKING	0.820272	0.340091	2.411917	0.0163
PINC20KUP	0.021951	0.208397	0.105334	0.9162

R-squared	0.166058	Mean dependent var	6.867550
Adjusted R-squared	0.151032	S.D. dependent var	1.872042
S.E. of regression	1.724890	F-statistic	11.05139
Sum squared resid	1321.008	Prob(F-statistic)	0.000000
Log likelihood	-885.1927		

Table 3.13a: Testing the Effects of Religious Activities on Children

Dependent Variable: HAPI

Method: Least Squares

Date: 11/06/13 Time: 11:49

Sample: 1 1024

Included observations: 1024

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	7.192124	0.137034	52.48416	0.0000
RELIGIOUS	0.029564	0.064216	0.460376	0.6453

R-squared	0.000207	Mean dependent var	7.248047
Adjusted R-squared	-0.000771	S.D. dependent var	2.028872
S.E. of regression	2.029654	F-statistic	0.211946
Sum squared resid	4210.123	Prob(F-statistic)	0.645344
Log likelihood	-2176.846		

5. 你有沒有宗教或靈修活動？

1. ❒ 從不	2. ❒ 很少	3. ❒ 有時	4. ❒ 經常

Previous year(2012)1: “Devoutness” to Religion: religiosity shows statistical significant effect, if interpreted as devoutness

Religiosity and LIFE

Several studies have shown a positive contribution of religiosity to happiness. It is hypothesized that the effect works through the effects of Love, Insight, Fortitude, and Engagement, which are fostered by religious activities.

First, we test a very simple regression of happiness against the intensity of being religious. We find a positive and statistically significant coefficient.

Then we include religious as well as the LIFE variables. We find that the religious variable now becomes insignificant and diminishes almost to zero, while the LIFE variables all show statistically significant and positive contributions to happiness.

Table 3.9a: Testing the Effects of Religiosity

Linear regression — Number of obs = 971; F(1, 969) = 4.92; Prob > F = 0.0268; R-squared = 0.0048; Root MSE = 2.319

hapi	Coef.	Robust Std. Err.	t	P>t	[95% Conf.	Interval]
religious	0.112771	0.050855	2.22	0.027	0.012973	0.21257
_cons	6.787424	0.091309	74.33	0	6.608238	6.96661

Effects of Religiosity Appear to Mainly through LIFE
Religious Activities Not Helpful at All

Table 3.13b: Testing the Effects of Religiosity

Dependent Variable: HAPI

Method: Least Squares

Date: 12/17/13 Time: 11:47

Sample: 1 885

Included observations: 885

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	2.067590	0.348422	5.934153	0.0000
RELIGIOUS	-0.088205	0.060107	-1.467466	0.1426
L3	0.336098	0.040103	8.380845	0.0000
I5	0.115220	0.052589	2.190974	0.0287
F2	0.074781	0.042745	1.749466	0.0806
E2	0.204298	0.043832	4.660953	0.0000

R-squared	0.235265	Mean dependent var	7.298305
Adjusted R-squared	0.230914	S.D. dependent var	2.005436
S.E. of regression	1.758718	F-statistic	54.08341
Sum squared resid	2718.824	Prob(F-statistic)	0.000000
Log likelihood	-1752.408		

Table 3.13c: Testing Religiosity without LIFE Variables but with Demographic Variables

Dependent Variable: HAPI

Method: Least Squares

Date: 11/06/13 Time: 11:53

Sample: 1 959

Included observations: 959

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	6.417962	0.553492	11.59539	0.0000
RELIGIOUS	-0.029031	0.061839	-0.469463	0.6388
FEMALE	0.034133	0.120396	0.283505	0.7769
AGE	-0.159053	0.036147	-4.400134	0.0000
FINWELLOFF	0.721068	0.063414	11.37081	0.0000

R-squared	0.145926	Mean dependent var	7.273201
Adjusted R-squared	0.142345	S.D. dependent var	2.001675
S.E. of regression	1.853744	F-statistic	40.74986
Sum squared resid	3278.295	Prob(F-statistic)	0.000000
Log likelihood	-1950.158		

Table 3.13d: Testing Religiosity with LIFE Variables as well as Demographic Variables

Dependent Variable: HAPI

Method: Least Squares

Date: 12/17/13 Time: 11:50

Sample: 1 839

Included observations: 839

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	2.626204	0.657862	3.992031	0.0001
RELIGIOUS	-0.087148	0.061044	-1.427630	0.1538
L3	0.250711	0.042515	5.896947	0.0000
I5	0.093161	0.052845	1.762898	0.0783
F2	0.078450	0.042819	1.832142	0.0673
E2	0.156584	0.043989	3.559625	0.0004
FEMALE	-0.135155	0.119505	-1.130959	0.2584
AGE	-0.080152	0.036636	-2.187786	0.0290
FINWELLOFF	0.419744	0.069177	6.067645	0.0000

R-squared	0.264989	Mean dependent var	7.326579
Adjusted R-squared	0.257904	S.D. dependent var	1.983980
S.E. of regression	1.709100	F-statistic	37.40428
Sum squared resid	2424.448	Prob(F-statistic)	0.000000
Log likelihood	-1635.641		

Family Life "Famlife" definition

- Famlife is a variable on a scale of -3 to +3, and measures the quality of family life. It is the average of positive qualities minus the average of negative qualities. Since the maximum of the mean of positive scores is 4, and the minimum of the mean of negative scores is 1, the maximum for Famlife is +3. Conversely the minimum of Famlife is -3.
- Average (11b+11d) minus Average(11e+11f+11g+11j+11i+11j)

The "high quality episodes" are covered by questions 11b and 11d, viz:

11b. You do many things together with your family, e.g. outing, dining and watching movies (Family Plus Score)

11d. Your parents praise or encourage you (Family Plus Score)

The "low quality episodes" are covered by 11e, 11f, 11g, 11h, 11i and 11j:

11e. Your parents have arguments with each other (Family Minus Score)

11f. Your parents have physical fights with each other(Family Minus Score)

11g. Your mom scolds you without a good reason (Family minus Score)

11h. Your dad scolds you without a good reason (Family minus score)

11i. Your mom beats you up without a good reason (Family minus score)

11j. Your dad beats you up without a good reason (Family minus score)

Happy Family “Hapfam” definition

Hapfam

3n. Your mom has a good relationship with your dad

3o. You have a warm, loving family

Hapfam is the average of this two questions and the questions are 1-5 scale.

Table 4.1: Overview of Family Life: Quality and Behaviour

		Freq.	%	Range	Remarks
Hapfam	"Happy"	757	69%	4 – 5	Around 70% of children sampled claim they have a happy family.
	"Neutral"	256	23%	>2 – <4	23% of the children fall into the basket of "neutral".
	"Unhappy"	77	7%	1 – 2	7% of children sampled have unhappy families
Famlife (behaviour)	"Bad"	35	3%	-3 – -1	About 3 % of the children live in families characterized by some degree of violence.
	"Neutral"	413	38%	>-1 – <1	38% of children sampled live in "neutral" families.
	"Good"	627	58%	+1 – +3	58% of children sampled live in families characterized by loving behaviour.

** Hapfam: Parents are happily married & child thinks he/she has a warm and loving family (perception)*

Table 4.2a: Happy Family Score (Hapfam) by Age of Child

	Percentage(%)									
Age	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
"Unhappy" (1 – 2)	20%	9%	6%	10%	6%	7%	6%	12%	0%	0%
"Neutral" (3)	10%	24%	25%	16%	20%	22%	35%	38%	23%	0%
"Happy" (4-5)	70%	67%	68%	74%	74%	70%	60%	50%	77%	100%

Table 4.2b: Good Family Life Score (Famlife) by Age of Child

	Percentage(%)									
Age	**8**	**9**	**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**
"Bad" (-3 to -1)	0%	1%	2%	5%	2%	4%	6%	6%	8%	0%
"Neutral" (>-1 to <1)	60%	47%	35%	24%	35%	38%	44%	59%	62%	67%
"Good" (+1 to +3)	40%	52%	63%	71%	63%	57%	50%	35%	31%	33%

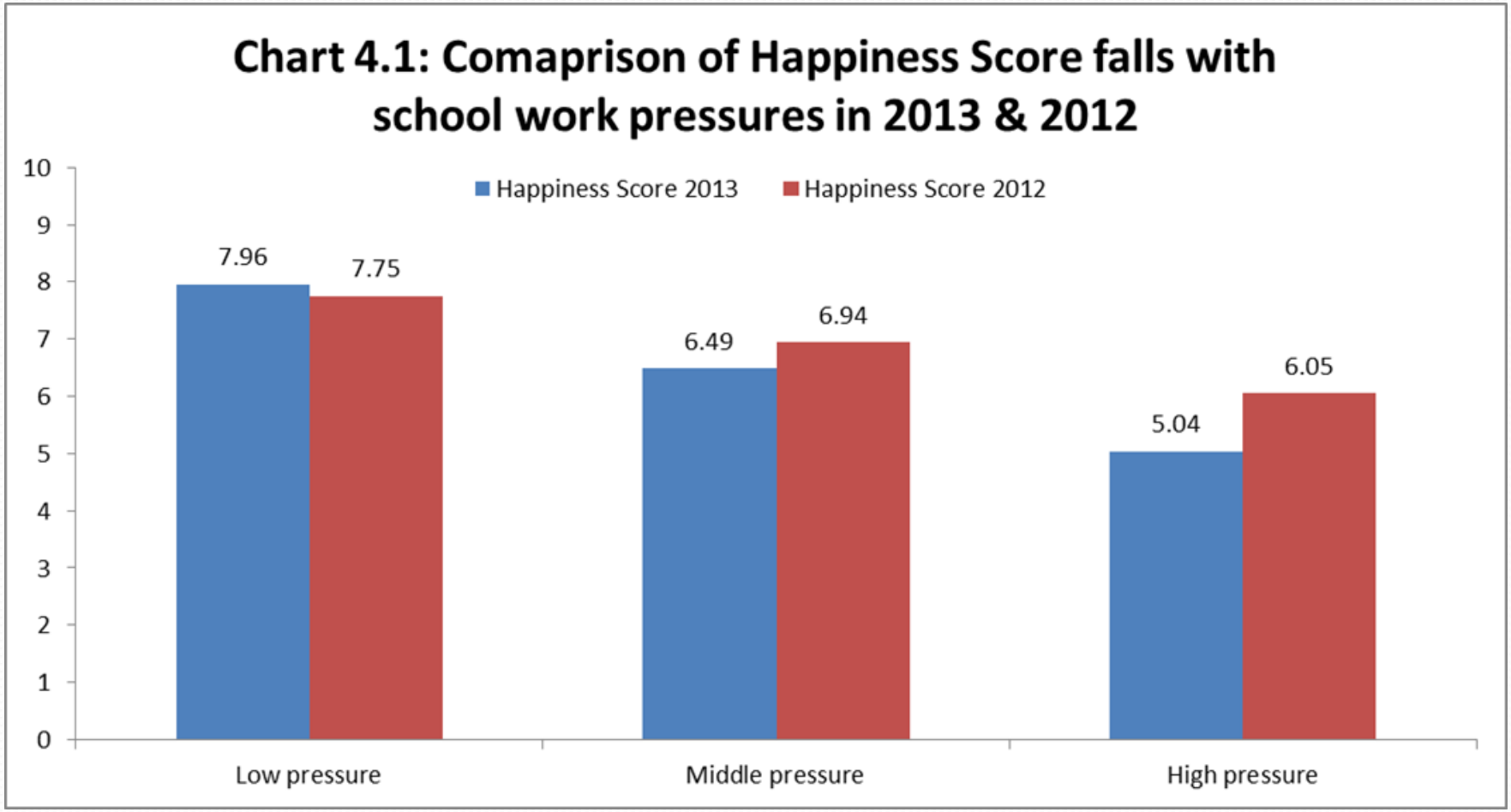
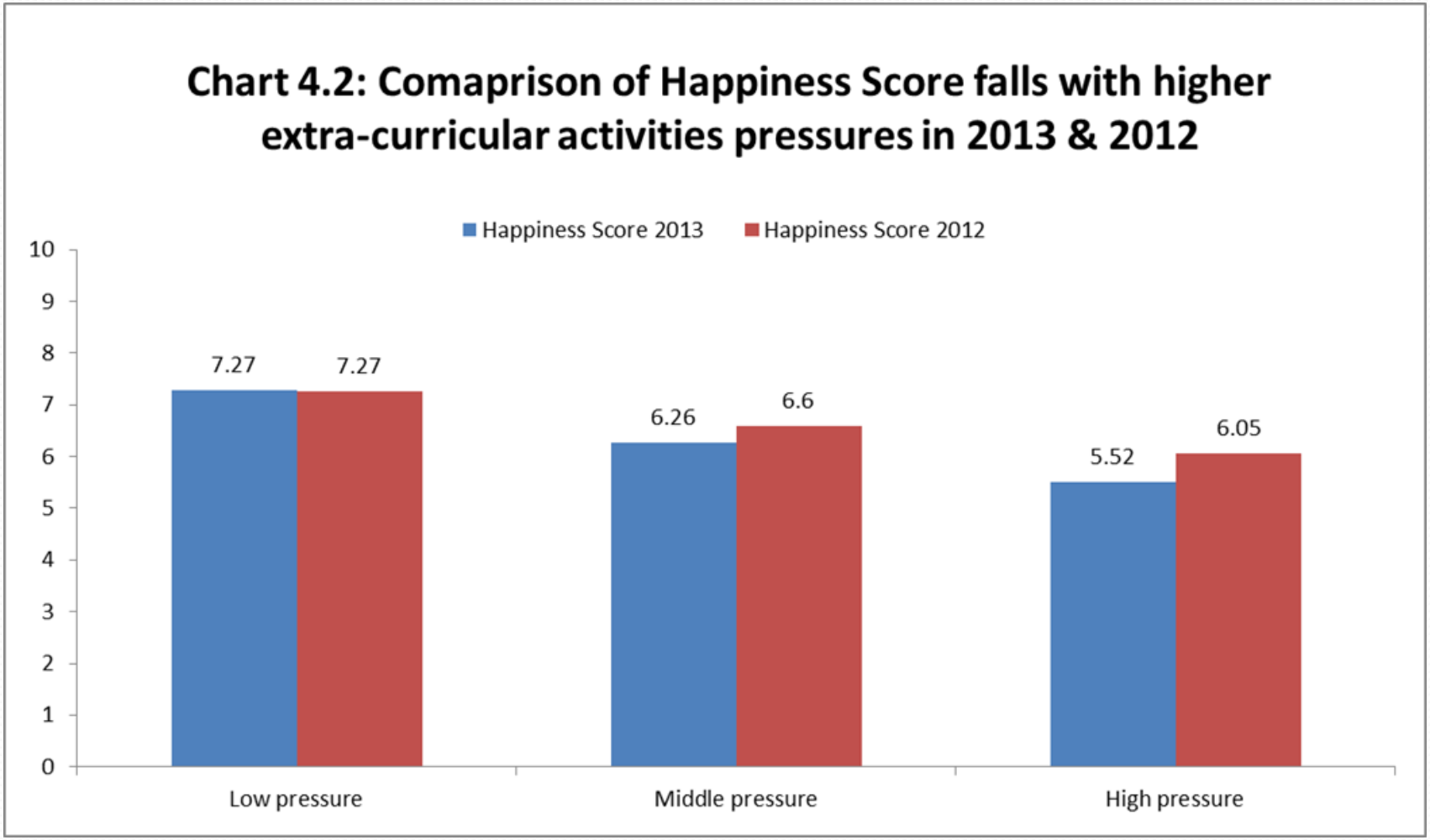


Chart 4.1: Comaprison of Happiness Score falls with school work pressures in 2013 & 2012
Happiness Score 2013
Happiness Score 2012
10
9
8
7
6
5
4
3
2
1
0
7.96
7.75
6.49
6.94
5.04
6.05
Low pressure
Middle pressure
High pressure

Chart 4.2: Comaprison of Happiness Score falls with higher extra-curricular activities pressures in 2013 & 2012



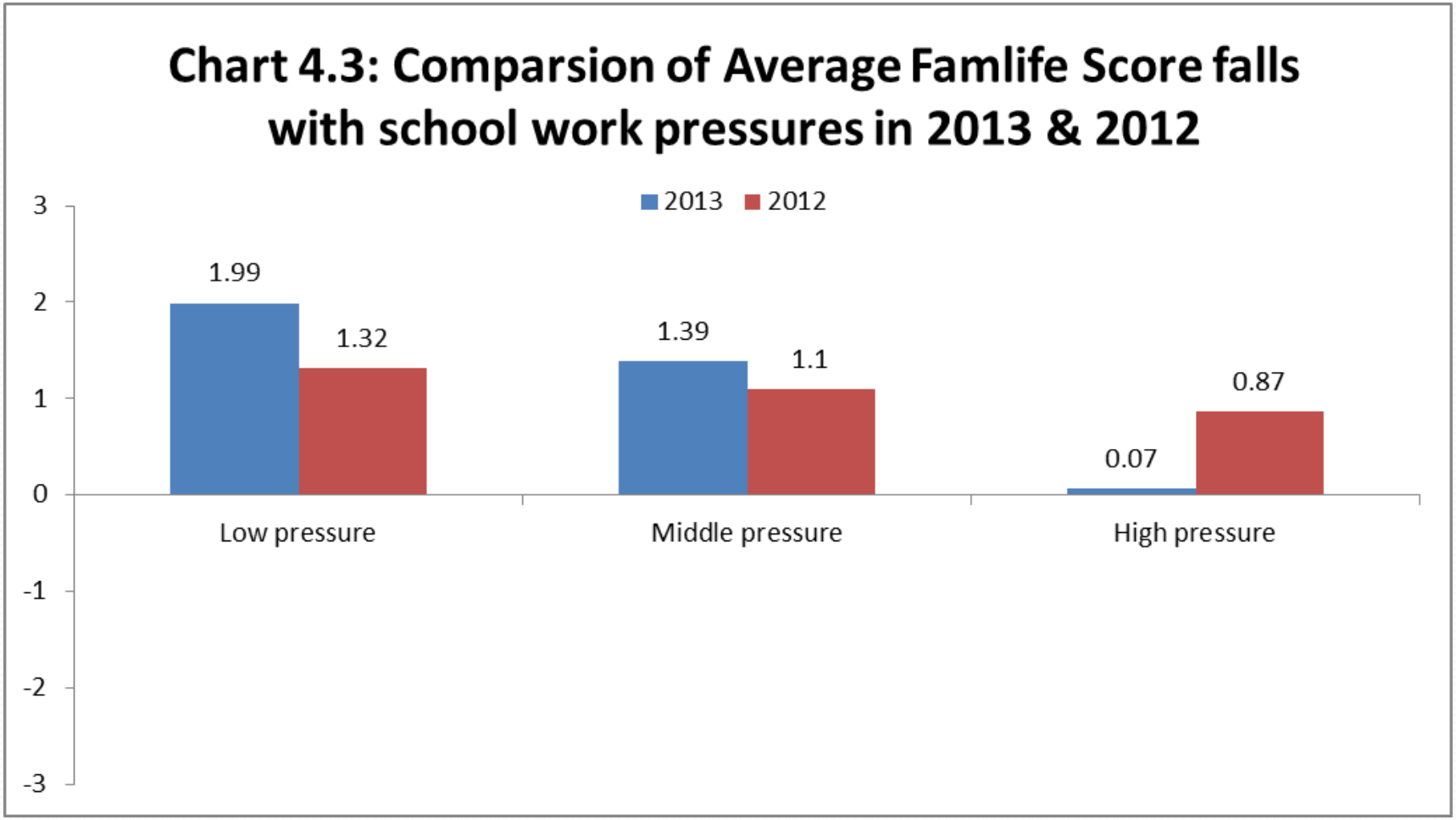


Chart 4.3: Comparsion of Average Famlife Score falls with school work pressures in 2013 & 2012
2013
2012
3
2
1
0
-1
-2
-3
1.99
1.32
1.39
1.1
0.07
0.87
Low pressure
Middle pressure
High pressure

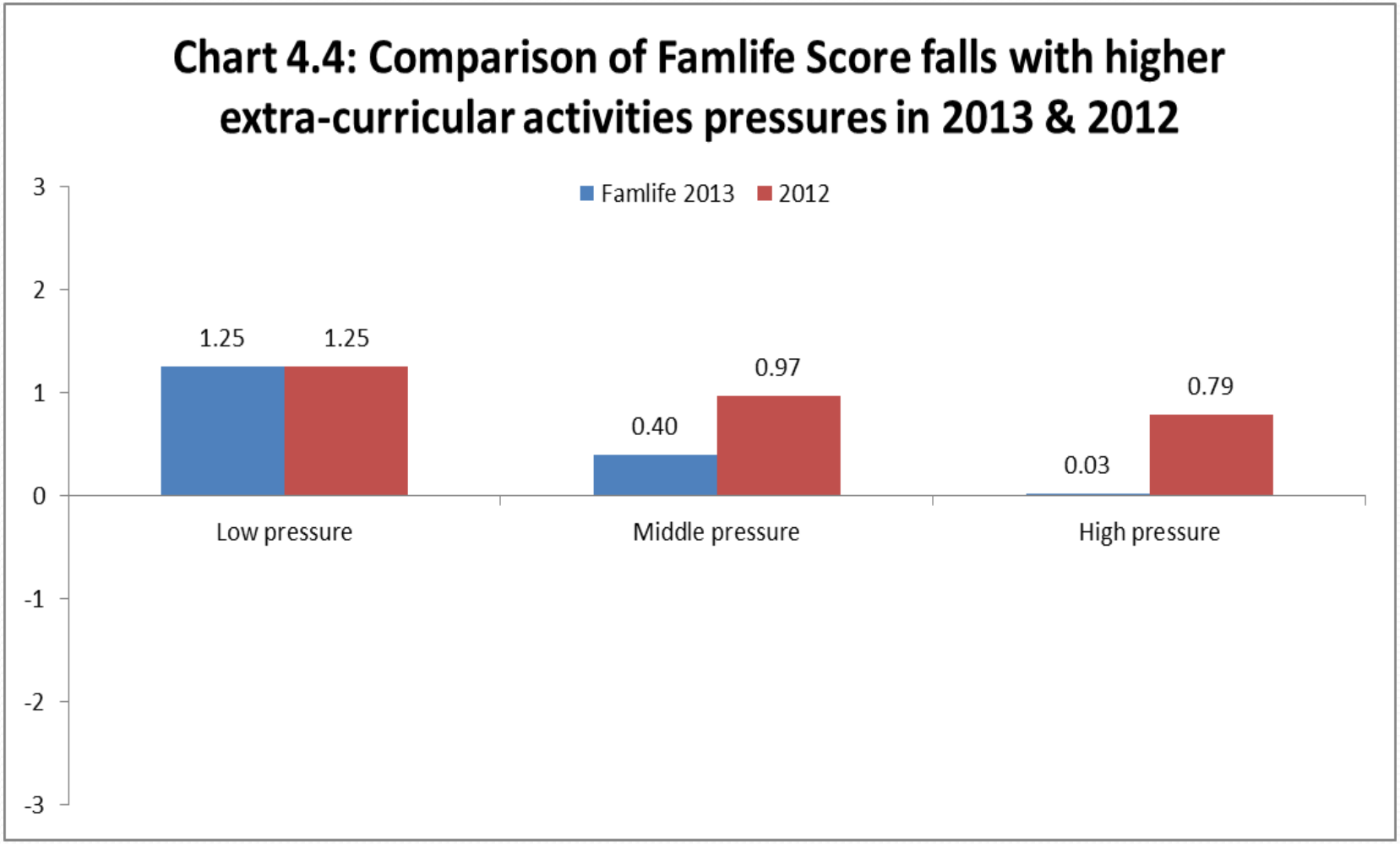


Chart 4.4: Comparison of Famlife Score falls with higher extra-curricular activities pressures in 2013 & 2012
Famlife 2013
2012
3
2
1
0
-1
-2
-3
1.25
1.25
0.40
0.97
0.03
0.79
Low pressure
Middle pressure
High pressure

Chart 4.5: Comparison of Average Hapfam Score generally falls with school work pressures in 2013 & 2012

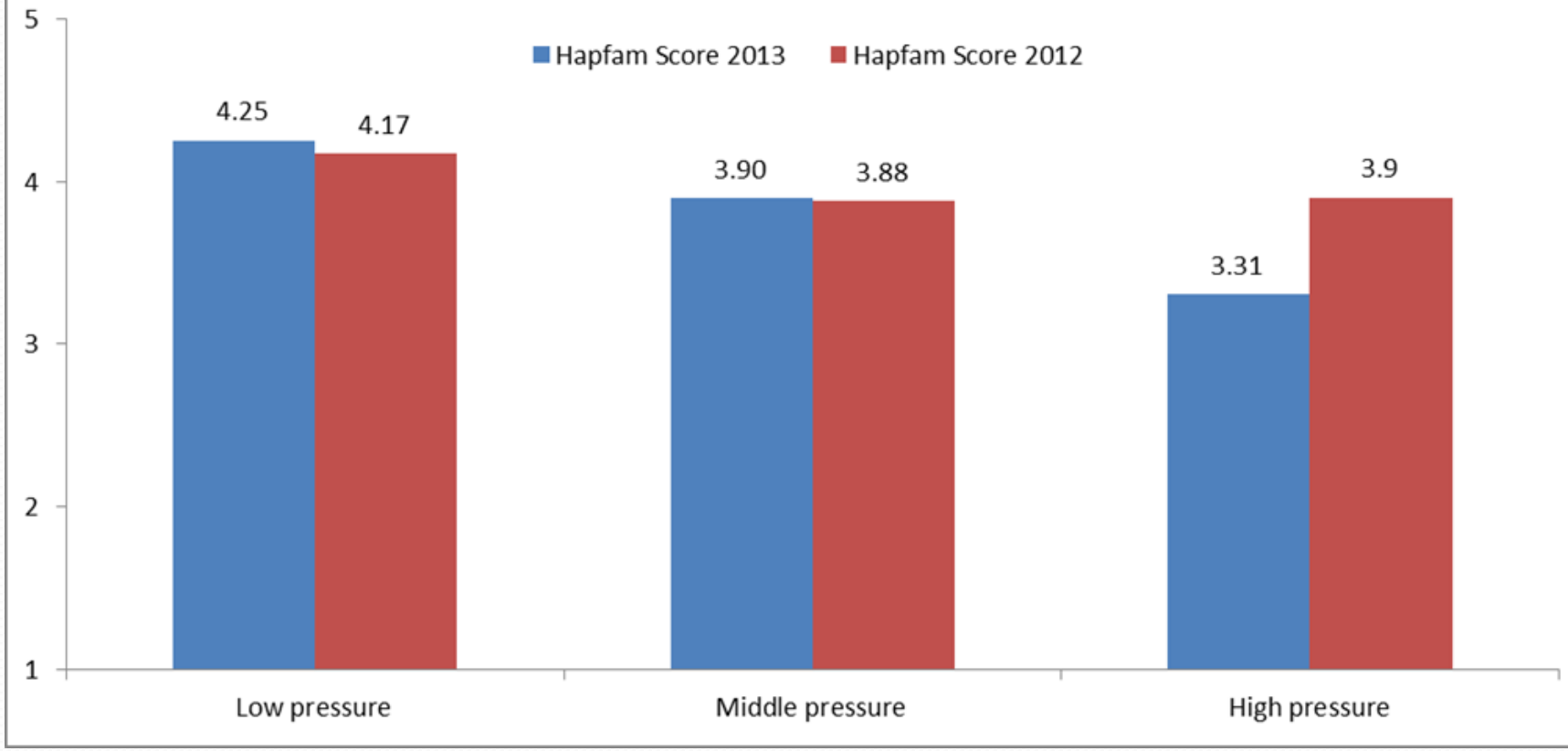


Table 4.5a: Famlife as Explained by School Work and Extra-Curricular Activities Pressure

Dependent Variable: FAMLIFE

Method: Least Squares

Date: 11/15/13 Time: 16:31

Sample: 1 585

Included observations: 585

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	0.299000	0.492977	0.606519	0.5444
PINDEXSCHWK	-0.136933	0.047867	-2.860700	0.0044
PINDEXEXTACT	-0.144603	0.043160	-3.350372	0.0009
AGE	-0.039742	0.024630	-1.613546	0.1072
PAGE	0.001104	0.006358	0.173678	0.8622
PEDU	0.286304	0.085052	3.366203	0.0008
SIBDUM	0.003214	0.088360	0.036374	0.9710
FINWELLOFF	0.299782	0.043637	6.869893	0.0000
FEMALE	0.248514	0.078894	3.149978	0.0017

R-squared	0.210152	Mean dependent var	1.110399
Adjusted R-squared	0.199182	S.D. dependent var	1.056531
S.E. of regression	0.945473	F-statistic	19.15674
Sum squared resid	514.8976	Prob(F-statistic)	0.000000
Log likelihood	-792.7432		

Table 4.5b: Famlife as Explained by School Work and Extra-Curricular Activities Pressures Using Parent Perception of Financial Well-Being

Dependent Variable: FAMLIFE

Method: Least Squares

Date: 11/15/13 Time: 16:32

Sample: 1 585

Included observations: 585

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.340976	0.485991	2.759259	0.0060
PINDEXSCHWK	-0.208450	0.048078	-4.335627	0.0000
PINDEXEXTACT	-0.174088	0.044353	-3.925040	0.0001
AGE	-0.047533	0.025430	-1.869205	0.0621
PAGE	0.000501	0.006576	0.076136	0.9393
PEDU	0.299715	0.088636	3.381408	0.0008
SIBDUM	0.004122	0.091884	0.044860	0.9642
PFINWELLOFF	0.127973	0.047825	2.675838	0.0077
FEMALE	0.235932	0.081540	2.893448	0.0040

R-squared	0.155927	Mean dependent var	1.110399
Adjusted R-squared	0.144203	S.D. dependent var	1.056531
S.E. of regression	0.977389	F-statistic	13.30065
Sum squared resid	550.2465	Prob(F-statistic)	0.000000
Log likelihood	-812.1648		

Table 4.6a: Hapfam as Explained by School Work and Extra-Curricular Activities Pressures

Dependent Variable: HAPFAM

Method: Least Squares

Date: 11/06/13 Time: 14:45

Sample: 1 593

Included observations: 593

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.693501	0.434754	3.895311	0.0001
PINDEXSCHWK	-0.044959	0.042358	-1.061396	0.2889
PINDEXEXTACT	-0.090413	0.037874	-2.387188	0.0173
AGE	-0.021360	0.021628	-0.987617	0.3237
PAGE	0.011704	0.005600	2.090001	0.0370
PEDU	0.105917	0.075190	1.408646	0.1595
SIBDUM	0.176670	0.077428	2.281732	0.0229
FINWELLOFF	0.518268	0.038766	13.36921	0.0000

R-squared	0.313124	Mean dependent var	3.988196
Adjusted R-squared	0.304905	S.D. dependent var	1.007503
S.E. of regression	0.839979	F-statistic	38.09743
Sum squared resid	412.7558	Prob(F-statistic)	0.000000
Log likelihood	-733.9972		

Table 4.9: Explaining Effective Communication (OLS)

Dependent Variable: EFFCOM

Method: Least Squares

Date: 11/06/13 Time: 15:13

Sample: 1 690

Included observations: 690

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.688548	0.240314	7.026431	0.0000
RESPOP	0.436264	0.034538	12.63149	0.0000
RESPPRI	0.228338	0.034532	6.612370	0.0000
AGE	-0.044887	0.014268	-3.145948	0.0017
AGEGAP	0.001683	0.003730	0.451199	0.6520

R-squared	0.513901	Mean dependent var	3.702899
Adjusted R-squared	0.511063	S.D. dependent var	0.877010
S.E. of regression	0.613241	F-statistic	181.0448
Sum squared resid	257.6038	Prob(F-statistic)	0.000000
Log likelihood	-639.1498		

Table 4.10: Explaining Love: Importance of Parental Relations (OLS)

Dependent Variable: L

Method: Least Squares

Date: 11/04/13 Time: 20:26

Sample: 1 1033

Included observations: 1024

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.806875	0.092202	19.59698	0.0000
PARCARE	0.116260	0.023290	4.991745	0.0000
RESPOP	0.184272	0.025819	7.137179	0.0000
RESPPRI	0.095955	0.024812	3.867277	0.0001
MOMDADREL	0.147631	0.020048	7.364040	0.0000
FINWELLOFF	0.058782	0.019591	3.000512	0.0028

R-squared	0.448009	Mean dependent var	4.138997
Adjusted R-squared	0.445298	S.D. dependent var	0.681606
S.E. of regression	0.507648	F-statistic	165.2469
Sum squared resid	262.3454	Prob(F-statistic)	0.000000
Log likelihood	-755.7465		

Dependent Variable: FAMDISHAR

Method: Least Squares

Date: 11/06/13 Time: 15:38

Sample: 1 583

Included observations: 583

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.414747	0.328122	4.311651	0.0000
DISCIPSER	0.344571	0.033492	10.28803	0.0000
PINDEXSCHW	0.005152	0.031069	0.165817	0.8684
PINDEXEXTACT	0.075948	0.027857	2.726346	0.0066
FINWELLOFF	-0.074908	0.028205	-2.655798	0.0081
SIBDUM	-0.019616	0.057351	-0.342040	0.7324
AGE	0.009177	0.015844	0.579198	0.5627
AGEGAP	-0.006406	0.004089	-1.566711	0.1177
PEDU	-0.115435	0.054626	-2.113210	0.0350

R-squared	0.210560	Mean dependent var	1.802601
Adjusted R-squared	0.199557	S.D. dependent var	0.678638
S.E. of regression	0.607161	F-statistic	19.13717
Sum squared resid	211.6018	Prob(F-statistic)	0.000000
Log likelihood	-531.8114		

Table 4.11a: Explaining Family Disharmony (OLS): Disciplining Child Contributes to Family Disharmony; pressures from school work not so important but pressures from extra-curricular activity play a role

Check equation Pindexschw too insignificant

Dependent Variable: FAMDISHAR

Method: Least Squares

Date: 11/06/13 Time: 15:40

Sample: 1 599

Included observations: 599

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	1.024367	0.307149	3.335082	0.0009
DISCIPSER	0.361609	0.033161	10.90467	0.0000
PINDEXSCHW	0.014293	0.029954	0.477157	0.6334
PINDEXEXTACT	0.087076	0.027098	3.213338	0.0014
PFINWELLOFF	-0.002026	0.029592	-0.068477	0.9454
SIBDUM	-0.025514	0.057114	-0.446719	0.6552
AGE	0.012750	0.015472	0.824046	0.4102
AGEGAP	-0.006656	0.004068	-1.636353	0.1023
PEDU	-0.120310	0.055041	-2.185819	0.0292

R-squared	0.202724	Mean dependent var	1.799666
Adjusted R-squared	0.191913	S.D. dependent var	0.680291
S.E. of regression	0.611539	F-statistic	18.75247
Sum squared resid	220.6479	Prob(F-statistic)	0.000000
Log likelihood	-550.8354		

Table 4.11b: Explaining Family Disharmony (OLS): Effects of Disciplining Child Strong, & School Work Pressures Not so important but that of Extra-curricular Activity Pressures Significant (Parent Perception of Financial Well-Being)

Disciplining causes family disharmony

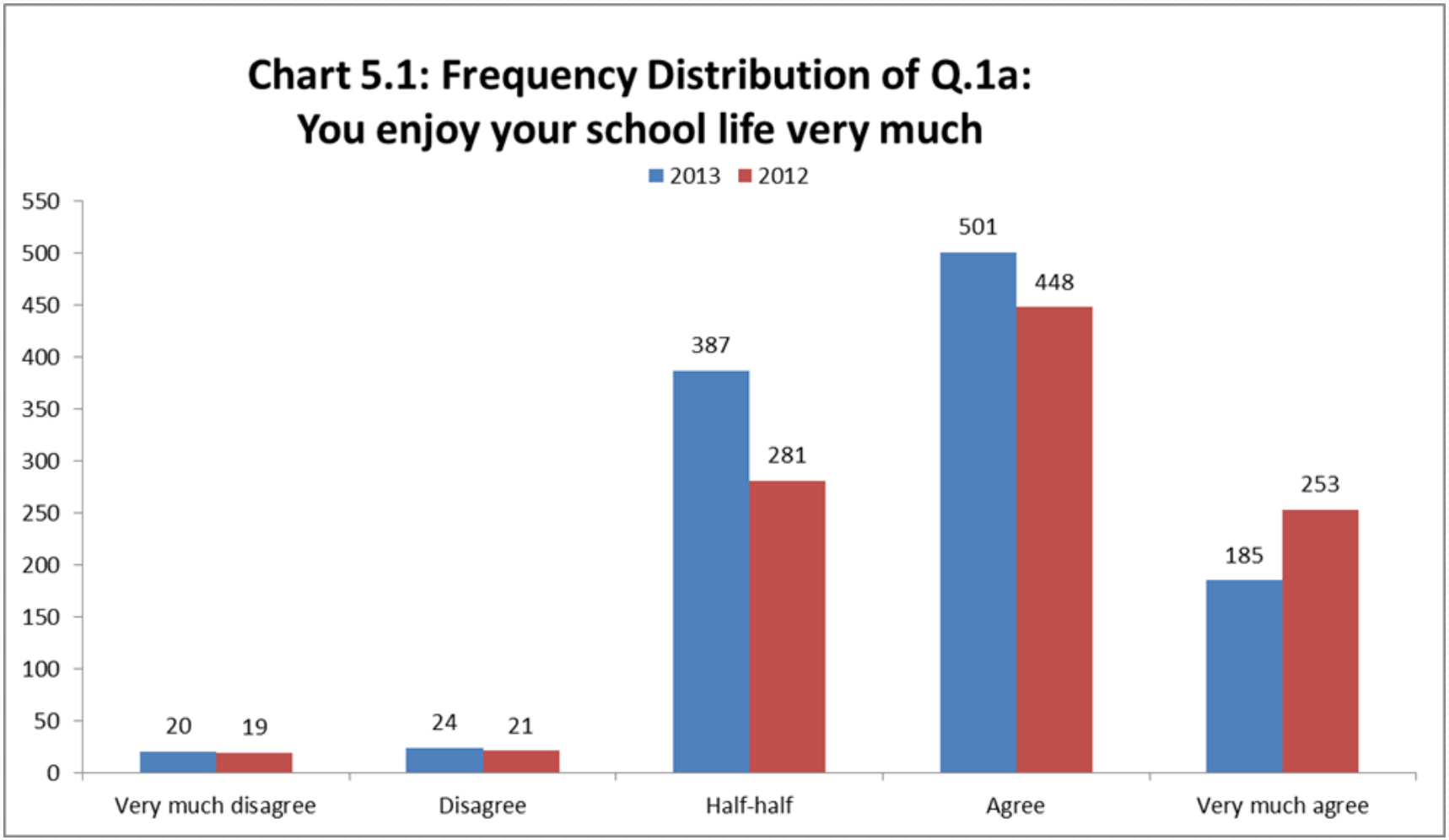


Chart 5.1: Frequency Distribution of Q.1a:
You enjoy your school life very much
2013
2012
550
500
450
400
350
300
250
200
150
100
50
0
20
19
24
21
387
281
501
448
185
253
Very much disagree
Disagree
Half-half
Agree
Very much agree

Having good classmates is the most important to Happy Schooling

Table 5.2: OLS Regression for Relative Importance of Teachers and Schoolmates

Dependent Variable: HAPI

Method: Least Squares

Date: 11/06/13 Time: 16:19

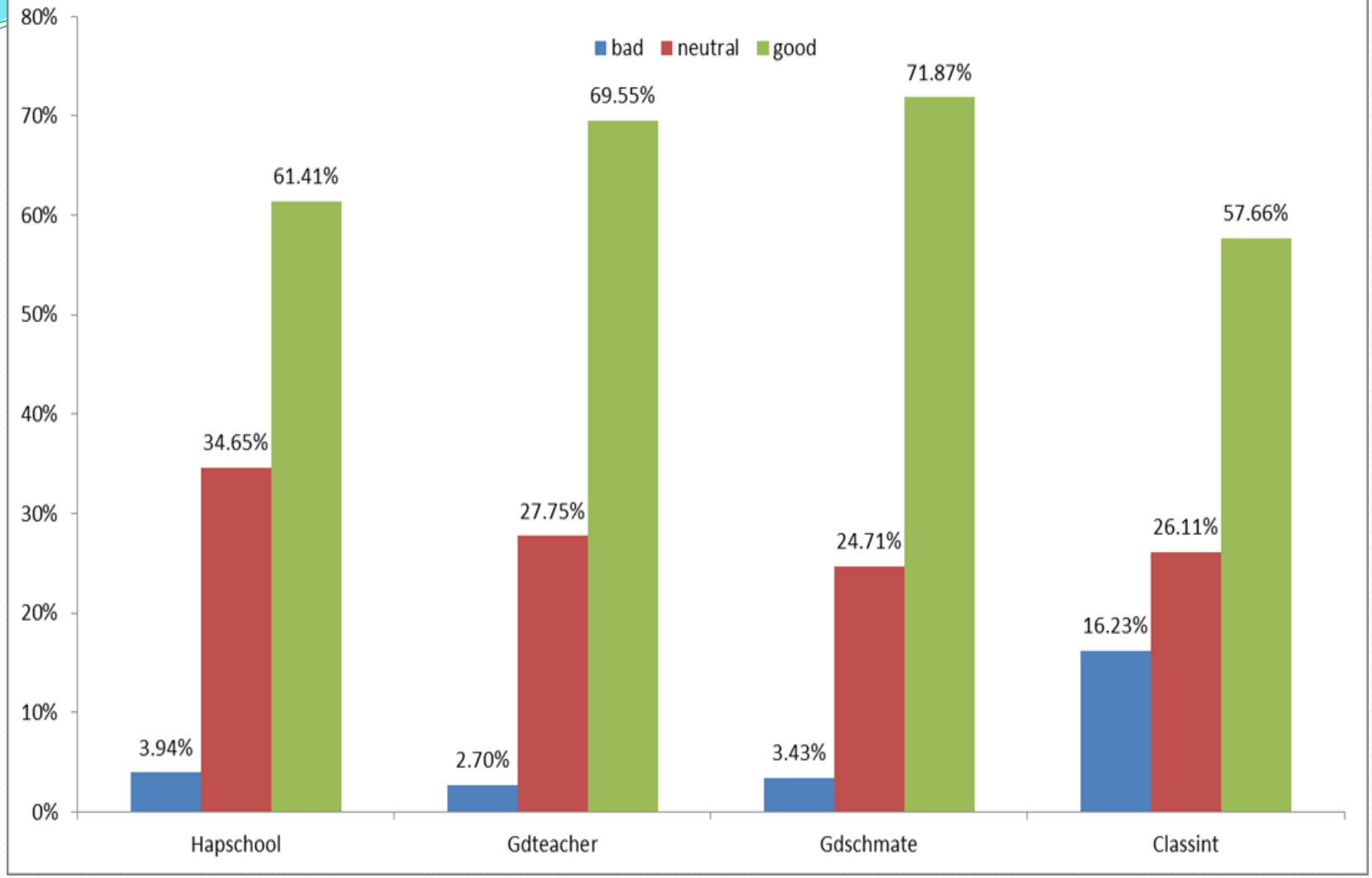
Sample: 1 1039

Included observations: 1039

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	3.541845	0.348158	10.17311	0.0000
GDTEACHER	0.225879	0.082252	2.746197	0.0061
GDSCHMATE	0.444480	0.076118	5.839321	0.0000
CLASSINT	0.296809	0.053704	5.526778	0.0000

R-squared	0.111604	Mean dependent var	7.256978
Adjusted R-squared	0.109029	S.D. dependent var	2.035898
S.E. of regression	1.921710	F-statistic	43.34053
Sum squared resid	3822.221	Prob(F-statistic)	0.000000
Log likelihood	-2150.964		

Chart 5.2: Overall Happiness at School, Quality of Teachers, Good Schoolmates, and Finding School Curriculum Interesting



Note a significant % dislike the school curriculum

Table 5.8a: Happiness of Children Regressed against LIFE Scores, Hapschool,Hapfam, and School Grades

Hapschool more important and more significant when grades are included

Dependent Variable: HAPI

Method: Least Squares

Date: 01/16/14 Time: 16:16

Sample: 1 1119

Included observations: 987

Variable	Coefficient	Std. Error	t-Statistic	Prob.
L	0.128902	0.043233	2.981584	0.0029
I	0.095354	0.051100	1.866021	0.0623
F	0.231087	0.043343	5.331632	0.0000
E	0.106913	0.021157	5.053214	0.0000
HAPSCHOOL	0.247546	0.037020	6.686756	0.0000
HAPFAM	0.184438	0.028207	6.538821	0.0000
PRI5	0.227299	0.208303	1.091194	0.2755
PRI6	0.145683	0.279734	0.520793	0.6026
SEC1	0.113639	0.188938	0.601464	0.5477
SEC2	0.181437	0.175821	1.031942	0.3024
SEC3	0.117737	0.220976	0.532806	0.5943

R-squared	0.279290	Mean dependent var	7.246201
Adjusted R-squared	0.271906	S.D. dependent var	2.035978
S.E. of regression	1.737268	Log likelihood	-1940.095
Sum squared resid	2945.667		

Table 5.8b: Children's Happiness Regressed against Hapschool and Hapfam Alone(Hapfam and Hapschool both rescaled to 0 to 10)

Hapfam more significant, but Hapschool bigger impact

Dependent Variable: HAPI

Method: Least Squares

Date: 01/16/14 Time: 16:15

Sample: 1 1119

Included observations: 1032

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	3.213000	0.259205	12.39561	0.0000
HAPFAM	0.255515	0.024077	10.61250	0.0000
HAPSCHOOL	0.305409	0.036154	8.447354	0.0000

R-squared	0.216292	Mean dependent var	7.266473
Adjusted R-squared	0.214768	S.D. dependent var	2.027866
S.E. of regression	1.796959	F-statistic	141.9942
Sum squared resid	3322.704	Prob(F-statistic)	0.000000
Log likelihood	-2067.693		

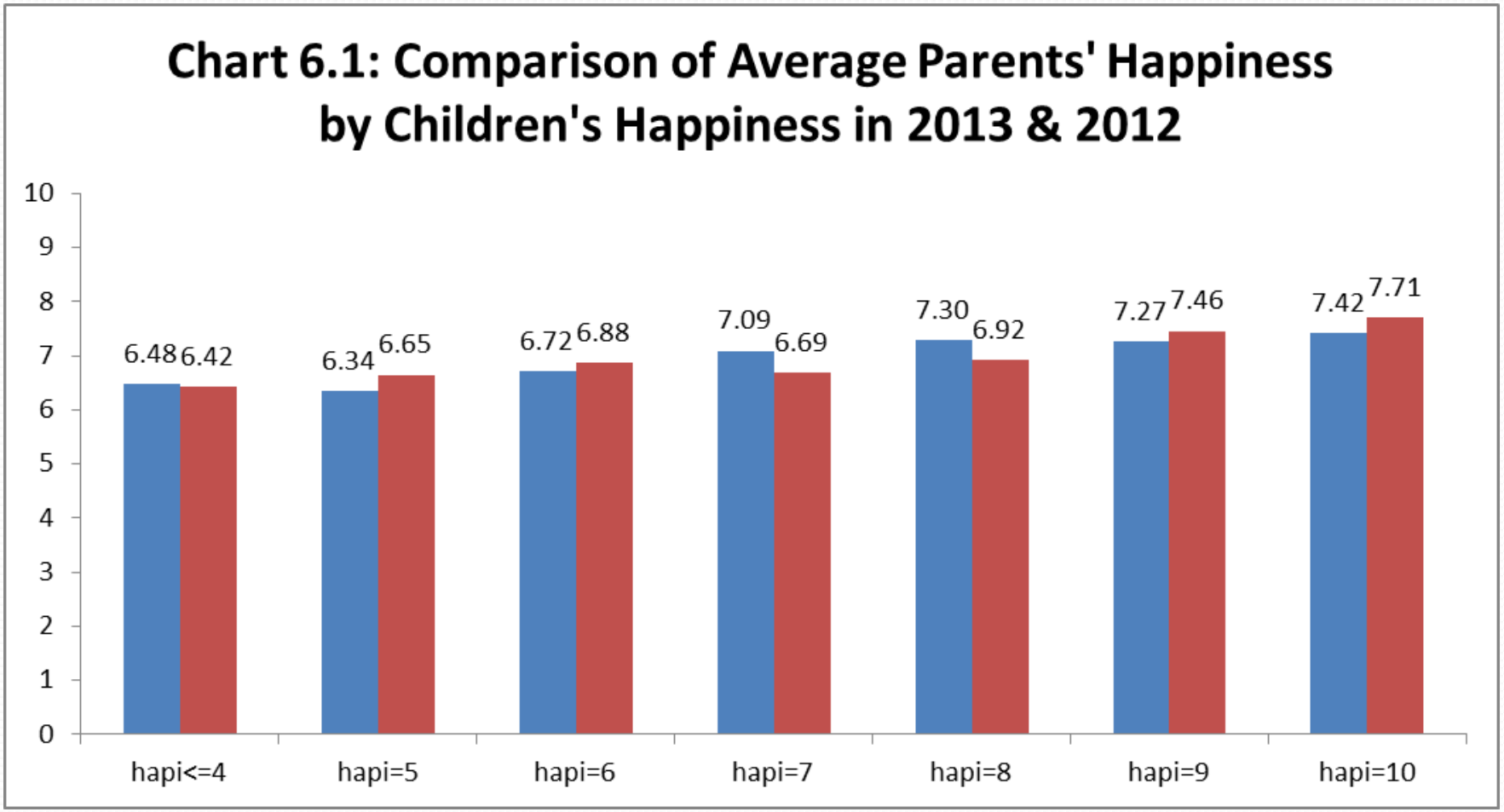


Chart 6.1: Comparison of Average Parents' Happiness by Children's Happiness in 2013 & 2012
10
9
8
7
6
5
4
3
2
1
0
6.48
6.42
6.34
6.65
6.72
6.88
7.09
6.69
7.30
6.92
7.27
7.46
7.42
7.71
hapi<=4
hapi=5
hapi=6
hapi=7
hapi=8
hapi=9
hapi=10

Table 6.2a: Children's Happiness against Parents' Happiness and Age Gap(Financial Well-being rated by Children)

Dependent Variable: HAPI

Method: Least Squares

Date: 11/07/13 Time: 14:04

Sample: 1 639

Included observations: 639

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	5.557572	0.900958	6.168517	0.0000
PHAPI	0.140568	0.042637	3.296860	0.0010
FEMALE	0.033222	0.151178	0.219755	0.8261
AGE	-0.142942	0.045895	-3.114520	0.0019
AGEGAP	-0.007079	0.011950	-0.592334	0.5538
PEDU	0.132068	0.161797	0.816256	0.4147
FINWELLOFF	0.614054	0.080935	7.586988	0.0000

R-squared	0.142001	Mean dependent var	7.247261
Adjusted R-squared	0.133855	S.D. dependent var	2.038398
S.E. of regression	1.897074	F-statistic	17.43290
Sum squared resid	2274.498	Prob(F-statistic)	0.000000
Log likelihood	-1312.342		

Parents' Happiness appears to affect children's happiness significantly; so is the child's perception of the family's financial well being.

Table 6.2c: Children's Happiness against Parents' Happiness and Age Gap(Financial Well-being rated by Parents)

Dependent Variable: HAPI

Method: Least Squares

Date: 02/06/14 Time: 14:07

Sample: 1 663

Included observations: 663

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	7.609555	0.893406	8.517463	0.0000
PHAPI	0.187624	0.045101	4.160092	0.0000
FEMALE	-0.020738	0.155294	-0.133542	0.8938
AGE	-0.174617	0.046972	-3.717465	0.0002
PAGE	-0.006094	0.012291	-0.495851	0.6202
PEDU	0.098728	0.168820	0.584809	0.5589
PFINWELLOFF	0.141694	0.094338	1.501977	0.1336

R-squared	0.066600	Mean dependent var	7.238311
Adjusted R-squared	0.058063	S.D. dependent var	2.050108
S.E. of regression	1.989700	F-statistic	7.801200
Sum squared resid	2597.042	Prob(F-statistic)	0.000000
Log likelihood	-1393.371		

Parents' Happiness becomes more important to children's happiness when parents' perception of financial well being is used instead of the child's own perception.

Table 6.2b: Parents' Happiness against Children's Happiness and Age Gap(Financial Well-being rated by Parents)

Dependent Variable: PHAPI

Method: Least Squares

Date: 02/06/14 Time: 14:06

Sample: 1 663

Included observations: 663

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	3.713532	0.791342	4.692700	0.0000
HAPI	0.136995	0.032931	4.160092	0.0000
FEMALE	0.138380	0.132590	1.043674	0.2970
AGE	-0.039366	0.040529	-0.971304	0.3318
PAGE	0.000124	0.010504	0.011816	0.9906
PEDU	0.214009	0.144051	1.485647	0.1379
PFINWELLOFF	0.621020	0.077023	8.062747	0.0000

R-squared	0.138722	Mean dependent var	6.929110
Adjusted R-squared	0.130844	S.D. dependent var	1.823673
S.E. of regression	1.700183	F-statistic	17.60976
Sum squared resid	1896.249	Prob(F-statistic)	0.000000
Log likelihood	-1289.116		

Children's happiness carries a big and significant effect on parents' happiness. Perceived financial well being is also highly important.

Table 6.2c: Children's Happiness against Parents' Happiness and Age Gap(Financial Well-being rated by Parents)

Dependent Variable: HAPI

Method: Least Squares

Date: 02/06/14 Time: 11:50

Sample: 1 663

Included observations: 663

Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	7.609555	0.893406	8.517463	0.0000
PHAPI	0.187624	0.045101	4.160092	0.0000
PAGE	-0.006094	0.012291	-0.495851	0.6202
AGE	-0.174617	0.046972	-3.717465	0.0002
PFINWELLOFF	0.141694	0.094338	1.501977	0.1336
FEMALE	-0.020738	0.155294	-0.133542	0.8938
PEDU	0.098728	0.168820	0.584809	0.5589

R-squared	0.066600	Mean dependent var	7.238311
Adjusted R-squared	0.058063	S.D. dependent var	2.050108
S.E. of regression	1.989700	F-statistic	7.801200
Sum squared resid	2597.042	Prob(F-statistic)	0.000000
Log likelihood	-1393.371		

Table 6.2b: Children's Happiness against Parents' Happiness and Age Gap(Financial Well-being rated by Parents)

Dependent Variable: PHAPI

Method: Least Squares

Date: 11/07/13 Time: 14:09

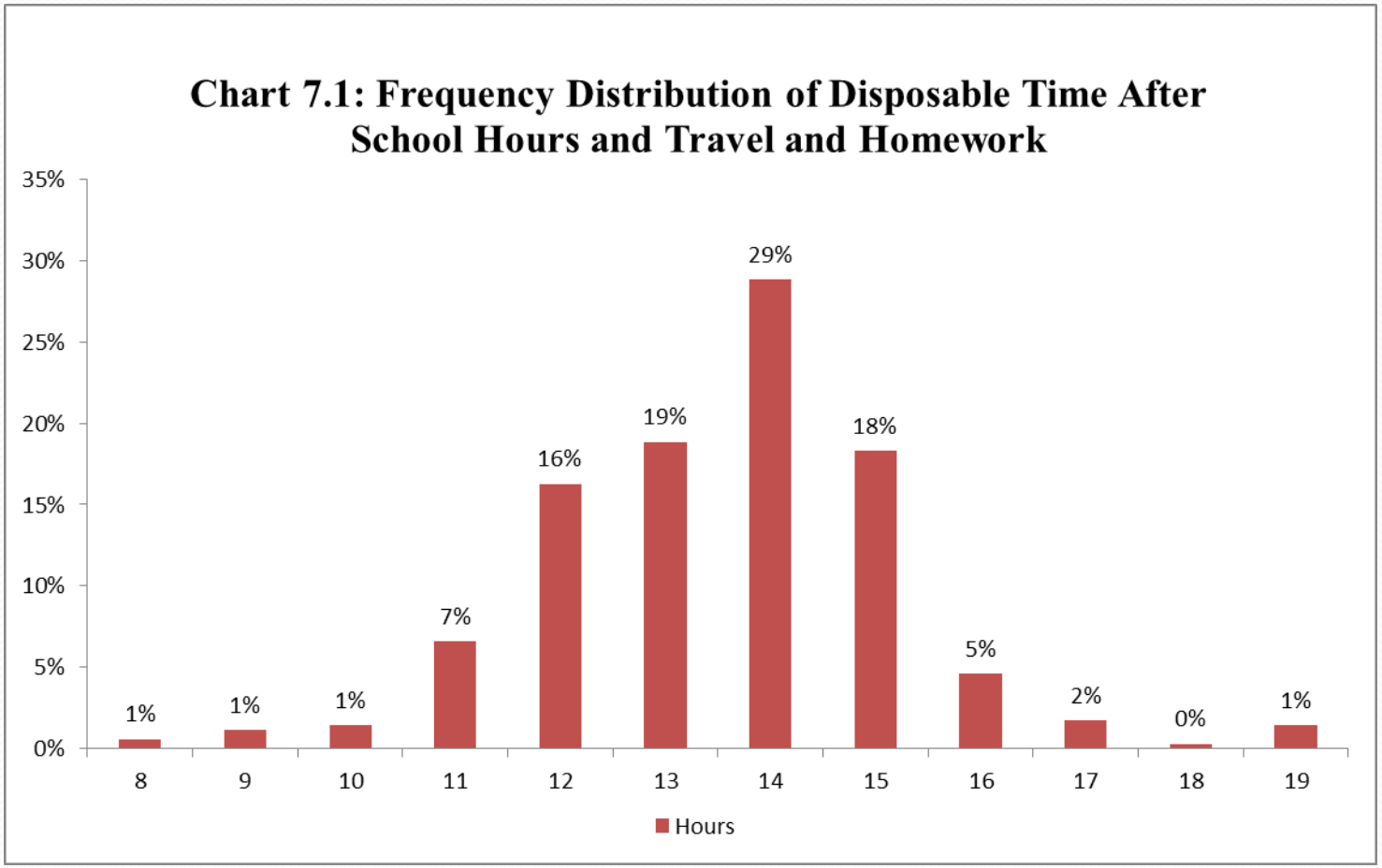
Sample: 1 663

Included observations: 663

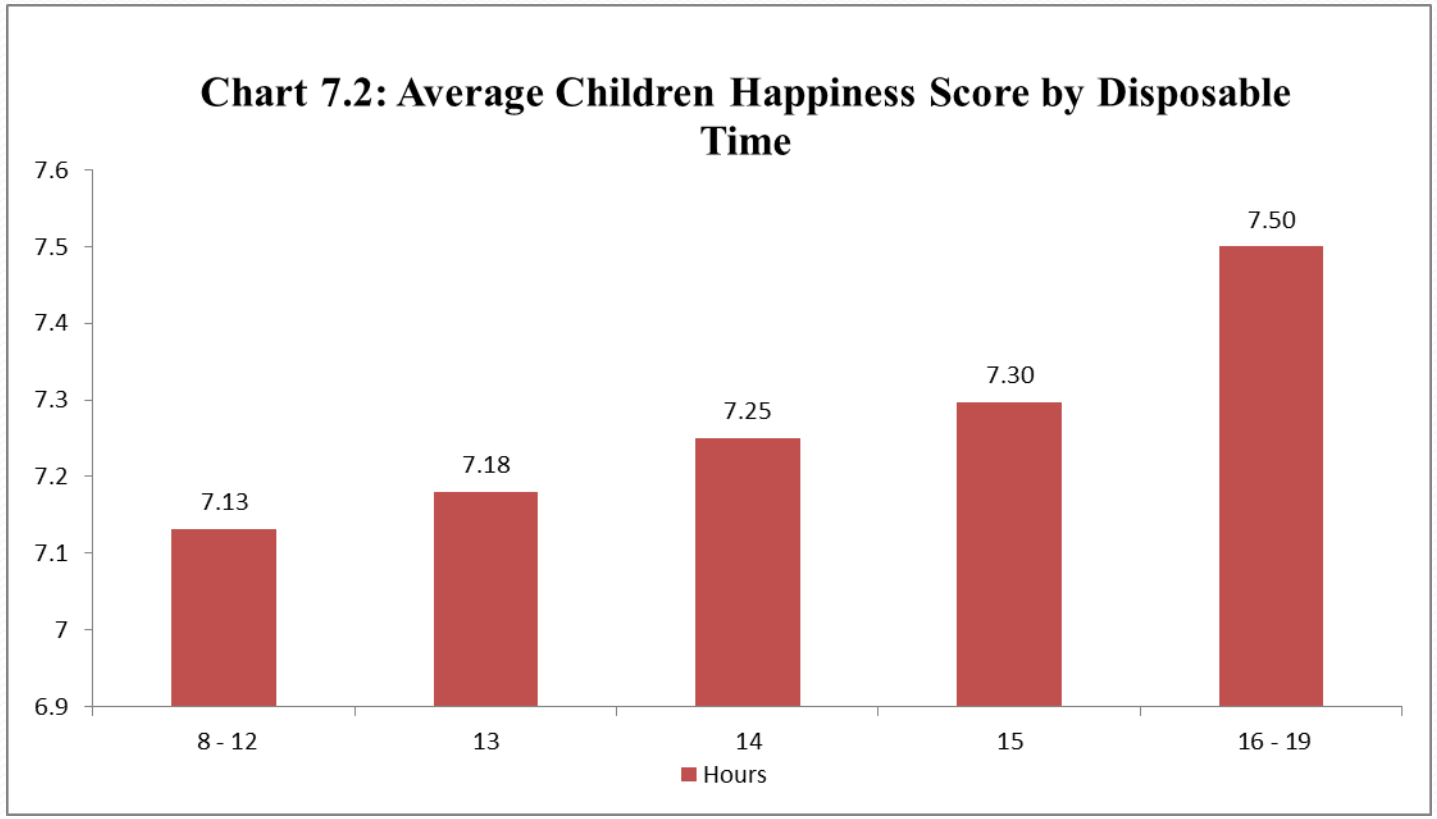
Variable	Coefficient	Std. Error	t-Statistic	Prob.
C	3.713532	0.791342	4.692700	0.0000
HAPI	0.136995	0.032931	4.160092	0.0000
PAGE	0.000124	0.010504	0.011816	0.9906
AGE	-0.039366	0.040529	-0.971304	0.3318
PFINWELLOFF	0.621020	0.077023	8.062747	0.0000
FEMALE	0.138380	0.132590	1.043674	0.2970
PEDU	0.214009	0.144051	1.485647	0.1379

R-squared	0.138722	Mean dependent var	6.929110
Adjusted R-squared	0.130844	S.D. dependent var	1.823673
S.E. of regression	1.700183	F-statistic	17.60976
Sum squared resid	1896.249	Prob(F-statistic)	0.000000
Log likelihood	-1289.116		

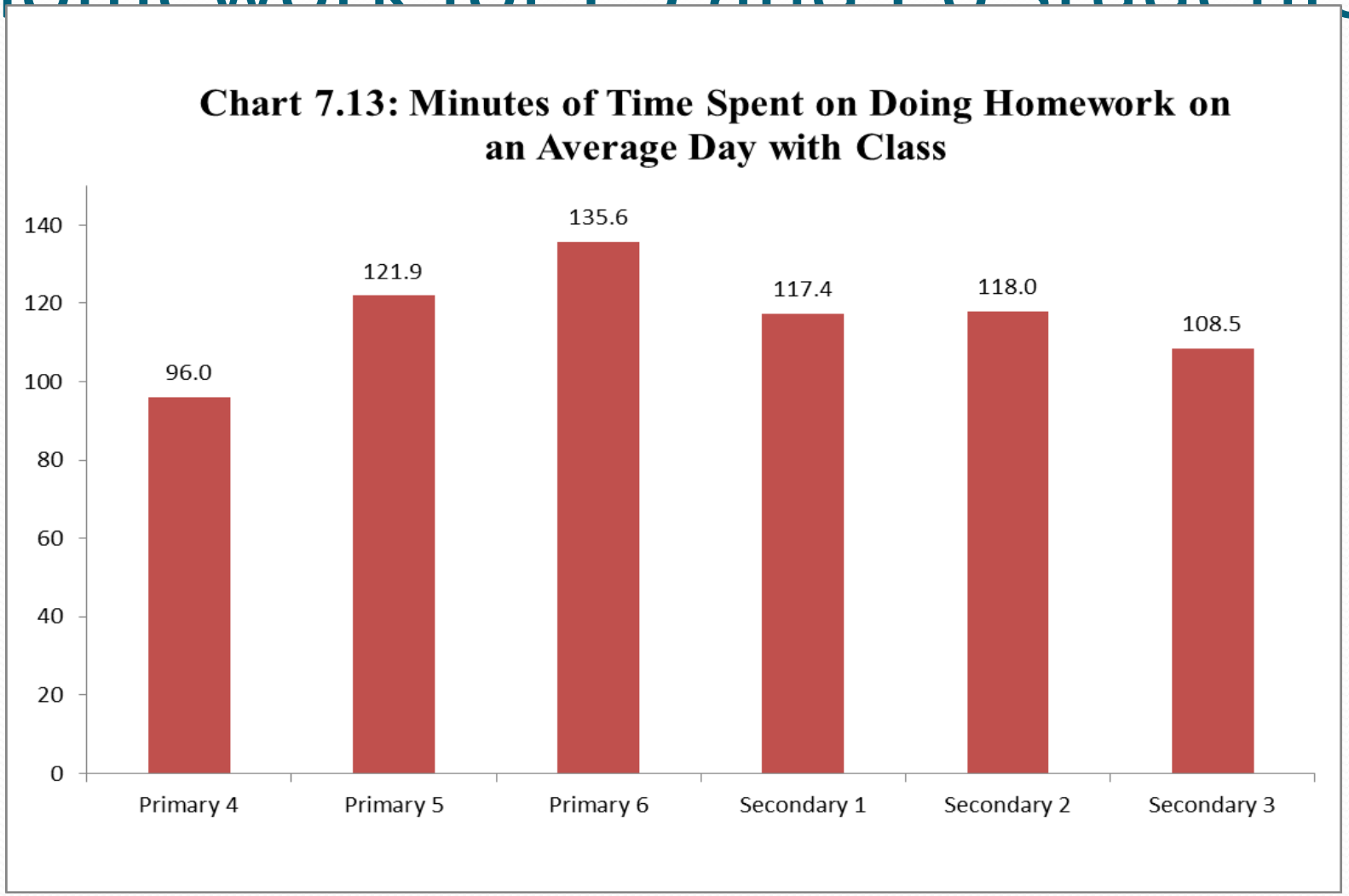
10% 11 hours or less inclusive of sleep and meals
26% 12 hours or less and meals



7.23 average happiness for the grades in 2013: Too little disposable time a cause of misery



Amazingly long hours on homework for P5 and P6 students



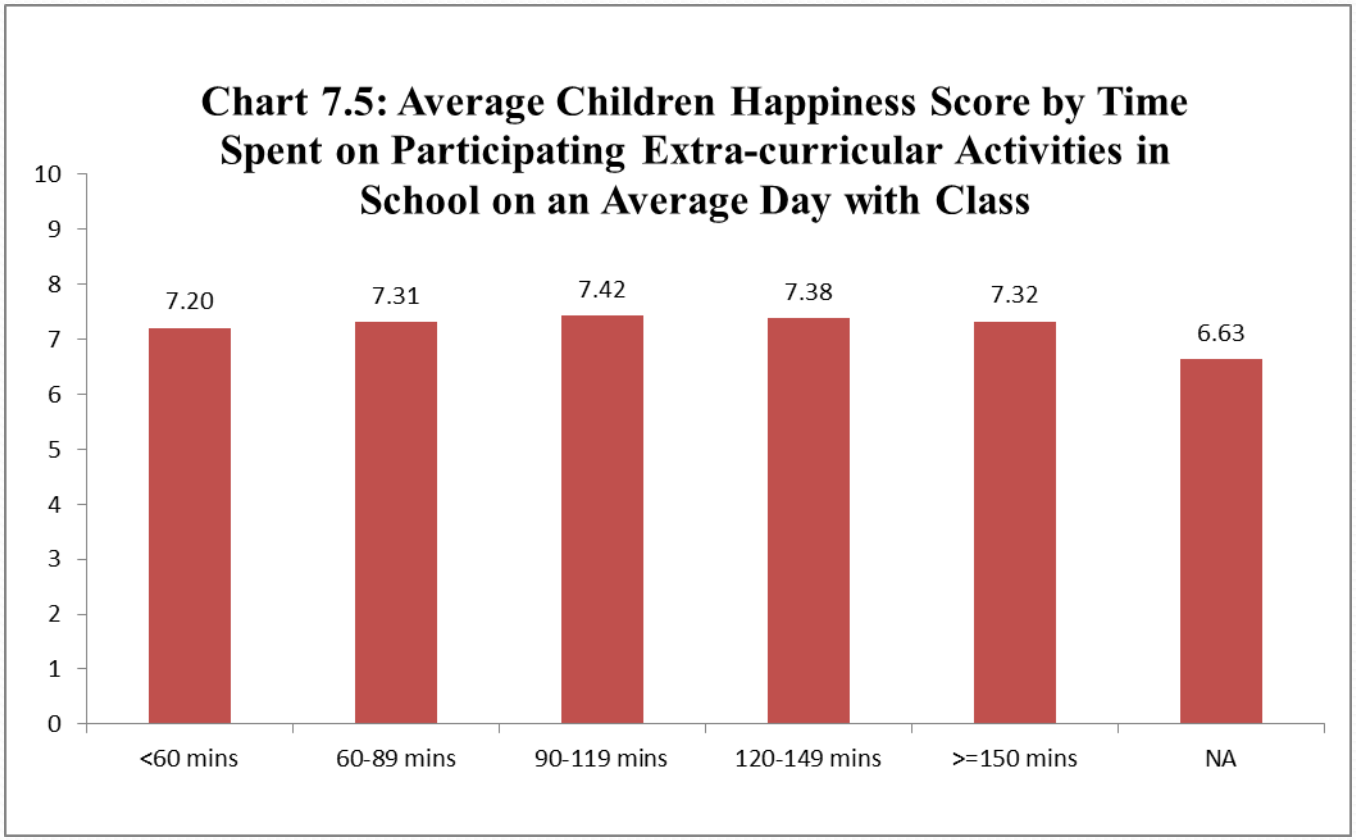
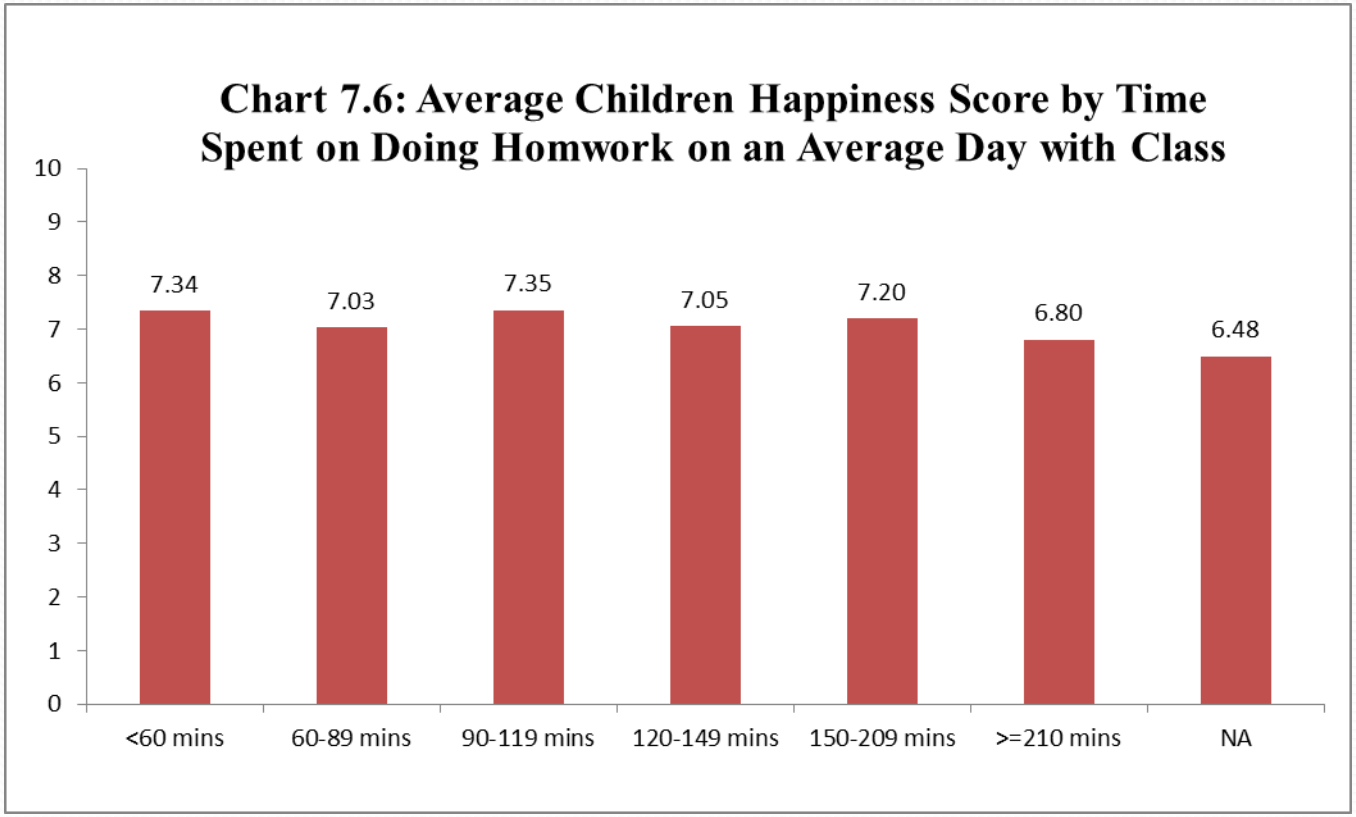


Chart 7.5: Average Children Happiness Score by Time Spent on Participating Extra-curricular Activities in School on an Average Day with Class
10
9
8
7
6
5
4
3
2
1
0
7.20
7.31
7.42
7.38
7.32
6.63
<60 mins
60-89 mins
90-119 mins
120-149 mins
>=150 mins
NA

Those who spend more than 210 minutes on homework appear to be struggling



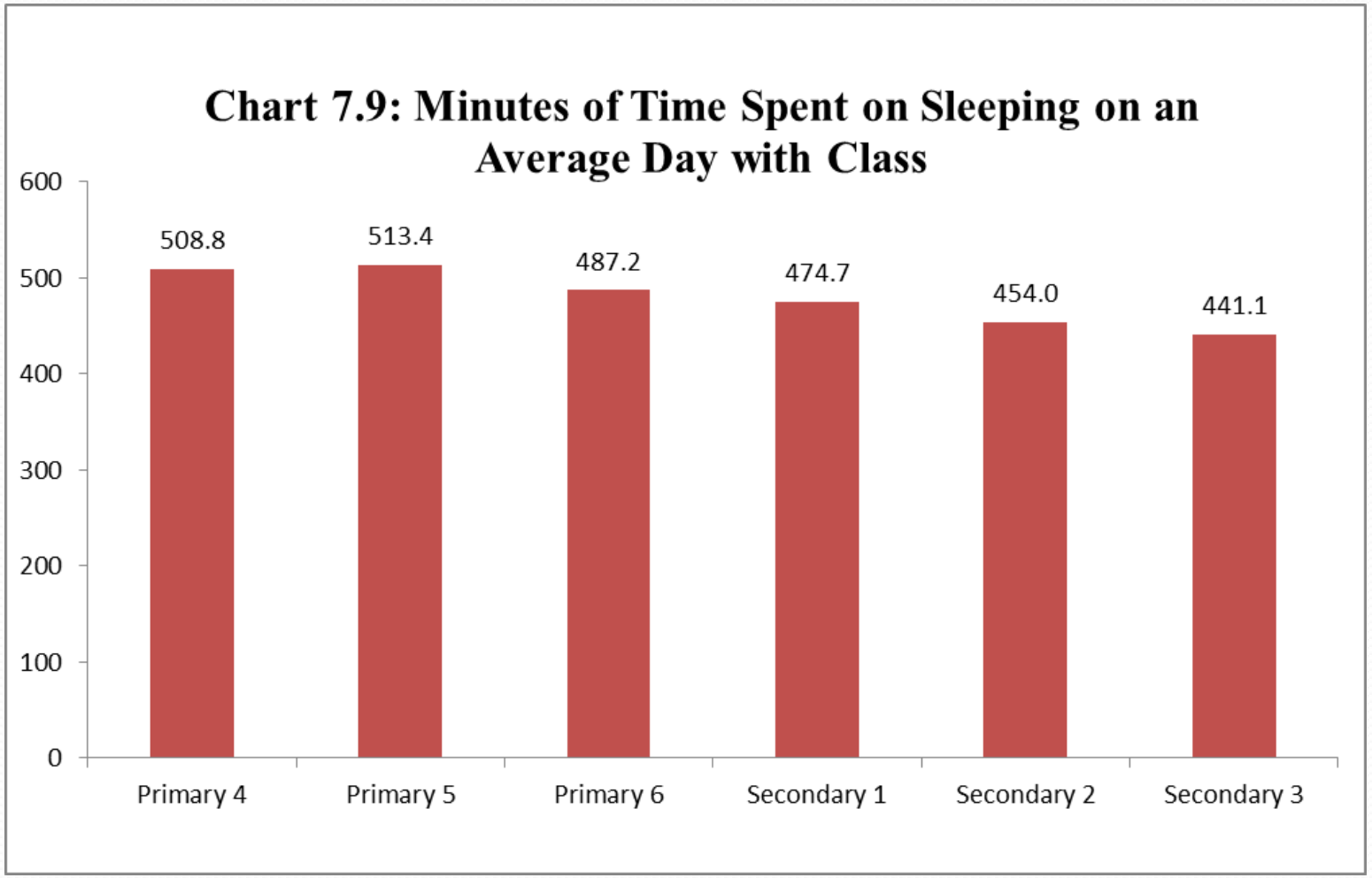


Chart 7.9: Minutes of Time Spent on Sleeping on an Average Day with Class
600
500
400
300
200
100
0
508.8
513.4
487.2
474.7
454.0
441.1
Primary 4
Primary 5
Primary 6
Secondary 1
Secondary 2
Secondary 3

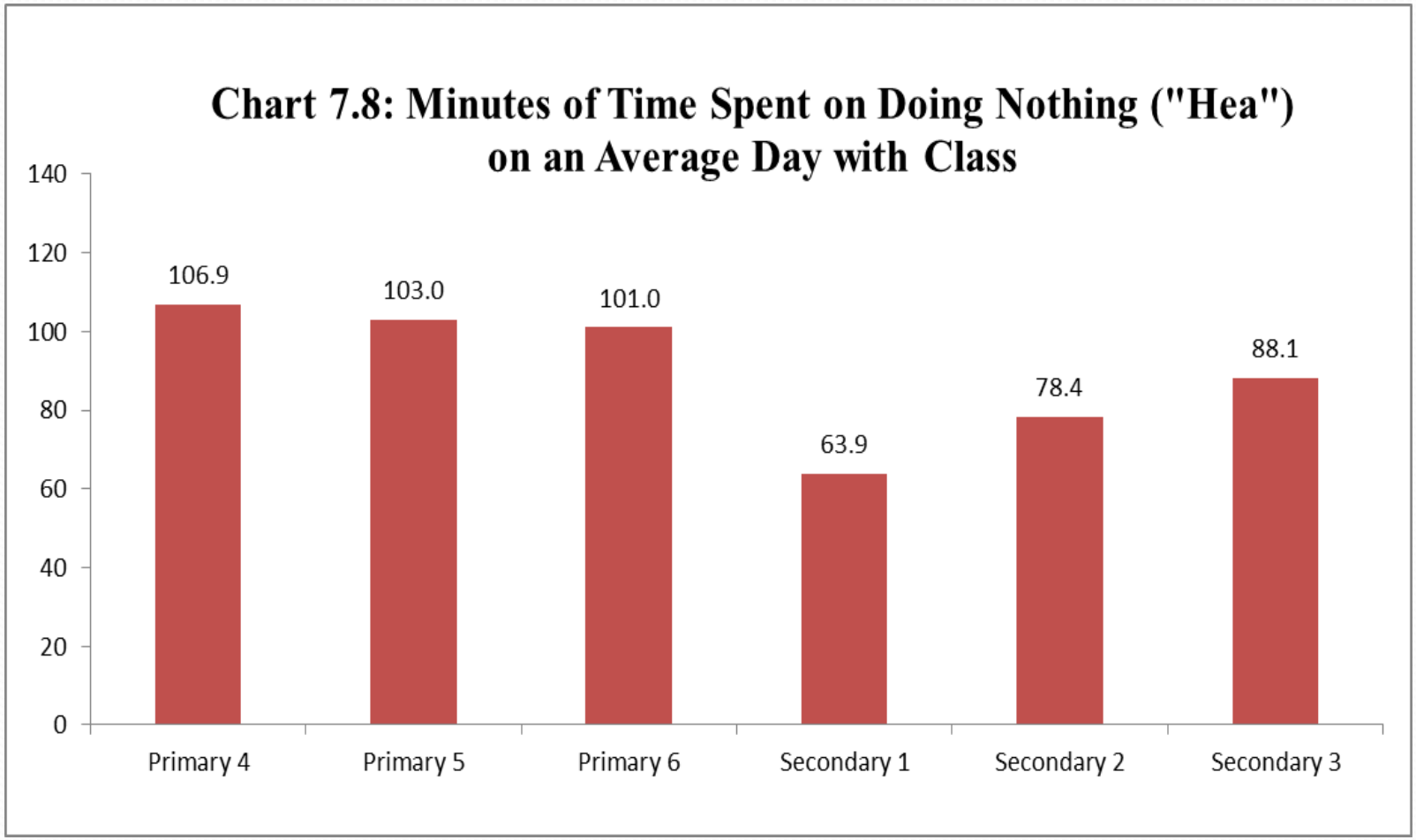


Chart 7.8: Minutes of Time Spent on Doing Nothing ("Hea") on an Average Day with Class
140
120
100
80
60
40
20
0
106.9
103.0
101.0
63.9
78.4
88.1
Primary 4
Primary 5
Primary 6
Secondary 1
Secondary 2
Secondary 3

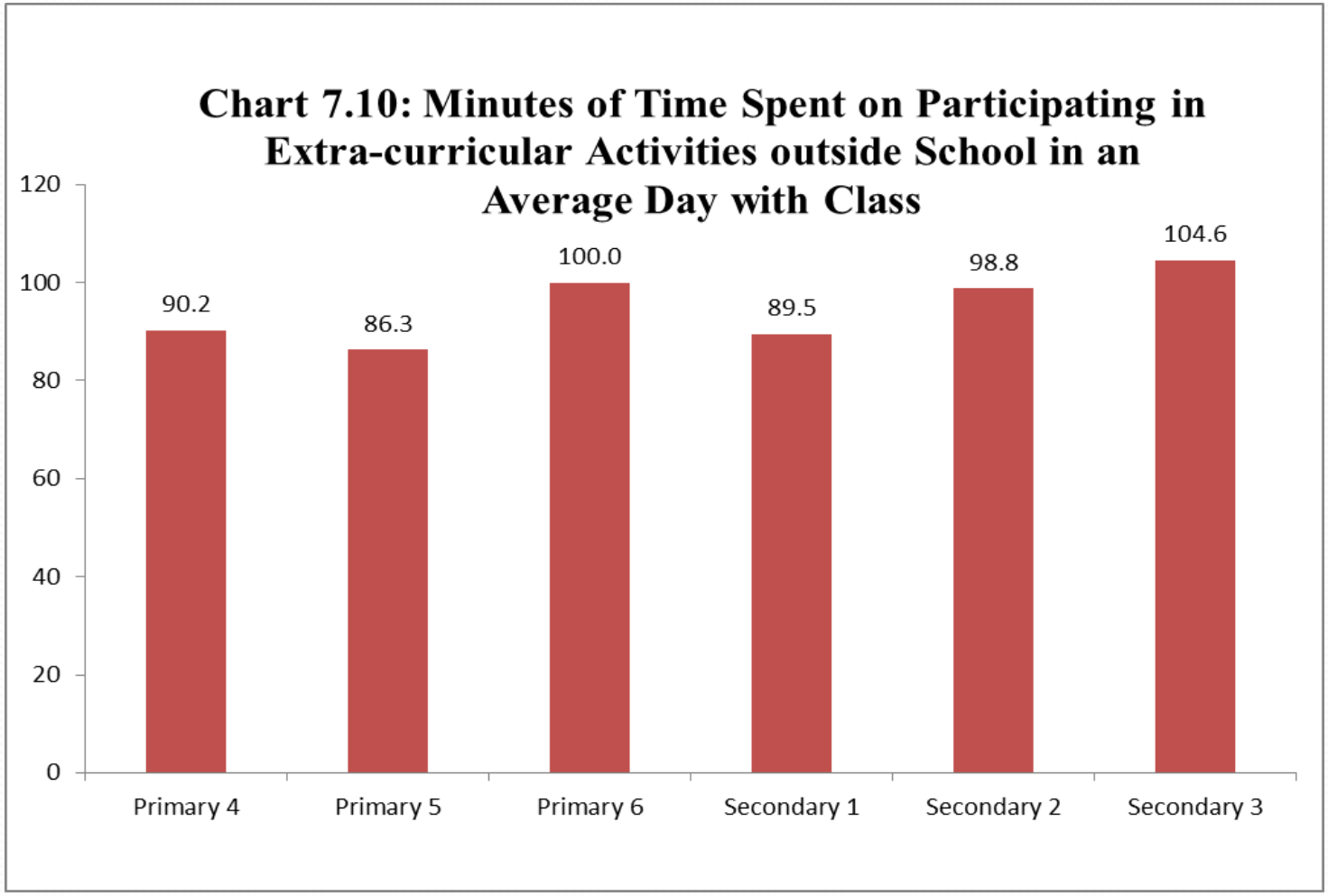
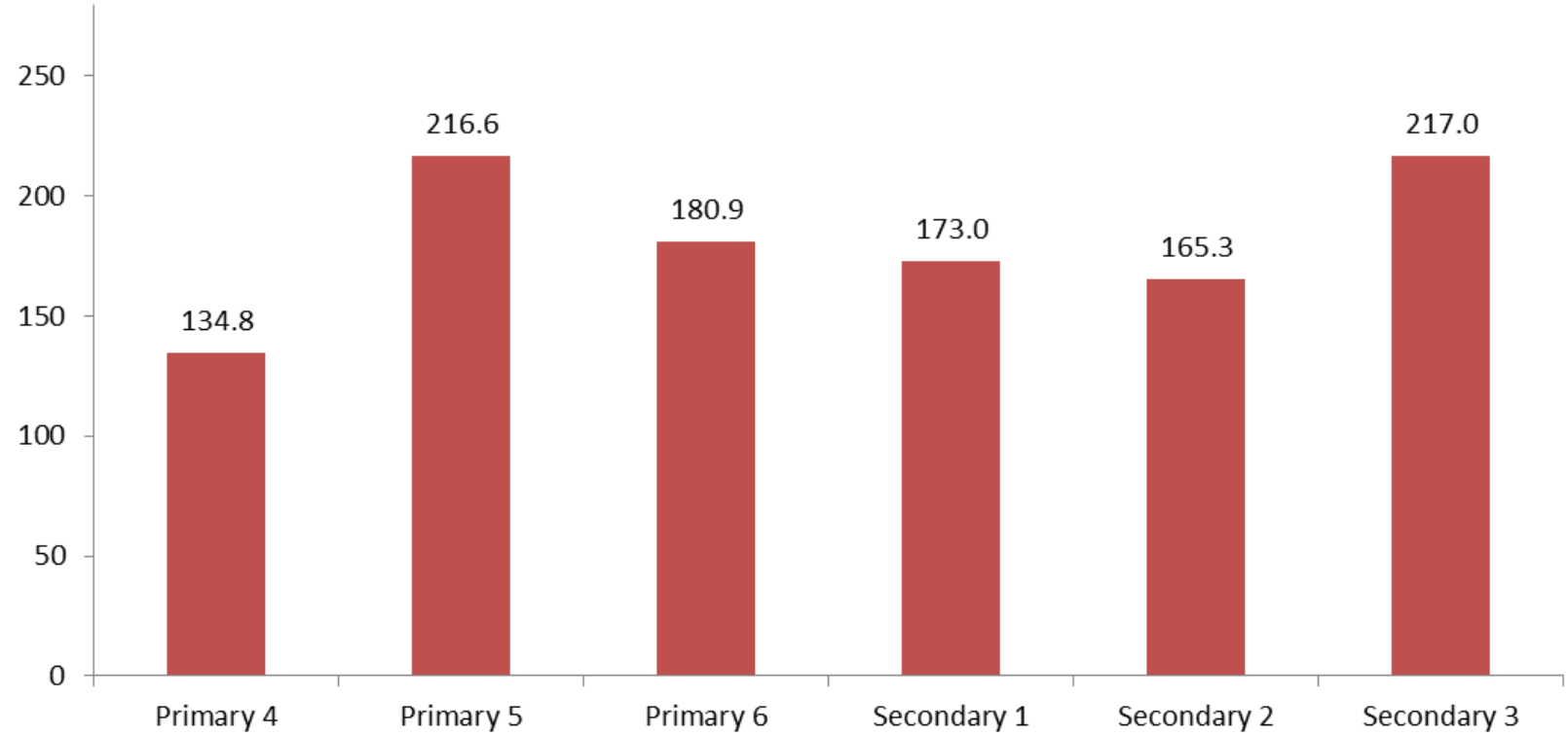


Chart 7.10: Minutes of Time Spent on Participating in Extra-curricular Activities outside School in an Average Day with Class
120
100
80
60
40
20
0
90.2
86.3
100.0
89.5
98.8
104.6
Primary 4
Primary 5
Primary 6
Secondary 1
Secondary 2
Secondary 3

Chart 7.11: Minutes of Time Spent on Watching TV or Playing Video Games on an Average Day with Class



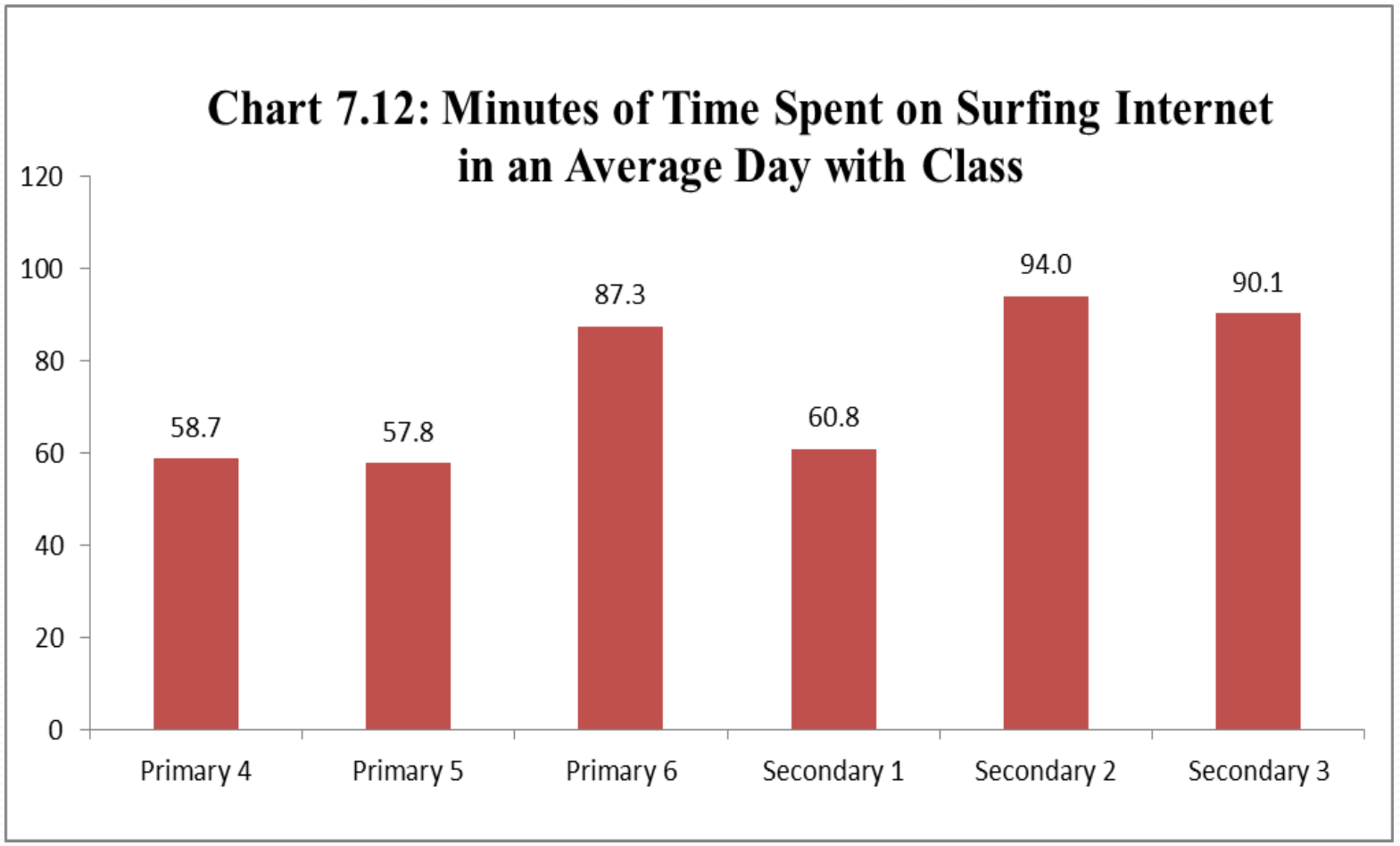


Chart 7.12: Minutes of Time Spent on Surfing Internet in an Average Day with Class
120
100
80
60
40
20
0
58.7
57.8
87.3
60.8
94.0
90.1
Primary 4
Primary 5
Primary 6
Secondary 1
Secondary 2
Secondary 3

END