



香港快樂指數

Hong Kong Happiness Index

2009

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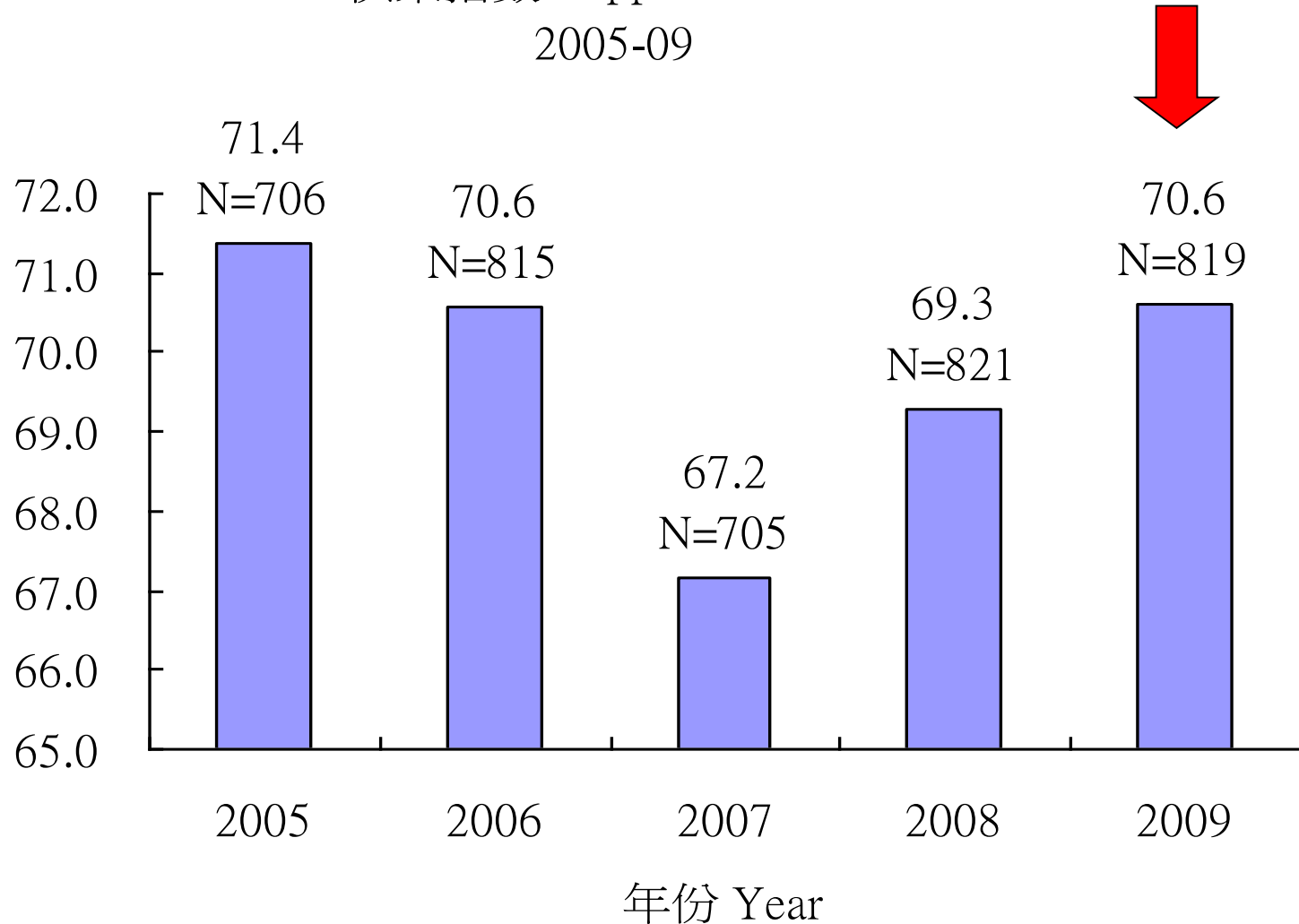
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November 2009



- 調查自2005年首次推出今年為第5次
Launched in 2005, this year is the 5th time for the study
- 今年調查於2009年11月9日至13日期間進行
The survey was conducted between 9 - 13 Nov
- 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828位年齡21歲以上的香港居民
828 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



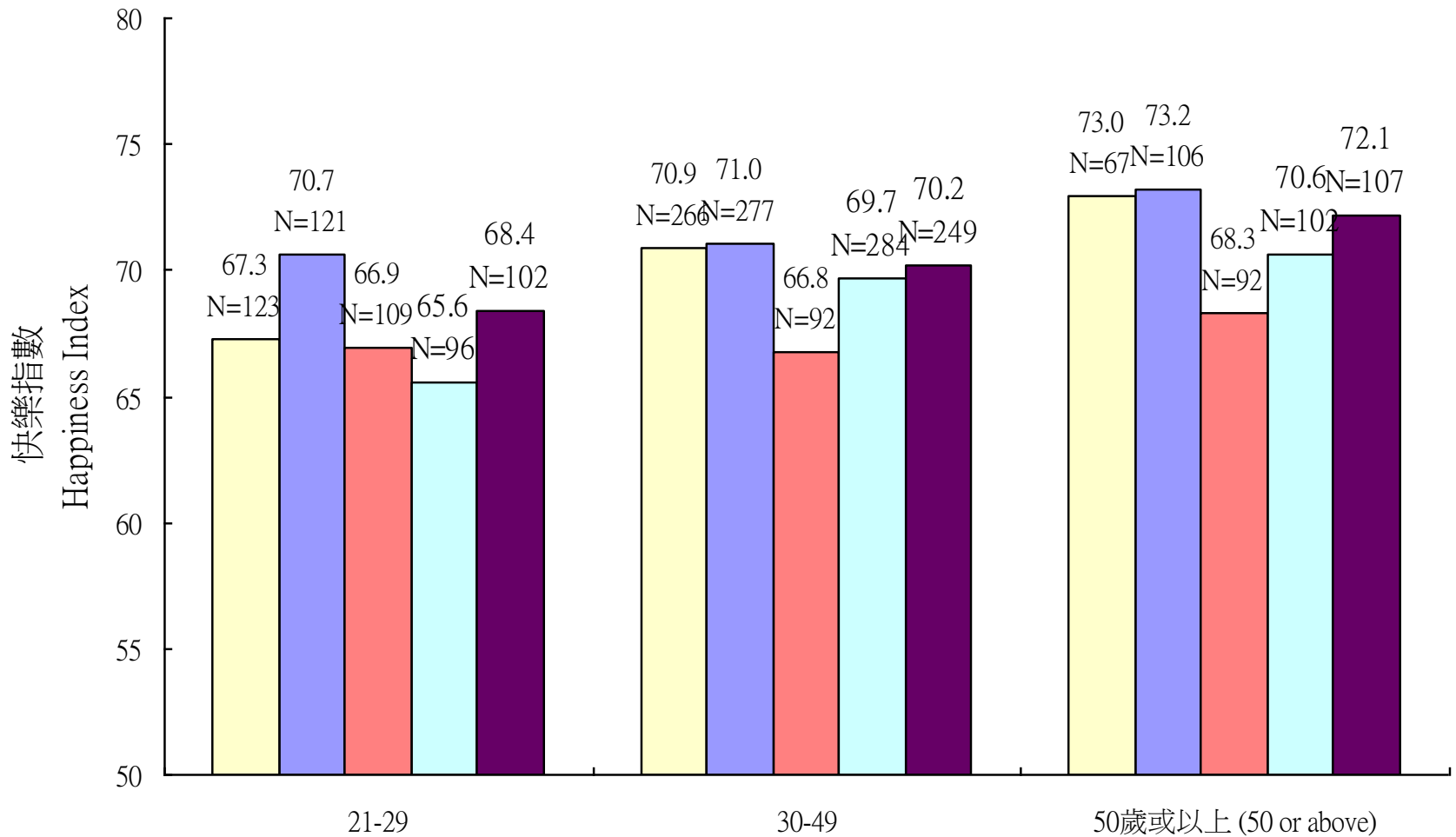
快樂指數 Happiness Index 2005-09





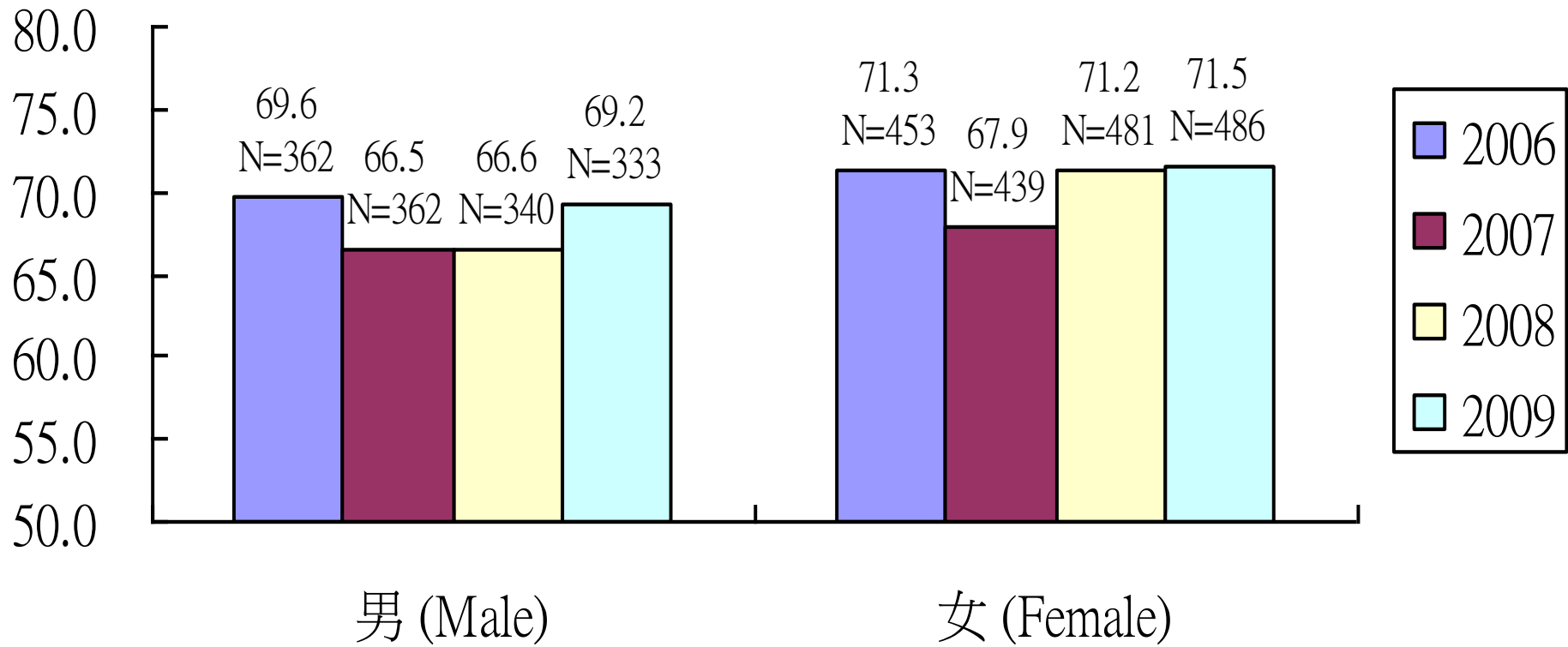
按年齡劃分快樂指數 (工作人口)
Happiness Index by Age (Working Population Only)

2005 2006 2007 2008 2009





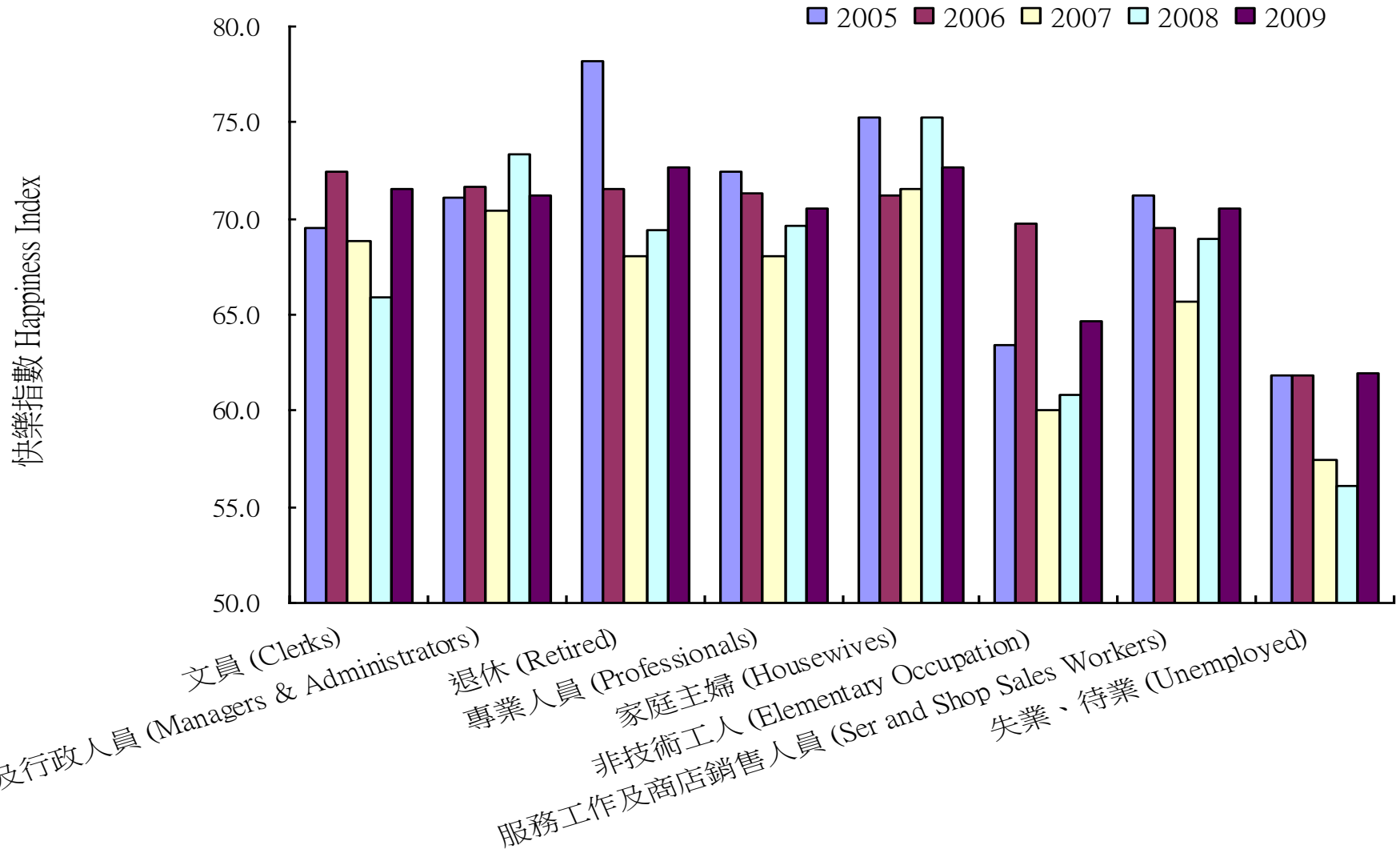
按性別劃分快樂指數 Happiness Index by Sex





按職業劃分快樂指數 (工作人口)

Happiness Index by Occupation (Working Population Only)





	2005		2006		2007		2008		2009		09年與08年比較	五年平均值
	Mean	N	Mean	N	Mean	N	Mean	N	Mean	N	%	
家庭主婦	75.3	118	71.2	110	71.5	103	75.2	134	72.6	141	-3.5%	73.3
退休	78.2	60	71.5	100	68.1	79	69.4	81	72.7	96	+4.8%	71.7
經理及行政人員	71.1	92	71.6	143	70.4	105	73.3	88	71.3	80	-2.8%	71.5
專業人員	72.5	61	71.4	74	68	71	69.7	90	70.5	80	+1.2%	70.3
文員	69.5	101	72.5	100	68.8	101	65.9	100	71.5	87	+8.5%	69.6
服務工作及商店銷售人員	71.2	68	69.5	65	65.7	77	69.0	79	70.6	69	+2.3%	69.1
非技術工人	63.4	29	69.8	41	60	35	60.8	24	64.6	28	+6.3%	64.1
失業、待業	61.8	38	61.9	27	57.5	24	56.1	23	62.0	50	+10.5%	60.4



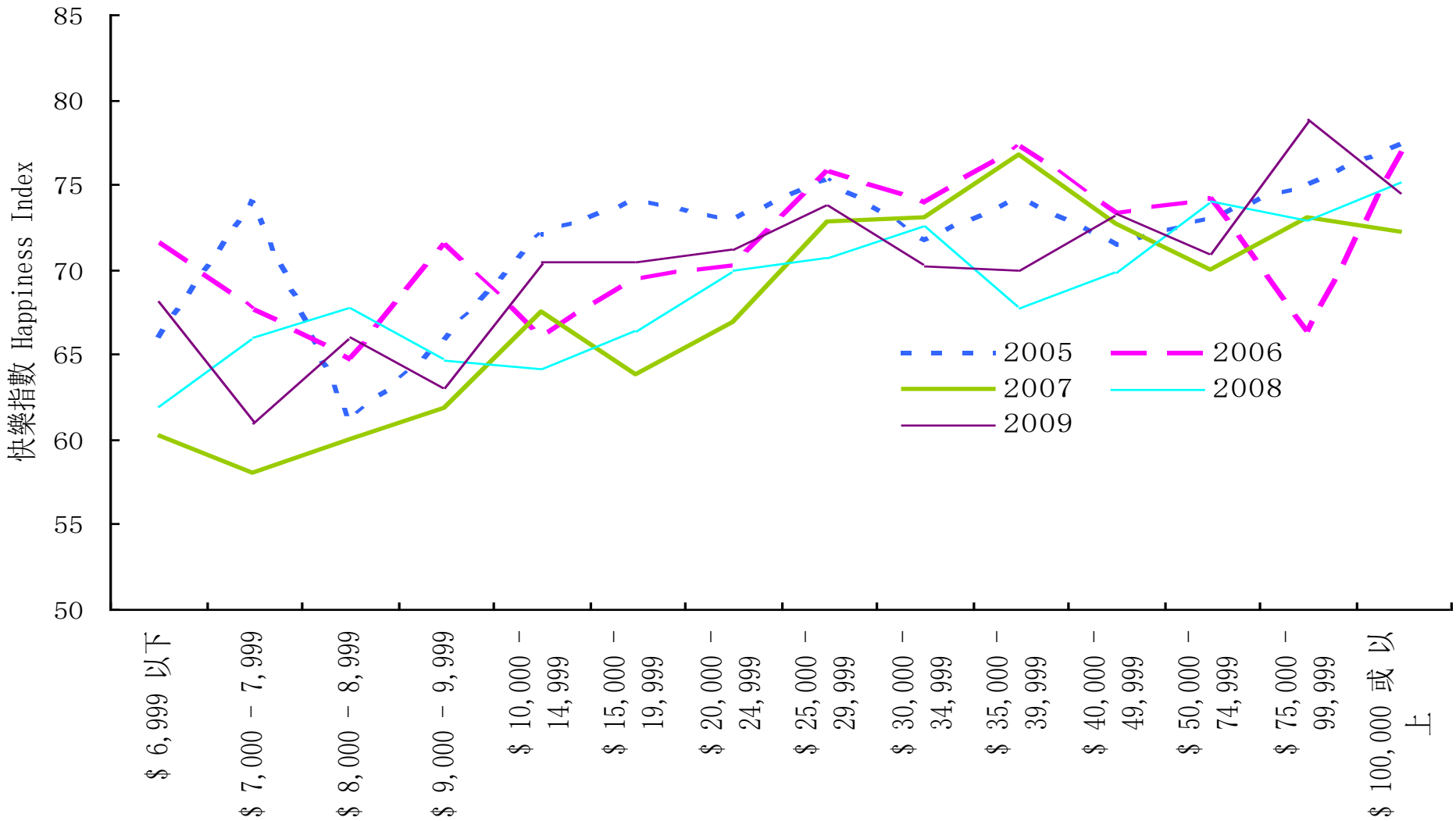
Income, Financial Situation and Happiness

收入, 財政狀況與快樂



家庭每月收入 與 快樂指數 2005-09

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		09 與 08年百分比 (%) 轉變 Change
	平均值 Men	樣本 數目 Sample	平均值 Men	樣本 數目 Sample	
9999 or below	63.04	102	66.63	104	+5.69%
10,000-19,999	65.10	104	70.42	119	+8.16%
20000-29,999	70.20	101	71.88	106	+2.39%
30,000-39,999	71.64	73	70.13	76	-2.11%
40,000 or above	72.91	165	72.81	142	-0.14%



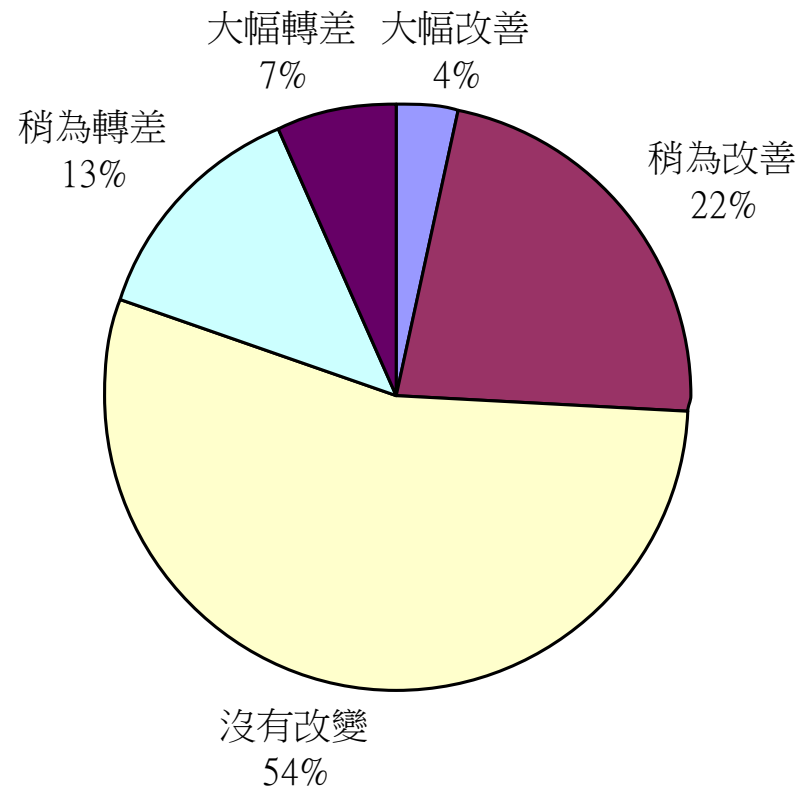
(不包括無收入人士 *excluding no income group*)

家庭每月收入 Household Income	2008		2009		09 與 08年百分比 (%) 轉變 Change
	平均值 Men	樣本 數目 Sample	平均值 Men	樣本 數目 Sample	
9999 or below	66.21	58	63.85	65	-3.56%
10,000-19,999	65.10	104	70.42	119	+8.16%
20000-29,999	70.20	101	71.89	106	+2.39%
30,000-39,999	71.64	73	70.13	76	-2.11%
40,000 or above	72.91	165	72.82	142	-0.14%



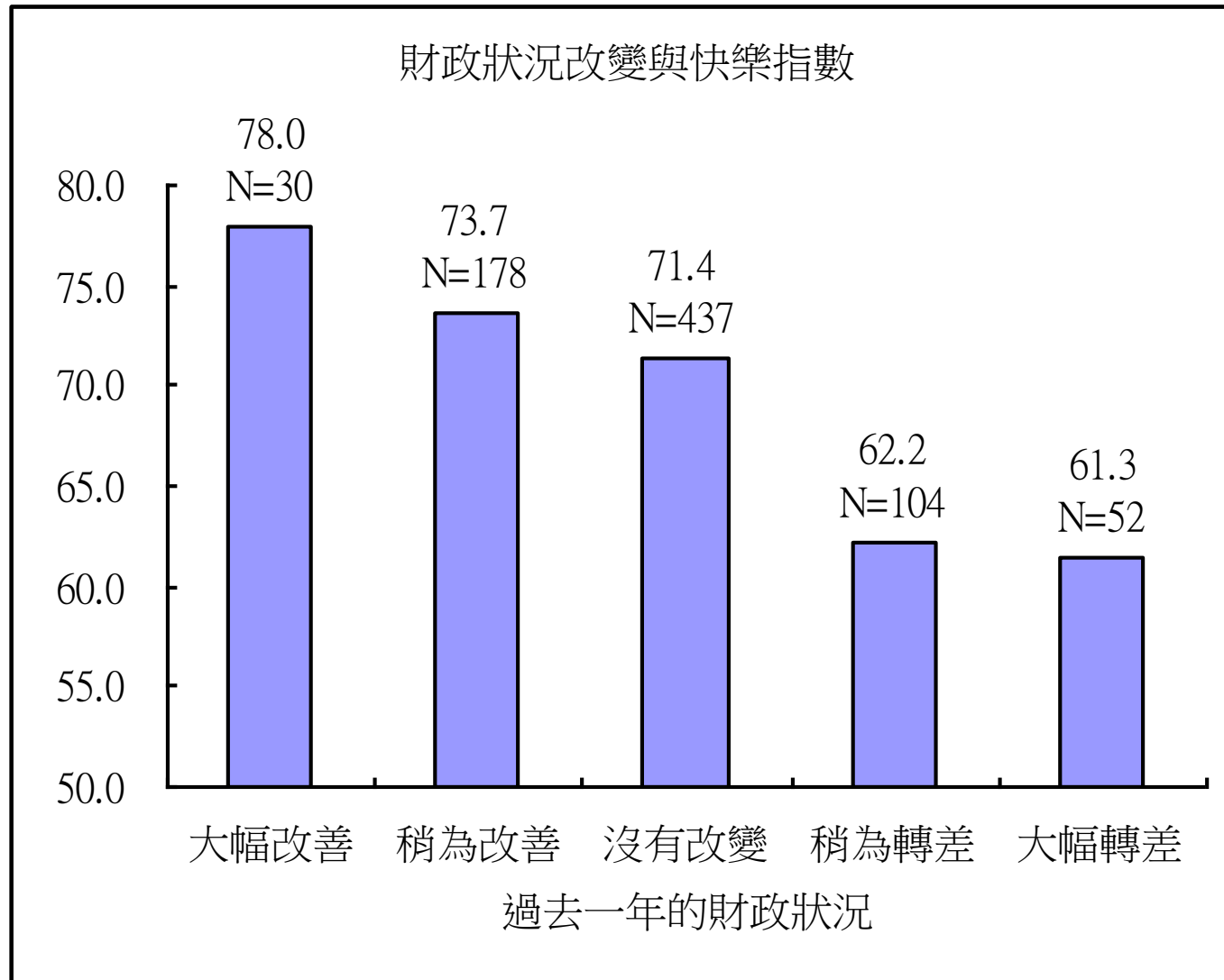
Is your financial situation better, worse, or about the same compared with last year?

過去一年, 你的財政狀況如何?



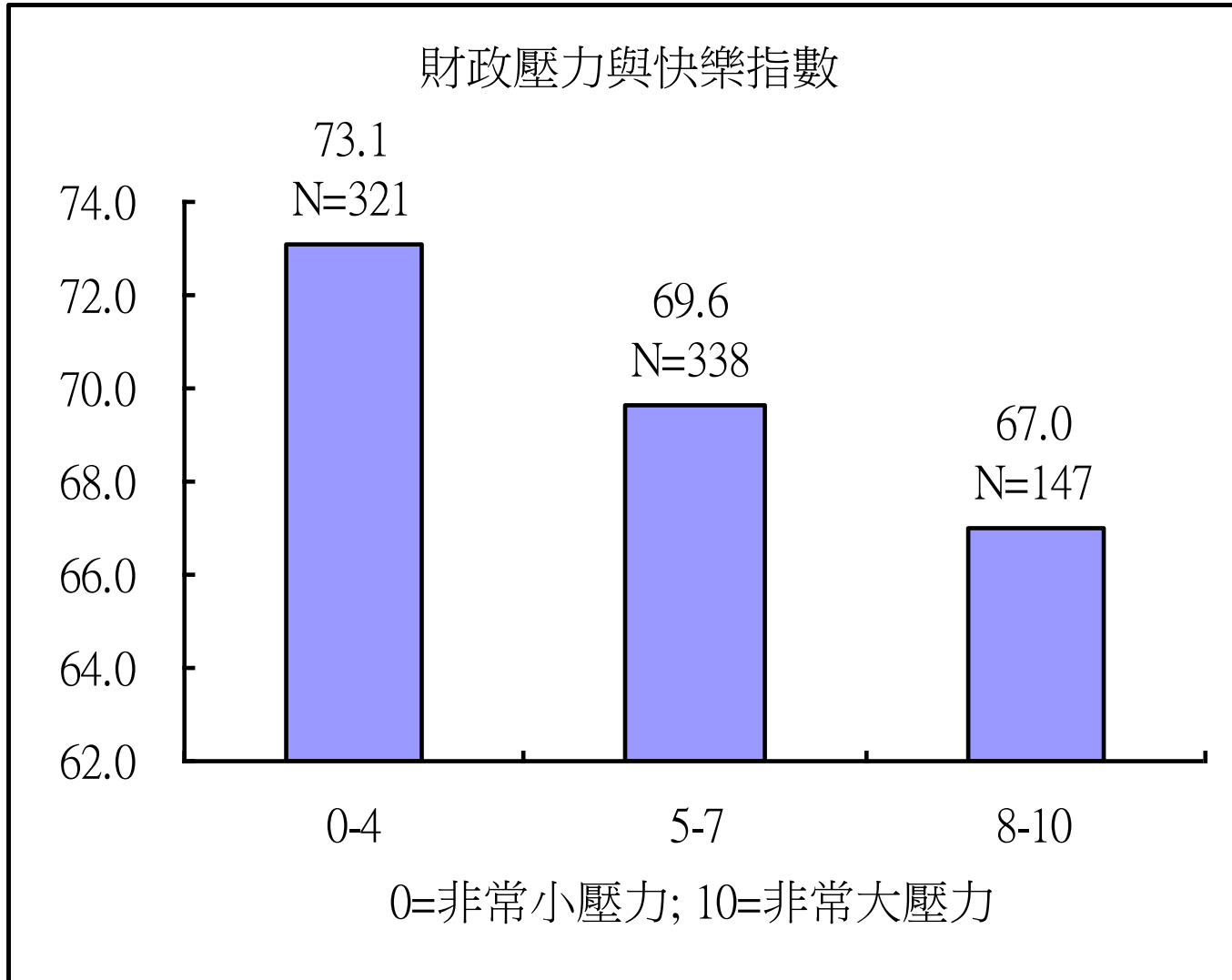


Happiness Index by Change of Financial Situation



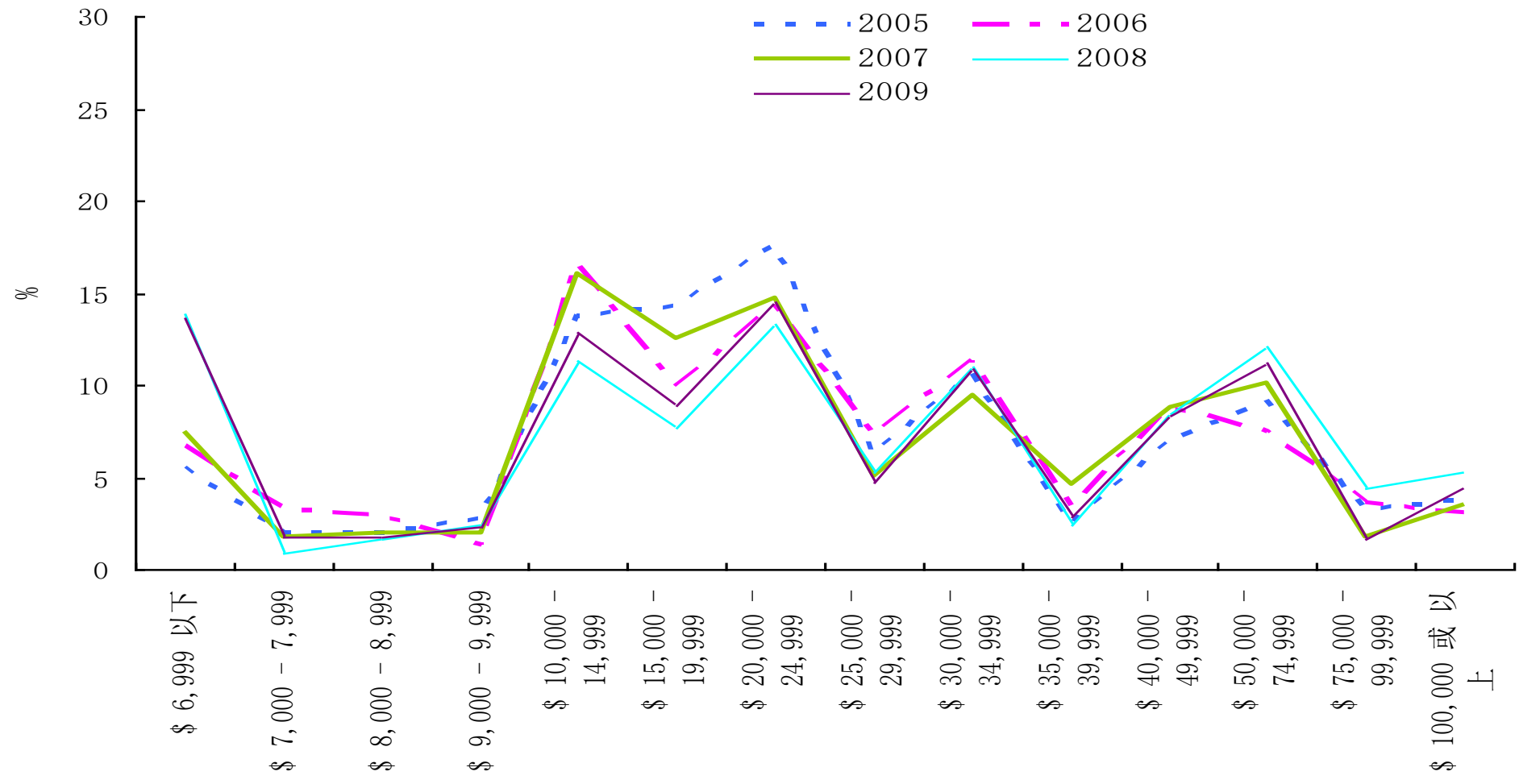


Happiness by Financial Pressure





家庭每月收入水平分佈 2005-09
Distribution of Household Monthly Income



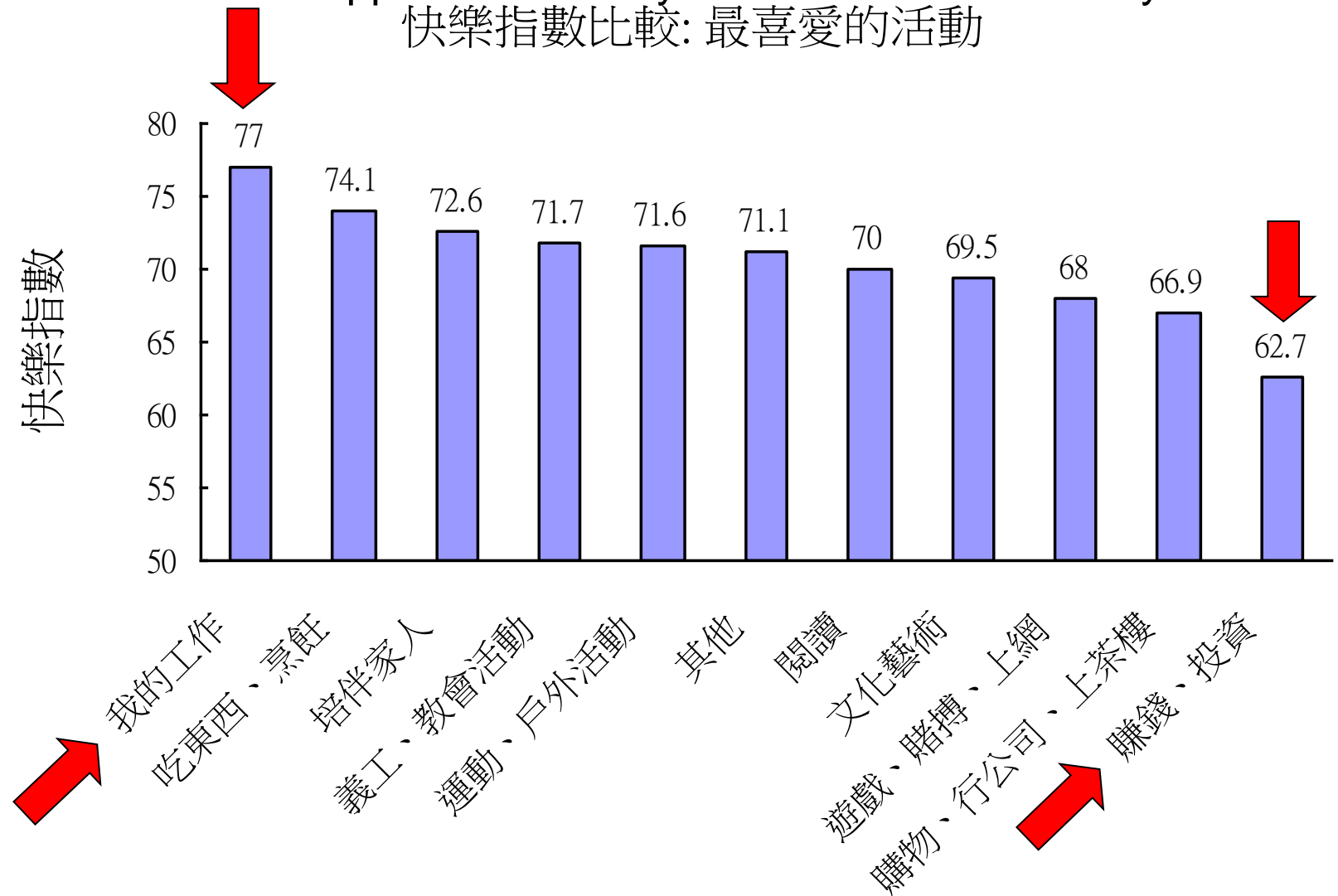
Work and Happiness

工作與快樂



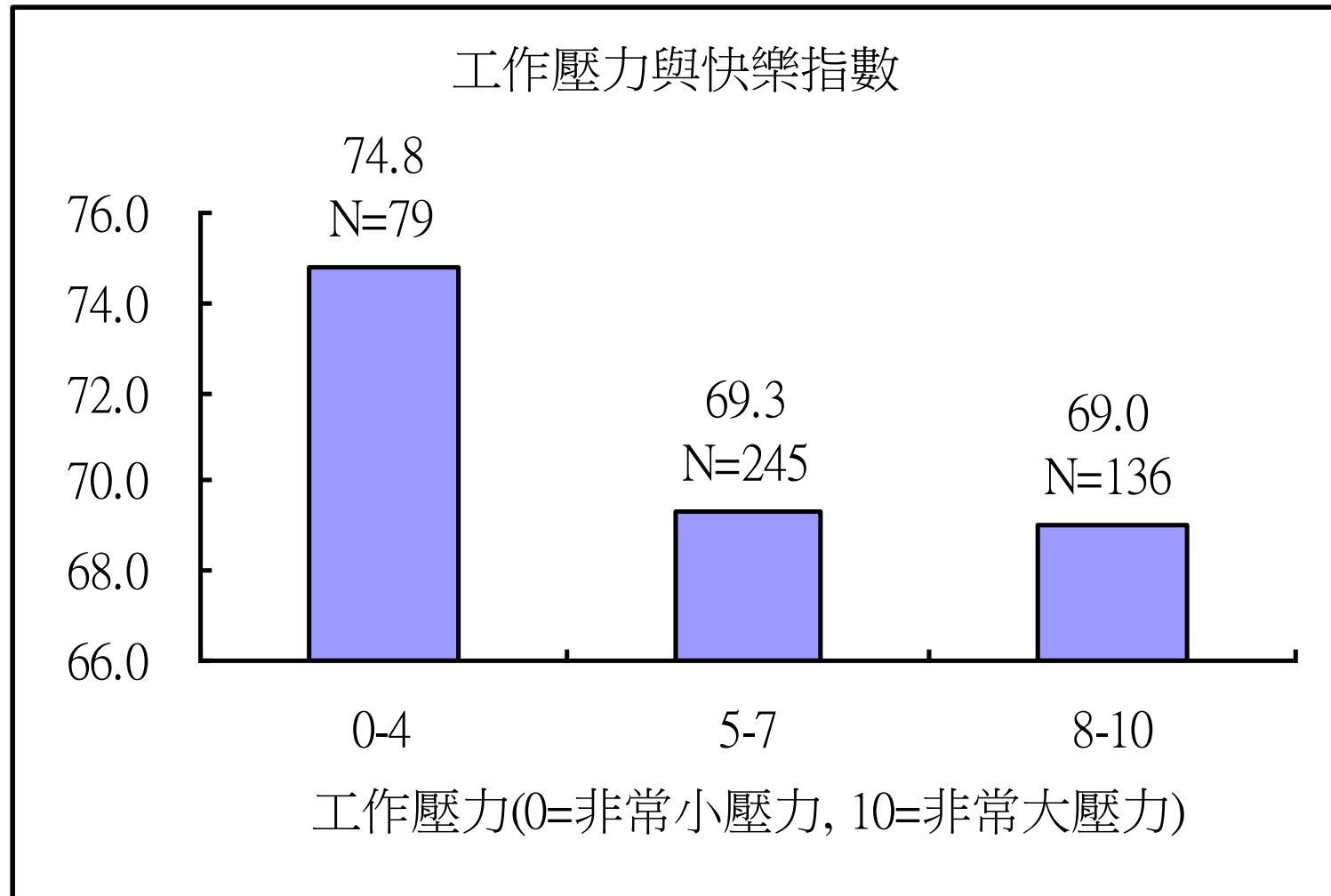


Happiness Index by the most favorite activity 快樂指數比較: 最喜愛的活動



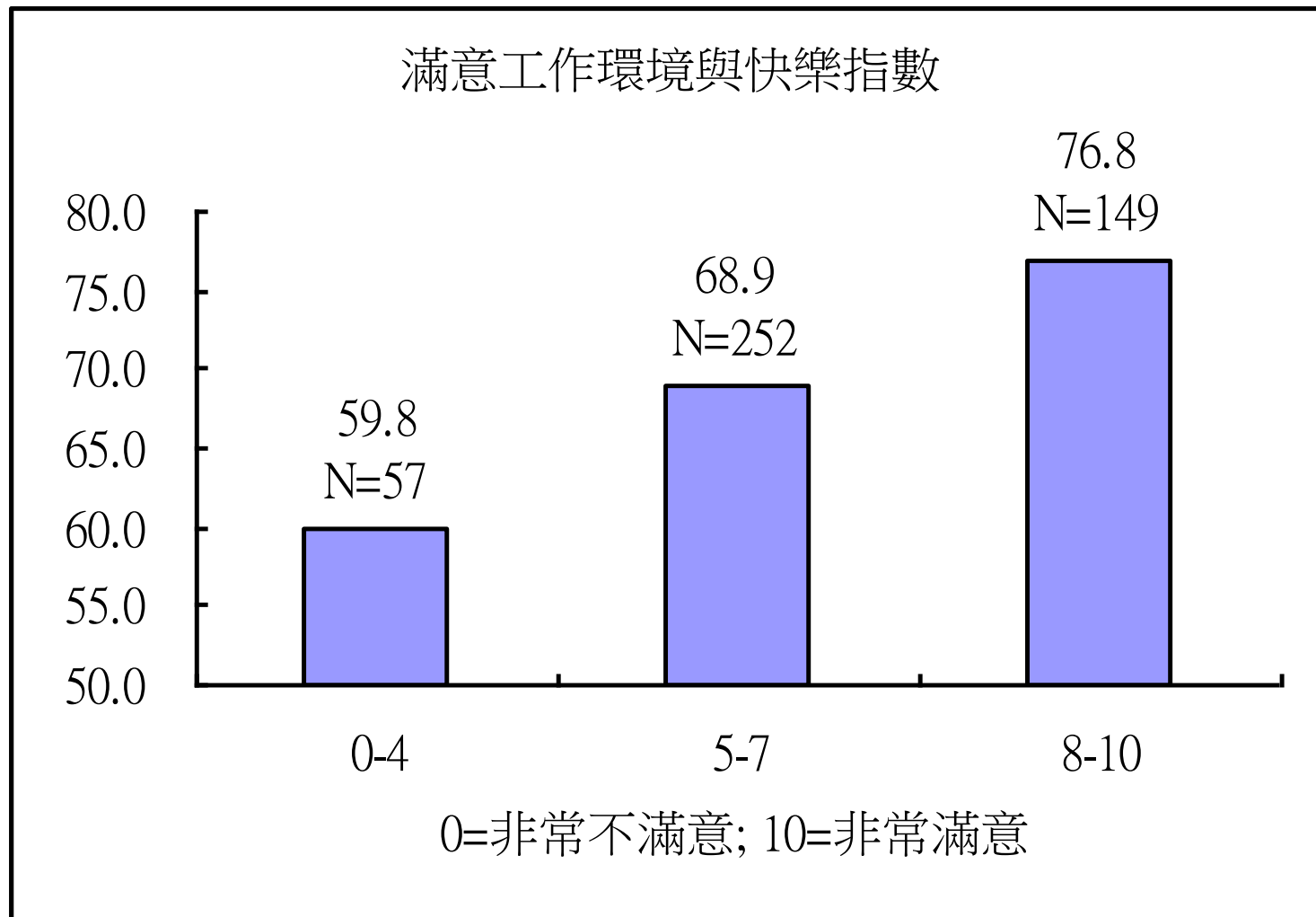


Happiness Index by Work Pressure



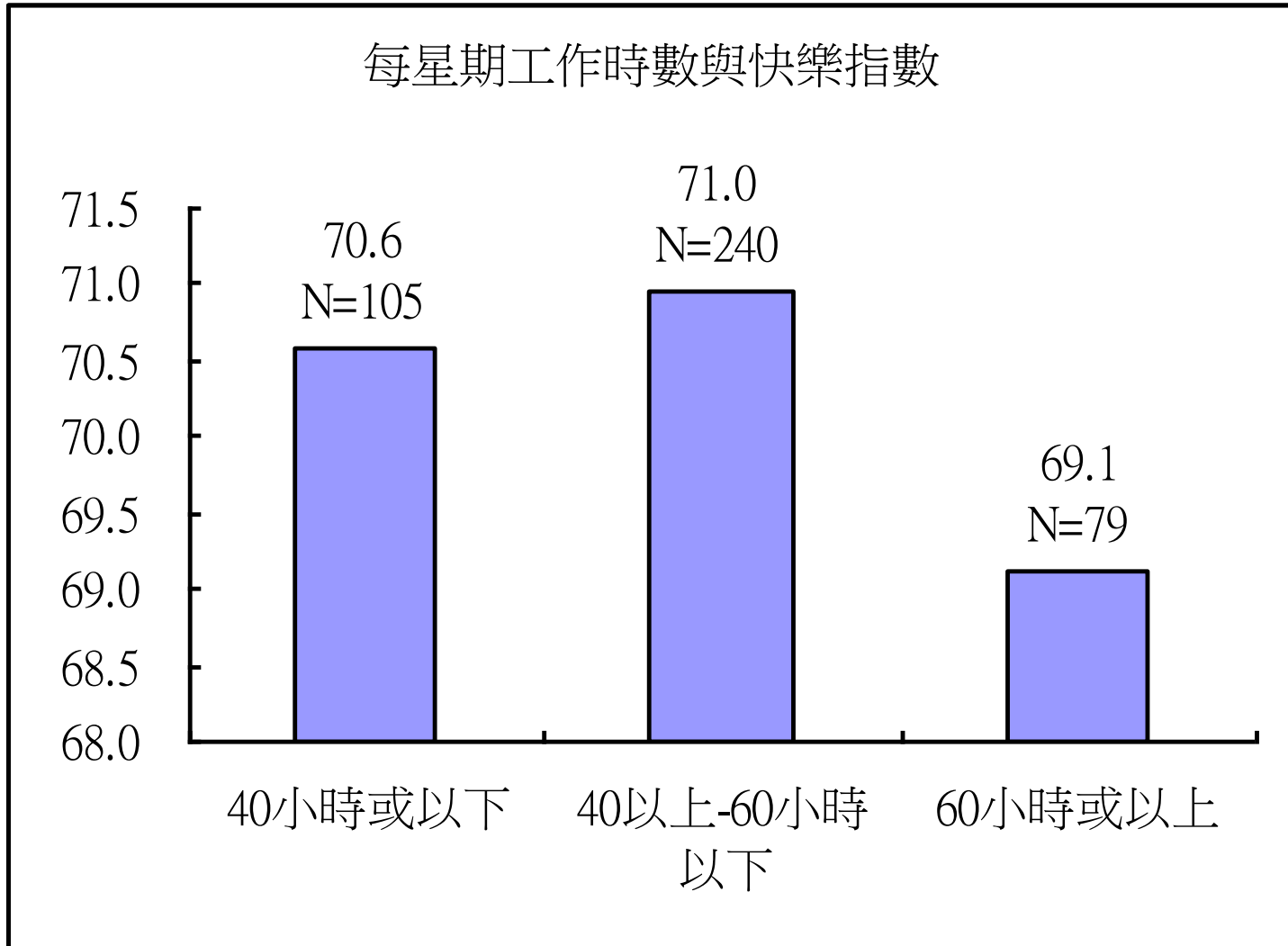


Happiness Index by the Satisfaction about Working Environment





Happiness Index by Weekly Working Hours



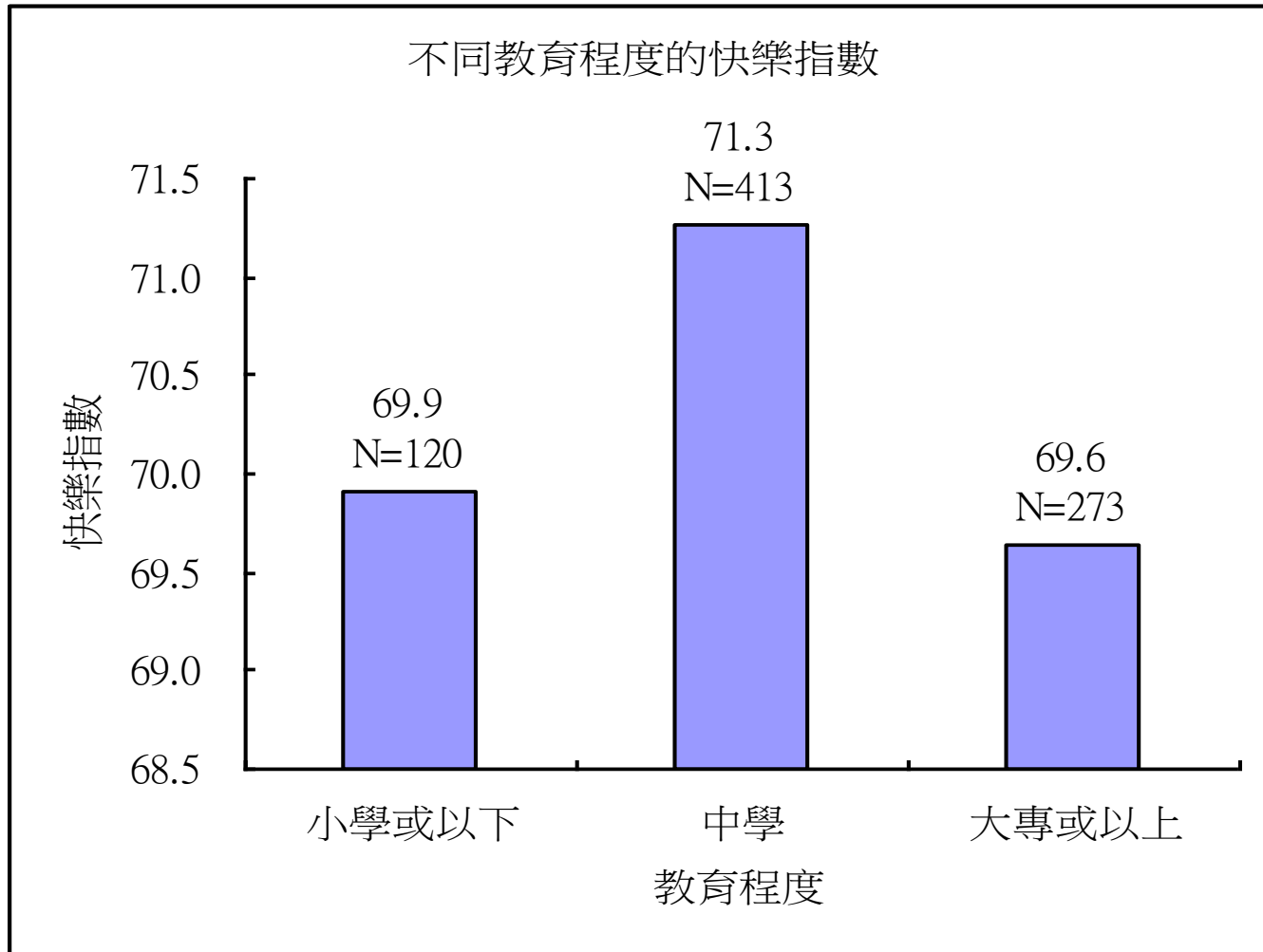


其他因素

Other Factors and Happiness



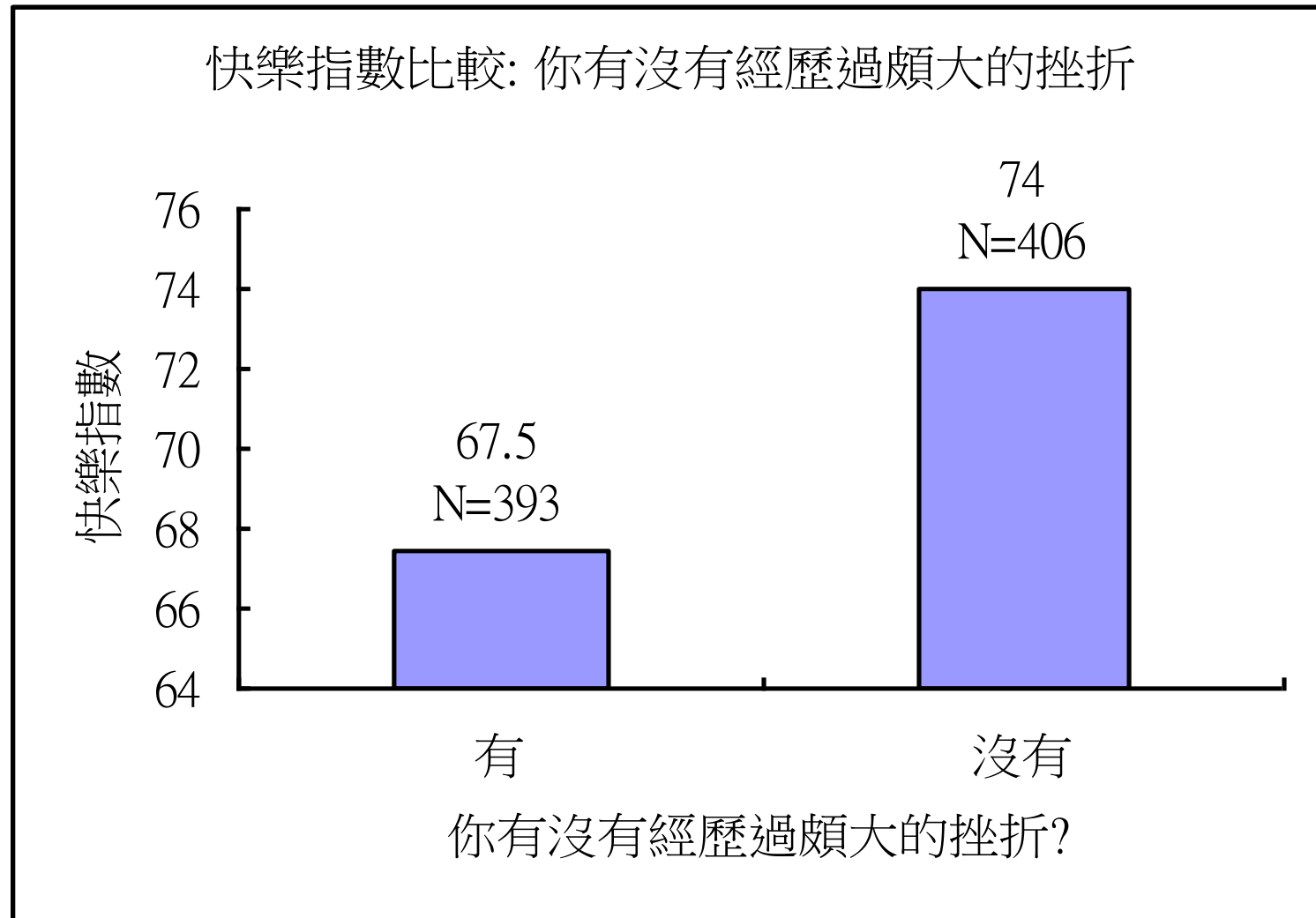
Happiness Index by Education





Comparison of Happiness Index:

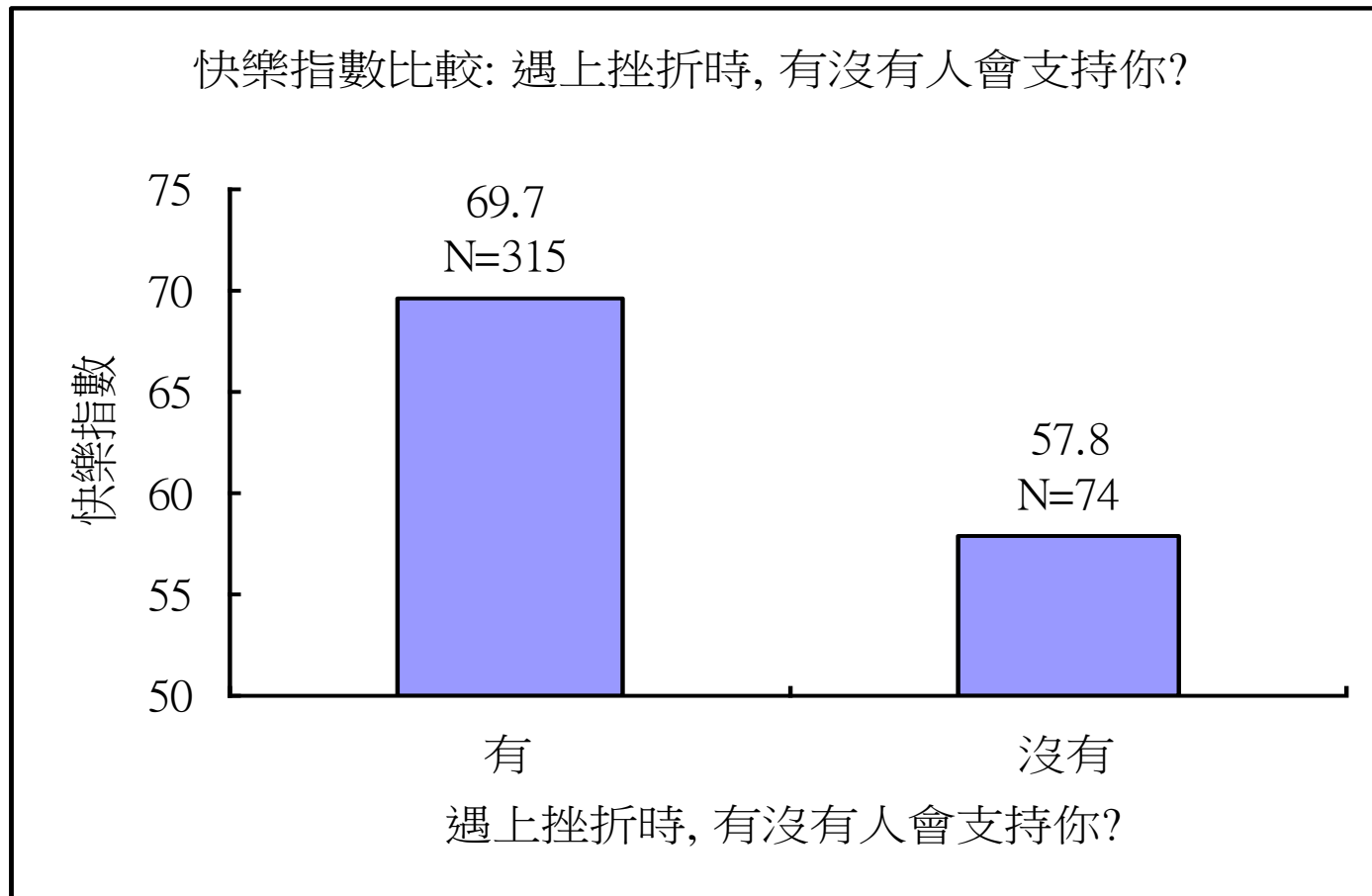
Have you ever experienced great setback?





Comparison of Happiness Index:

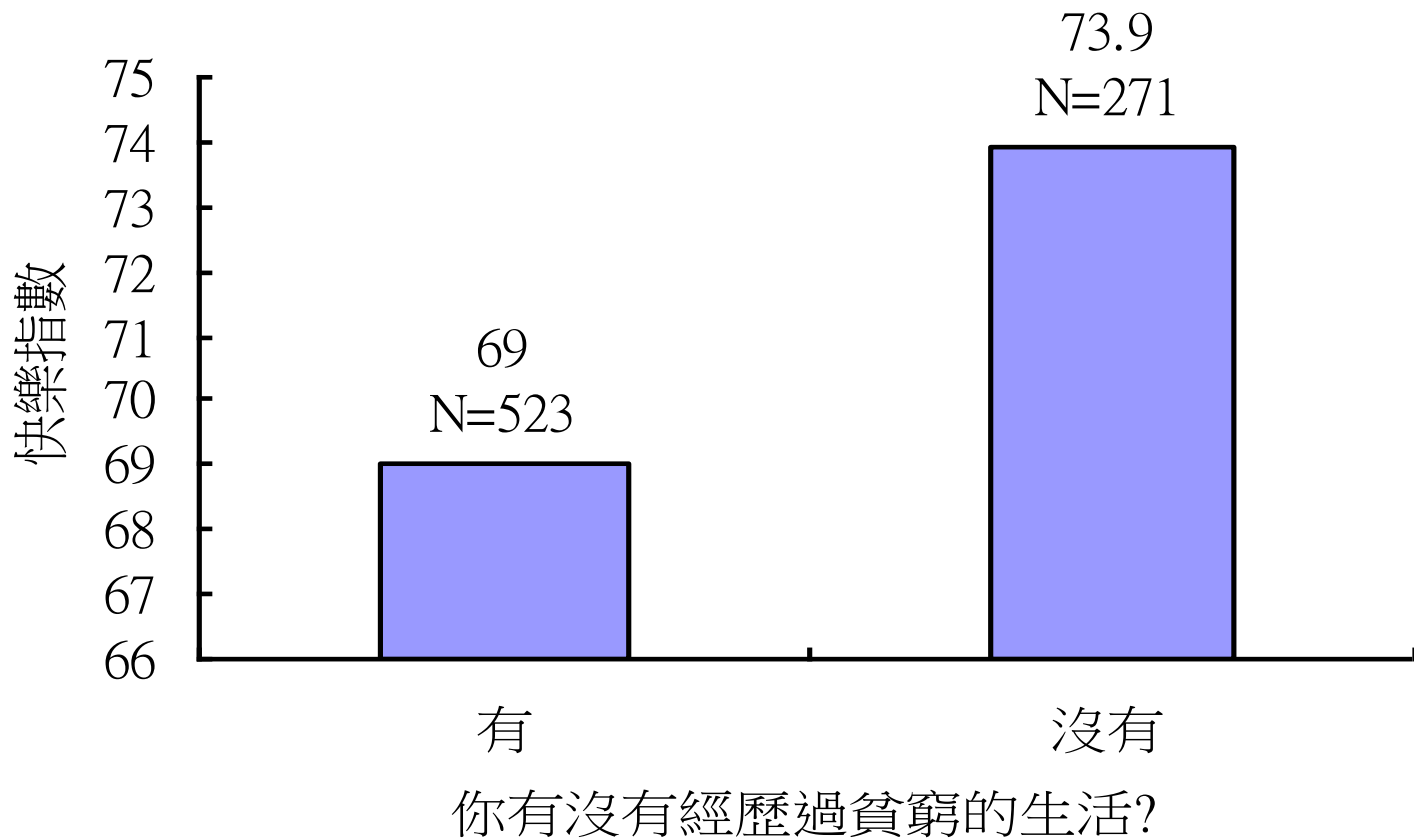
Did anyone offer you support when you face a setback?





Comparison of Happiness Index: Have you ever experienced poverty?

快樂指數比較: 你有沒有經歷過貧窮的生活

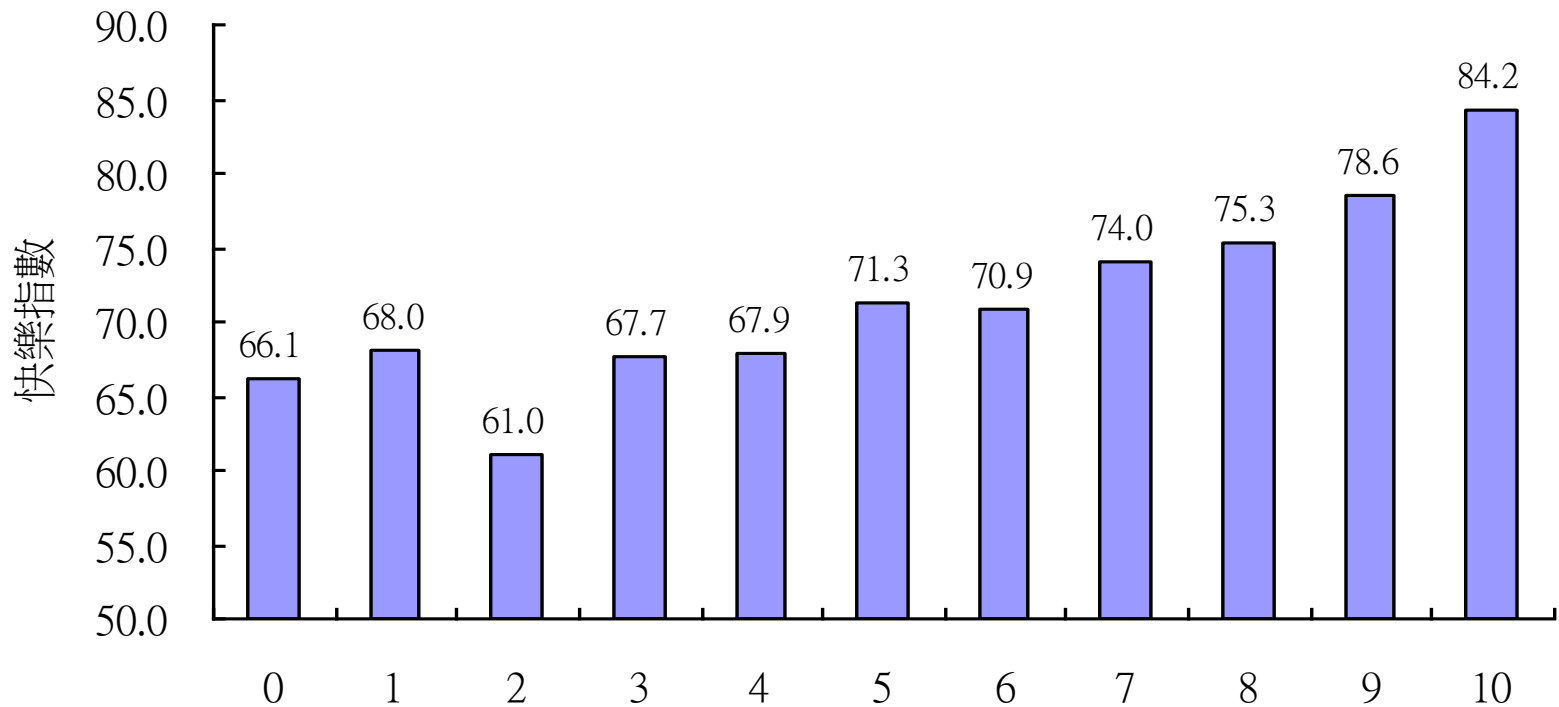




Comparison of Happiness Index:

“I participated actively in voluntary work in the past year”:

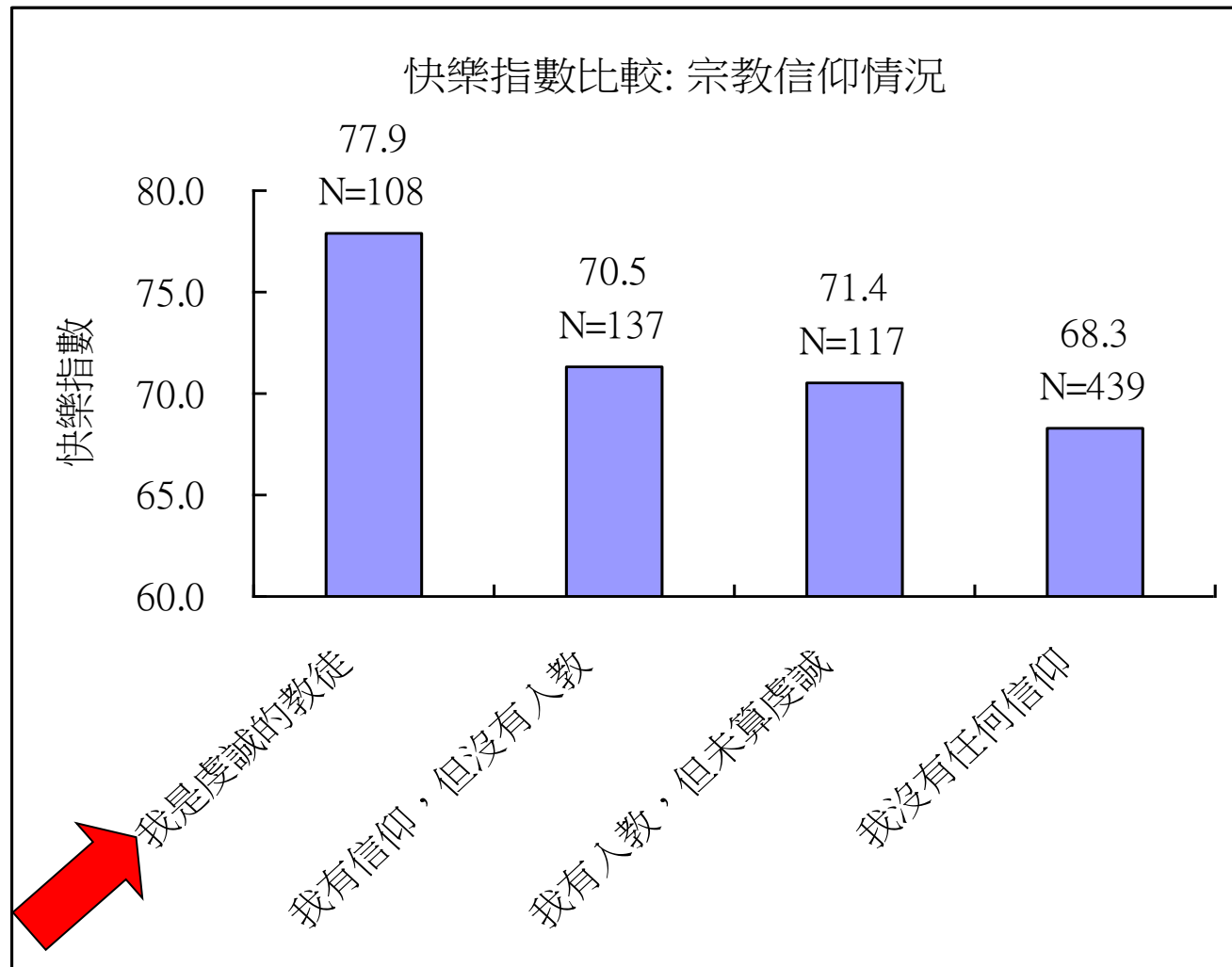
快樂指數比較: 我過去一年內曾主動做過很多無償的志願工作



我過去一年內曾主動做過很多無償的志願工作
(0=非常不認同, 10=非常認同)

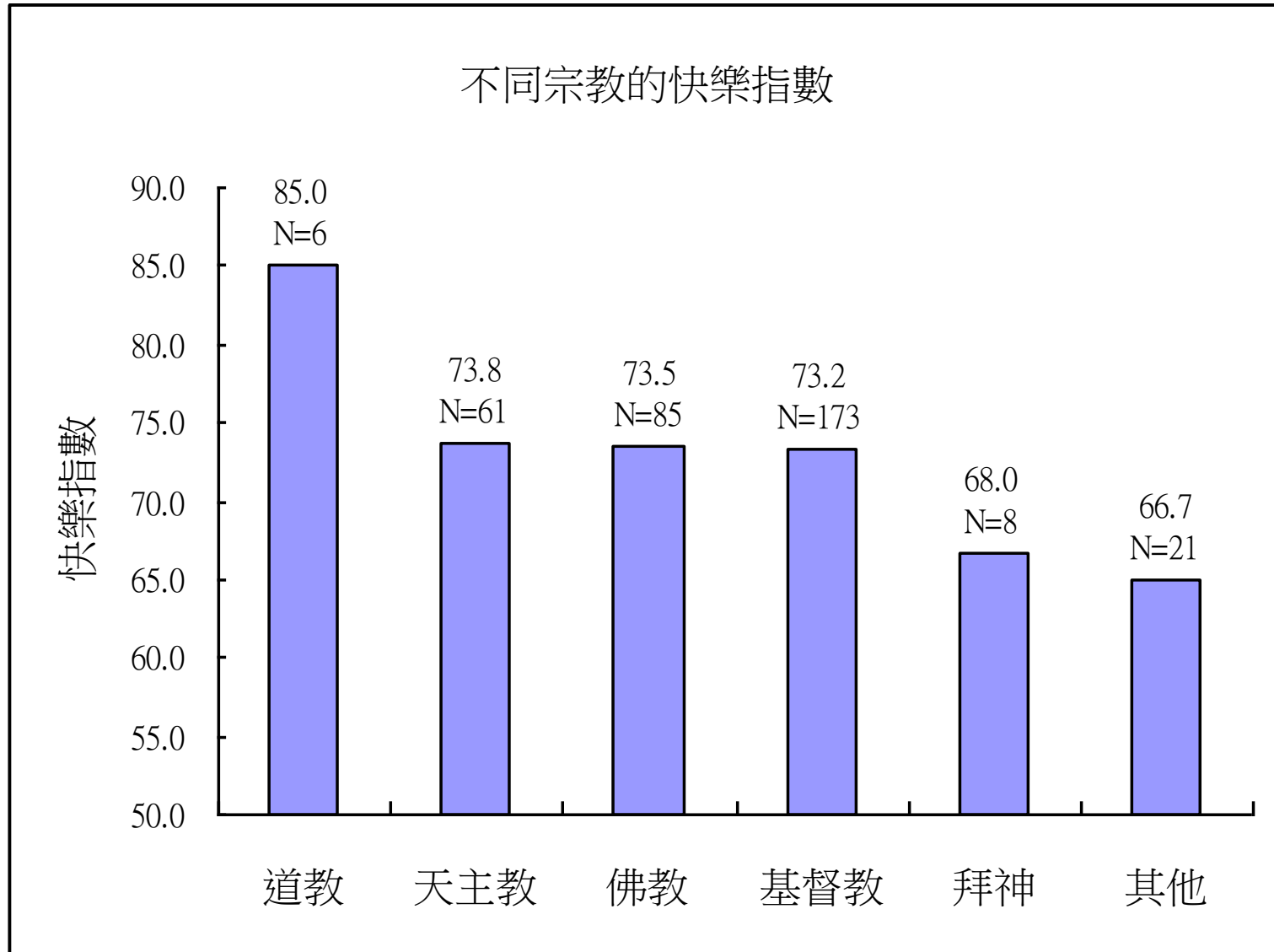


Happiness Index by Degree of Religious Practice/faith





Happiness Index by Religion





三式快樂

Three Happinesses



Measures of prospective happiness 前瞻快樂

Disagree or agree (scale of 0 to 10)

- I meet the future 10 years with excitement and joy 我以興奮的心情迎接未來的十年
- 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 過程快樂

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 後顧快樂

Disagree or agree (scale of 0 to 10)

- Looking back, I am satisfied with my performance. 回首過去, 我滿意自己的表現
- 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	2.141	8.222***
未來組成部份 prospective happiness	0.091	2.582***
現在組成部份 happiness in process	0.387	9.369***
過去組成部份 retrospective happiness	0.246	6.11***

** & *** indicate 5% & 1% statistical significance R bar square: 0.328 F-statistics: 126.296***

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= $2.14+0.91+3.87+2.46=9.38$



Dependent Variable: Happiness Index 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	1.721 (3.463) ^{***}	1.680 (5.123) ^{***}	4.197 (4.590) ^{***}
未來組成部份 prospective happiness	0.125 (1.544)	0.097 (2.163) ^{**}	0.034 (0.368)
現在組成部份 happiness in process	0.439 (5.081)^{***}	0.419 (8.065)^{***}	0.274 (2.159)^{**}
過去組成部份 retrospective happiness	0.242 (3.066) ^{***}	0.262 (5.429) ^{***}	0.141 (0.852)
R bar square (F-statistics)	0.389 (38.394) ^{***}	0.362 (94.016) ^{***}	0.127 (5.349) ^{***}

** & *** 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	30-60	60或以上 (60 or above)
未來組成部分 Prospective happiness	6.2	6.0	6.0
現在組成部分 Happiness in process	6.7	7.3	7.4
過去組成部分 Retrospective happiness	6.1	6.6	7.1

Regression Analysis (迴歸分析) (with female as interactive variable)

<i>Coefficient (t-test)</i>	All cases	Age: 21-29	Age: 30-59	Age: 60 or above
(Constant)	2.18 (8.328)***	1.66 (3.184)***	1.686 (5.138)***	3.895 (4.26)***
Prospective happiness	0.076 (1.389)	0.013 (0.106)	0.068 (0.945)	-0.077 (-0.491)
Happiness in process	0.349 (5.661)***	0.623 (4.468)***	0.382 (4.937)***	-0.244 (-0.926)
Retrospective happiness	0.285 (4.87)***	0.153 (1.347)	0.319 (4.616)***	0.78 (2.214)**
female x prospective happiness	0.028 (0.389)	0.18 (1.117)	0.054 (0.592)	0.064 (0.324)
female x happiness in process	0.06 (0.769)	-0.293 (-1.744)*	0.07 (0.725)	0.686 (2.224)**
female x retrospective happiness	-0.074 (-0.988)	0.157 (1.027)	-0.108 (-1.217)	-0.731 (-2.033)**
R bar square	0.328	0.391	0.362	0.147
<i>F-statistics</i>	63.48***	19.852***	47.441***	3.578***

Regression Analysis (迴歸分析) (with tertiary education as interactive variable)

<i>Coefficients</i> (<i>t-test</i>)	All cases	Age: 21-29	Age: 30-59	Age: 60 or above
(Constant)	2.106 (8.032) ^{***}	1.818 (3.619) ^{***}	1.562 (4.746) ^{***}	4.056 (4.419) ^{***}
Prospective happiness	0.105 (2.534) ^{**}	0.164 (1.174)	0.145 (2.838) ^{***}	-0.01 (-0.099)
Happiness in process	0.372 (7.795) ^{***}	0.337 (2.3) ^{**}	0.416 (7.257) ^{***}	0.223 (1.679) [*]
Retrospective happiness	0.262 (5.586) ^{***}	0.308 (2.661) ^{***}	0.246 (4.49) ^{***}	0.275 (1.592)
tertiary x prospective happiness	-0.039 (-0.503)	-0.068 (-0.4)	-0.179 (-1.671) [*]	0.207 (0.815)
tertiary x happiness in process	0.028 (0.317)	0.129 (0.745)	0.01 (0.081)	0.485 (1.176)
tertiary x retrospective happiness	-0.016 (-0.197)	-0.086 (-0.565)	0.131 (1.287)	-0.783 (-2.003) ^{**}
R bar square	0.332	0.384	0.371	0.161
<i>F-statistics</i>	63.573 ^{***}	18.976 ^{***}	48.884 ^{***}	3.845 ^{***}



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

我十分關心我的家人

我關心社會公義能否彰顯

Measures of Insight 智慧

Disagree or agree (scale of 0 to 10)

- Success does not mean outperforming others. 成功不是比別人優勝
- Success means achieving the best I can, even though the outcome may not impress.
能盡己所能做到最好, 即便表現一般, 亦屬成功
- As long as I have acted according to my conscience, I do not worry about how others regard 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
- Making money is not my favorite activity. (Yes=9; Making money is the most favorite=4)
賺錢不是我喜愛的活動



Measures of fortitude 堅毅

Disagree or agree (scale of 0 to 10)

- My faith and belief give me support when I experience hardship.
我的信念或信仰會在我遇上挫折時，給我支持

Measures of engagement 活動

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



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.
- I do not care about how others treat me.
- I do not care about how others think of me
- 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

我不會理會別人是否比我優勝

我不會理會別人如何待我

我不會理會別人如何評價我



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	1.262	2.579***
關愛原素 Love (0-10)	0.092	2.122**
智慧原素 Insight (0-10)	0.391	5.553***
堅毅原素 Fortitude(0-10)	0.09	3.895***
活動原素 Engagement(0-10)	0.252	7.387***

For 10 marks of each component, Happiness Index =
 $1.26 + 0.92 + 3.91 + 0.9 + 2.52 = 9.51$

R bar square: 0.255

F statistics: 53.769***

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



Regression Analysis (迴歸分析): (with tertiary education as interactive variable)

Dependent Variable: 快樂指數	Coefficients	t	Prob. value
(Constant)	1.265	2.567	0.011
關愛元素 love (0-10)	0.116	2.11**	0.035
智慧元素 wisdom (0-10)	0.443	5.847***	0
堅毅元素 fortitude (0-10)	0.065	2.46**	0.014
活動元素 engagement (0-10)	0.202	5.087***	0
Tertiary education x love	-0.097	-1.117	0.264
Tertiary education x wisdom	-0.213	-2.077**	0.038
Tertiary education x fortitude	0.113	2.118**	0.035
Tertiary education x engagement	0.182	2.345**	0.019
R-Bar Square: 0.272			
F statistics: 29.261***			



Regression Analysis (迴歸分析): (with age as interactive variable)

Dependent Variable: 快樂指數	Coefficients	t	Prob. value
(Constant)	0.944*	1.87	0.062
關愛元素 love (0-10)	0.173***	2.859	0.004
智慧元素 wisdom (0-10)	0.315***	3.877	0
堅毅元素 fortitude (0-10)	0.093***	3.356	0.001
活動元素 engagement (0-10)	0.274***	5.991	0
21-29 x love	-0.248***	-2.61	0.009
21-29 x wisdom	0.135	1.174	0.241
21-29 x fortitude	0.01	0.171	0.864
21-29 x engagement	0.131	1.349	0.178
Above 60x love	-0.106	-0.817	0.414
Above 60x wisdom (wisdom matters most when old)	0.34**	2.262**	0.024
Above 60 x fortitude	-0.066	-0.935	0.35
Above 60 x engagement	-0.138*	-1.686*	0.092
R-Bar Square: 0.272 F statistic: 19.96***			

0.944+1.73+3.15+.93+2.74=9.494; love matters most for prime age people; wisdom matters most for the old; young people do not care about love as much as other age groups



Scores in different happiness formula elements across age, 2009 (2008 figure)

不同年齡組別在快樂方程式元素的得分比較, 2009 (2008數字)

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
關愛元素 love	7.02 7.00	181	7.79 7.80	512	8.24 7.84	102	7.67 7.64	795
智慧元素 wisdom	6.88 5.26	175	7.14 6.11	460	7.31 6.53	93	7.10 5.98	728
堅毅元素 fortitude	6.63 6.38	152	6.86 7.10	449	7.54 7.37	82	6.89 6.99	683
活動元素 engagement	6.84 6.19	180	6.84 6.43	516	6.23 5.73	99	6.76 6.29	795



Scores in different happiness formula elements across sex, 2009 (2008 figure)

不同性別在快樂方程式元素的得分比較, 2009 (2008數字)

性別 Sex	男 Male		女 Female		全部樣本 Total	
	Mean	N	Mean	N	Mean	N
關愛元素 love	7.45 7.40	331	7.81 7.80	475	7.67 7.63	806
智慧元素 wisdom	6.99 5.84	311	7.18 6.07	426	7.10 5.97	737
堅毅元素 fortitude	6.53 6.67	278	7.14 7.21	415	6.89 6.98	693
活動元素 engagement	6.67 6.15	331	6.81 6.39	476	6.75 6.29	807



Regression Analysis (迴歸分析): with control variables

Dependent Variable: 快樂指數	Coefficients	t	Prob. Value
(Constant)	0.971	1.623	0.105
關愛元素 love	0.089	1.72*	0.086
智慧元素 wisdom	0.411	5.095***	0
堅毅元素 fortitude	0.088	3.304***	0.001
活動元素 engagement	0.283	6.826***	0
已婚 married (1 or 0)	0.053	0.29	0.772
收入低於一萬元 income lower than 10000 (1 or 0)	-0.402	-2.075**	0.039
大學教育 tertiary education (1 or 0)	-0.156	-1.046	0.296
年齡(21-29歲) Young Age (1 or 0)	0.04	0.185	0.853
年齡(60歲或以上) Old Age (1 or 0)	0.616	2.476**	0.014
R-Bar Square: 0.318			
F Statistic: 22.204***			



Scores in different happiness formula elements across education, 2009

不同教育程度在快樂方程式元素的得分比較, 2009 (*2008*數字)

教育程度 Education	全部樣本 All		小學或以下 Primary or below		中學 Secondary		大專或以上 Tertiary or above	
	mean	N	mean	N	mean	N	Mean	N
關愛元素 love	7.68 <i>7.62</i>	791	7.83 <i>7.43</i>	115	7.80 <i>7.69</i>	407	7.44 <i>7.60</i>	269
智慧元素 wisdom	7.09 <i>5.97</i>	724	7.17 <i>6.35</i>	99	7.11 <i>6.15</i>	373	7.05 <i>5.60</i>	252
堅毅元素 fortitude	6.89 <i>6.97</i>	680	6.61 <i>6.60</i>	95	6.70 <i>6.96</i>	336	7.24 <i>7.13</i>	249
活動元素 engagement	6.77 <i>6.27</i>	792	6.15 <i>5.30</i>	114	6.75 <i>6.18</i>	408	7.04 <i>6.73</i>	270

不快樂人士分析

(快樂指數在0-4分屬不快樂人士)



比較不快樂的人與整體受訪者的年齡
Comparison between Unhappy and All Respondents by Age
(bracket % refer to last year)

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	11	181	6.1%(9.6%)
30-49	22	346	6.4%(7.9%)
50或以上 (50 or above)	19	281	6.8%(9.2%)
總數Total	52	808	6.4%(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或以下	27	382	7.1%
\$10000 - \$19999	5	161	3.1%
\$20000 - \$39999	5	109	4.6%
\$40000或以上	1	43	2.3%
總數Total	38	695	5.5%

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或以下	9	104	8.7%
\$10000 - \$19999	10	119	8.4%
\$20000 - \$39999	11	182	6.0%
\$40000或以上	2	142	1.4%
總數Total	32	547	5.9%



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或以下	33	363	9.1%
\$10000 - \$19999	17	180	9.4%
\$20000 - \$39999	4	112	3.6%
\$40000或以上	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或以下	14	103	13.6%
\$10000 - \$19999	13	104	12.5%
\$20000 - \$39999	9	175	5.1%
\$40000或以上	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

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	3	80	3.8%
專業人員 Professionals	6	129	4.7%
文員 Clerks	7	87	8.0%
服務工作及商店銷售人員 Ser & Shop Sales Workers	4	69	5.8%
非技術工人 Elementary Occupation	4	52	7.7%
家庭主婦 Housewives	7	141	5.0%
失業、待業 Unemployed	8	50	1.6%
退休 Retired	7	96	7.3%
總數 Total	46	594	7.7%