CITIES, HEALTH AND WELL-BEING

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Measuring Happiness in Hong Kong

URBAN AGE

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Lingnan University

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Well being has to be based on longer term, more permanent factors, in order to gauge the impact of:

- the physical environment, institutional & political environment, cultural & social environment, economic factors (extrinsic factors)
- physical, mental, and spiritual health (intrinsic factors)

The Key Survey Question

"Taking everything together, on a scale of 0 to 10, 10 being the most happy, how happy are you?"

The Lingnan Annual Happiness Surveys

快樂指數 Happiness Index
2005-10

年份 Year
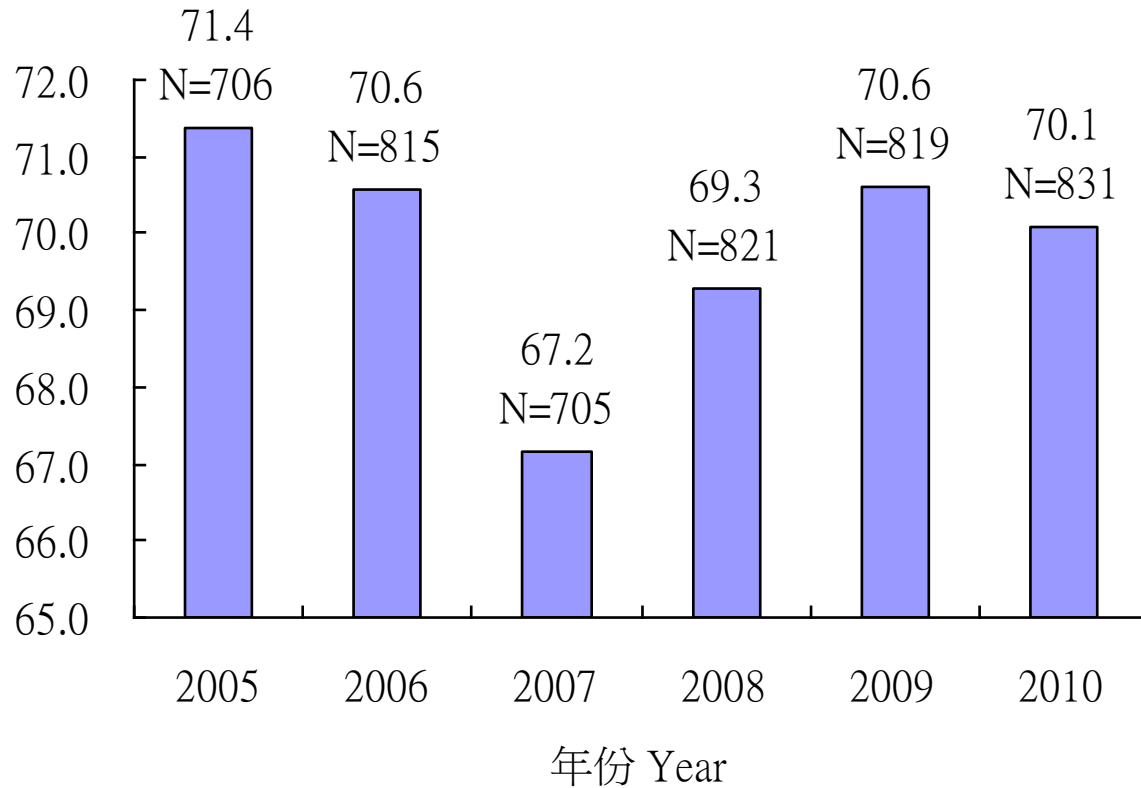
Happiness Formula 快樂方程式 :

= 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

R bar square: 0.339

F statistics: 100.858***

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

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 $\leq$ $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)

Baseline Regression
2011 On-line survey with 8523 observations

	B	t	Sig.
(Constant)	1.072	9.826	.000
Love ***	.155	14.144	.000
Insight ***	.294	19.909	.000
Fortitude ***	.152	10.382	.000
Engagement ***	.328	24.231	.000
Age 30-49 ***	-.260	-7.267	.000
50 or Above ***	-.357	-5.929	.000
Married ***	.400	10.915	.000
Divorced ***	-.261	-2.882	.004
Widow or Widower	.073	.454	.650
Education Level ***	-.075	-7.508	.000
Unemployed ***	-.325	-3.588	.000
Financial Pressure ***	-.438	-19.797	.000
Household Income <10000 ***	.117	2.667	.008
Household Income >40000	-.037	-1.056	.291
Female	.249	8.309	.000

Adjusted R Square	F-Statistics
.517	609.097 ***

***,** and * indicate 1%,5% and 10 % statistical significance

Regression of Financial Pressure:
HOMEOWNERS AS BENCHMARK

FINANCIAL STRESS	B	t	Sig.
(Constant)	1.133	33.646	0.000
Age ***	-0.018	-5.949	0.000
Family Members ***	0.027	4.957	0.000
Household Income Group ***	-0.024	-12.962	0.000
HOS Home *	0.039	1.831	0.067
TPS Home ***	0.186	4.861	0.000
Private Housing Tenant ***	0.22	10.158	0.000
HOS Housing Private Tenant ***	0.185	3.283	0.001
Public Housing Tenant ***	0.169	8.708	0.000

Adjusted R Square	F-Statistics
.059	67.640 ***

***,** and * indicate 1%,5% and 10 % statistical significance

LIFE Scores by Living Unit

Live Unit 住屋類別	Love	Insight	Fortitude	Engagement	Happiness
Private Home 自置物業業主	7.60	6.89	7.54	7.29	7.15
HOS Home 居屋業主	7.71	7.14	7.63	7.45	7.53
TPS Home 租者置其屋公屋業主	7.41	6.74	7.53	7.06	6.91
Private Housing Tenant 私樓租客	7.46	6.86	7.63	7.33	7.10
HOS Housing Private Tenant 居屋租客	7.22	6.73	7.24	6.93	7.00
Public Housing Tenant 公屋租客	7.32	6.55	7.34	6.96	6.79
Total	7.52	6.84	7.52	7.23	7.11

Conclusions

- Personal attitudes toward life, summarized in the LIFE formula, is most fundamental in determining happiness.

- Financial pressures undermine happiness significantly; higher income beyond a certain point on average does not bring more happiness. Redistribution "pays".

- Private Housing Tenants are subject to the greatest financial pressures; public housing tenants appear to be happy.

- HOS homeowners are a different kind of people, with the highest LIFE score and are the happiest bunch.