

To: Editors of Local/ Education News Desk  
致各媒體編輯：

**Latest survey reveals that  
Happiness Index in 2017 rose for younger and for older people amid  
continuous decline in satisfaction for Healthcare**

最新調查顯示長者及青年人 2017 年快樂指數提升  
港人對公共醫療評價跌至近年新低

According to the results of the **Hong Kong Happiness Index Survey** conducted by the Faculty of Business of **Chu Hai College of Higher Education** in collaboration with **Chu Hai's Polling and Public Opinion Centre**, the Happiness Index for Hong Kong people in 2017 stands at 69.7 (on a scale of 0 to 100). This reflects an improvement over the 67.6 of the previous year. Those aged below 30, whose happiness index had plunged from 69.3 to 63.8, in 2016, rebounded to 65.9.

珠海學院商學院暨民意及民調研究中心調查發現，2017 年港人快樂指數由 2016 年的 67.6 回升至 69.7 (100 分為滿分)。三十歲以下人士快樂指數於 2016 年曾由 69.3 跌至 63.8，亦錄得明顯反彈，見 65.9。

The Principal Investigator of the survey is Professor Ho Lok-sang, Dean of Business of Chu Hai College. Prof. Ho said the rise in the self-reported happiness index was led by a rise in satisfaction over the administration of public policy, whose rating rose from 4.38 to 4.94 (scale 0 to 10). However, people's satisfaction with public sector healthcare fell to a multi-year low of 5.88 down from 6.29 in 2016 and much lower than the recent peak of 6.49 recorded in 2014 (with around 10% drop). Satisfaction for the media, in contrast, has risen for the third year in a row to a high of 5.08 in 2017. Interestingly, better perception of the media is not shared by those below 30. This younger group also holds a much more negative view about Hong Kong's living environment than other age groups. Even more interestingly and remarkably, young people's rating of public policy in 2017 showed a gigantic jump from 3.31 to 4.21.

負責是次調查的商學院院長何灝生教授稱，快樂指數回升由對政府施政滿意度上升帶動。市民對施政滿意度由 4.38 急升至 4.94 (尺度由 0 至 10 分)。然而，市民對公共醫療的滿意度由上年的 6.29 急跌至 5.88，比 2014 年的 6.49 跌近 10%。相反，市民對媒體的評價於 2017 年連續第三年上升，至 5.08。年輕市民卻並不認同媒體有任何進步。年輕市民對香港的居住環境比其他年齡組別都更為不滿。令人意外的是年輕人對政府施政滿意度由 3.31 跳升至 4.21，升幅驚人。

Young people continue to lag behind other age groups in happiness, and this to a large extent has to do with a relatively low score on purposive living (6.48) and especially with a very low score in one component of Insight, namely "Not worrying about things beyond one's control." (5.38). Those below 30 is the only age group with a score below 6, and actually barely over 5.

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Fortunately, these scores though low, actually did show an improvement over the previous year.

與往年一樣，年輕人較為不快樂。他們在有目標生活和不去多想自己無力影響的事情這兩方面都很低分，分別為 6.48 分和 5.38 分。令人稍為告慰的是這些分數已較 2016 年有所改善。

Of the dimensions of mental capital (Love, Insight, Fortitude, and Engagement), the score on Love rose slightly to 8.18 from 8.16. But Insight, Fortitude, and Engagement all fell slightly or moderately. But it is nice to know that the elderly keep active, while the young people's Engagement index has risen noticeably from the previous year, and is at the second-highest since 2012.

在愛、智、毅，行四個心理資本範疇，關愛指數 2017 年由 8.16 輕微上升至 8.18。可惜其他包括智、毅、行的範疇指數卻見下降。幸而長者行動指數依然高企，而年輕人的行動指數更上升不少，並處於 2012 年以來第二高水平。

A worrying finding is that the percentage of interviewees working more than 60 hours a week rose from 13.2% to 19.1%. But Hong Kong people appear to tolerate long working hours better than before.

調查又發現，2017 年香港人工作時數逾每週 60 小時的，由 13.2% 上升至 19.1%。但看來，高時數工作的人士比過往適應多了。

Two serious sources of unhappiness are financial pressures and work pressures. This is in line with previous results.

財政壓力和工作壓力仍然是香港人不快樂的主要原因之一。

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**About the Hong Kong Happiness Index Survey**

Conducted annually since 2005, the Hong Kong Happiness Survey is designed by Prof. Ho Lok Sang. This Survey tracks and measures the level of happiness of Cantonese speaking Hong Kong residents on a scale of 0 to 100. For specific groups the scale is from 0 to 10. Since 2008, the Survey also includes questions on Love, Insight, Fortitude and Engagement, which are the key elements of “mental capital” essential to happiness. The Hong Kong Happiness Index Survey in 2017 marks the thirteenth consecutive year the survey has been conducted. Telephone interviews with a total of 709 respondents aged above 21 selected by random sampling were conducted from 24 October to 27 November 2017, with a response rate of 29.5%. An on-line survey conducted concurrently supplemented the telephone survey, and got 63 responses. Statistical distributions from

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the two surveys were found similar enough for them to be combined for analysis. This annual survey is sponsored by the Shih Wing Ching Foundation. Prof. Ho would like to express his gratitude for the Foundation's continuous support.

**香港快樂指數調查小資料**

自 2005 年起，由何灝生教授設計的香港快樂指數調查每年都進行。調查以講廣東話的 21 歲或以上成人為對象。全港指數採 0 至 100 的尺度；群體指數則採 0 至 10 的尺度。2017 年調查成功以隨機抽樣方式訪問了 709 人，回應率為 29.5%。同時間進行了網上調查，成功收集了 63 份問卷。兩個樣本分布相似，最後混合分析。本調查獲施永青基金贊助，並由珠海學院商學院及新聞系民意及民調研究中心合辦。

For enquiries, please contact:

Mr. Ronald Hung, Chu Hai College of Higher Education, at 6437 8105.

Prof. Ho Lok-sang, Chu Hai College of Higher Education, Faculty of Business, at 2972 7217.