家庭開心指數2019 發佈會
Family Happiness Index 2019
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背景簡介
Background

香港開心D (HK.WeCARE)

和富社會企業「香港開心D」平台由一群熱心人士及及伙伴機構共同策劃並於2015年成立

Launched in October 2015, HK.WeCARE is a platform that envisions to make Hong Kong a happier place to live in.

本著「推動積極樂觀、尊重互愛的價值觀，令香港開心D」的理念，呼籲香港人保持樂觀正面的思想，向社區傳播愛與笑的力量。

HK.WeCARE works to raise awareness of the effects of well-being advancement on human development, and to bring together game-changers and shapers to push forward happiness-promoting and socially innovative programmes in the city.

我們的使命

- 讓香港人可以「選擇」變得快樂，將快樂成為人生的一部份
- 為社區注入抗逆力，傳遞新希望

Our Mission

To equip Hongkongers to 'choose' and internalise happiness
To build resilience and positivity into the DNA of the city

我們的工作 OUR WORKS

| 研究及倡導 | 知識分享及能力提升 | 計劃發展 | 宣傳及推廣 |

研究及倡導
Research Advocacy

- 開心指數調查及發佈會
- 對《2019施政報告》立場書 – 開心指數
- Surveys and Press Conference
- Position Paper to Government on Happiness Index

知識分享及能力提升
Knowledge Sharing &Capacity Building

- 高峰會及研討會
- Summit and Conference

計劃發展
Program Development

- 外界資助之活動
- 主辦及協辦之活動
- 和富慈善基金資助之活動
- Externally Funded Programmes
- Partnership and Self-initiated Programmes
- Wofoo Foundation Donate Programmes

宣傳及推廣
Promotion and Media

- 網上活動平台
- 媒體報導
- Online Activities Portal

香港開心D 開心指數調查　HK.WeCARE Happiness Indices

與本地研究「快樂」的學者共同進行研究，包括「**香港整體開心指數**」、「**兒童開心指數**」、「**青少年開心指數**」、「**上班族開心指數**」、「**長者開心指數**」以及「**家庭開心指數**」，追蹤及量度香港市民整體以至不同階層的快樂程度，並作出具針對性的建議措施。

HK.WeCARE has been working on the Happiness Indices targeting at **'General Public'**, **'Children'**, **'Youth'**, **'Employees'**, **'The Elderly'**, and **'Family'**. We will be able to have a greater understanding about the factors making Hong Kong people happy or unhappy, thus adovcating possible ways to make them happier or less unhappy.

開心指數
量度受訪者的快樂狀況
以下是「開心指數」評估題目例子：
Q. 整體來說，你快樂嗎？(0-10分)

內在心理因素
量度受訪者 「心理資本」(MENTAL CAPITAL)
A. 關愛(LOVE)　　C. 堅毅(FORTITUDE)
B. 智慧(INSIGHT)　D. 行動(ENGAGEMENT)

外在環境因素
量度受訪者對生活上各項的滿意程度

自2015年開始，香港開心D已進行有關香港人快樂程度的研究。

家庭開心指數2019
Family Happiness Index 2019

家庭開心指數2018
Family Happiness Index 2018

研究目的 Research Objective

是次研究調查 Objectives:

◈ 香港人的家庭開心指數
  Hong Kong Family Happiness Index

◈ 香港人對家人表達「五種愛的語言」的情況、
  How they express five love languages to their family

◈ 香港人對家人表達「肯定的言詞」的情況，
  How they express 'Words of Affirmations' to their family

◈ 了解受訪者影響家庭開心指數的成因，及提出改善建議
  Understanding factors that might affect family happiness and making suggestions.

研究目的 Research Objective

是次研究調查 Objectives:

◈ 調查香港人與家人相聚的「優質時間」
  Study about Hongkongers spending quality time with family

◈ 調查香港人對「優質時間」的看法
  Study views about Spending Quality time with Family

家庭開心指數2019
Family Happiness Index 2019

研究方法

李錦記家族基金與和富社會企業「香港開心D」委託香港理工大學護理學院林清博士及其研究團隊於7月10至26日期間，在港九新界以街頭訪問形式，收集了**1005** 份有效問卷。

　　訪問地點包括以下：

◈ **香港島**：香港仔、中環、柴灣、西環、小西灣
◈ **九龍**：尖沙咀、旺角、藍田
◈ **新界**：沙田、上水、荃灣、元朗、荃灣、屯門

Research Method

Lee Kum Kee Family Foundation and HK.WeCARE of Wofoo Social Enterprises commissioned Dr. Simon Lam, assistant professor of School of Nursing of The Hong Kong Polytechnic University, collected questionnaires and conducted interviews in the street visits in Hong Kong Island, Kowloon and New Territories from July 10 to 26 in 2019. There are **1005** valid questionnaires collected.

Locations include the following:

◈ **Hong Kong Island:** Aberdeen, Central, Chai Wan, Western District, Siu Sai Wan
◈ **Kowloon:** Tsim Sha Tsui, Mong Kok, Lam Tin
◈ **New Territories:** Sha Tin, Sheung Shui, Tsuen Wan, Yuen Long, Tsuen Wan, Tuen Mun.

家庭開心指數2018
Family Happiness Index 2018

研究方法

李錦記家族基金與和富社會企業「香港開心D」委託研究員從網上收集問卷，在2018年2月24日至3月10日期間，收集了**1035** 份有效問卷。

Research Method

Lee Kum Kee Family Foundation and 'HK.WeCARE' of Wofoo Social Enterprises commissioned researchers collected questionnaires online from February 24 to March 10 in 2018. There are **1035** valid questionnaires collected.

理論框架
Research Framework

「五種愛的語言」(Five Love Languages)

- 蓋瑞．巧門博士 (Dr. Gary Chapman) 發現人際之間基本上有五種「愛的語言」，每個人在表達愛時所使用的「愛的語言」都可以歸在這五種之內
- Chapman (1995) believes there are five emotional love languages, each having numerous dialects. This means there are many ways to express love within a love language. They are as follows:

1. **肯定的言詞 (Words of Affirmation)**
2. **優質時間 (Quality Time)**
3. **珍貴的禮物 (Gifts)**
4. **服務的行動 (Acts of Service)**
5. **身體的接觸 (Physical Touch)**

肯定的言詞 (Words of Affirmation)

- 以言語表達，以正面的態度說一些肯定的言詞來表達愛，例如說一些欣賞、讚美、鼓勵、仁慈的說話。
- Expressing affection through spoken affection, praise or appreciation, encouragement, kind words and making requests.

- 以下是量度有關「家庭開心指數」、「肯定的言詞」、「與家人關係」的評估題目例子：
  The followings are examples of measurement scale of 'Family Happiness Index', 'Words of Affirmations' and 'Relationship with Family'

- **家庭開心指數 Family Happiness Index**
  (0分最低分、10分最高分) (0 = Lowest Score, 10 = Highest Score)
  整體來說，你家庭有多快樂？ Overall, how happy is your family?

- **肯定的言詞 Words of Affirmations**
  你有多常對家人表達以下「肯定的言詞」
  How often do you express the following 'Words of Affirmation' to your family
  從不 Never (0)、甚少 Sometimes(1)、間中 often (2)、經常usually(3)、常常 always (4)

  1. 表達愛意 (例如：我十分關心你！) Express your love (e.g. I care about you!)
  2. 表達讚賞 (例如：你做家務十分妥當！) Express appreciation (e.g. Thank you for doing the housework!)
  3. 表達鼓勵 (例如：我支持你！) Express encouragement (e.g. I support you!)
  4. 表達仁慈的態度 (以仁慈、態度溫暖的方式說話) Express a benevolent attitude
     (例如：你辛苦了，今晚我來做家務吧！) (e.g. You have worked hard, let me do the housework tonight!)
  5. 表達謙遜的態度 (以請求的方式呈現我們的需要和願望) Express a humble attitude
     (例如：可否麻煩你幫我做家務？) (e.g. May I have your assistance in doing housework?)

- **與家人關係 Relationship with Family**
  請回答你有多同意下列句子： To what extent do you agree with the following sentence:
  (非常不同意 0分、不同意 1分、偏向不同意 2分 、偏向同意 3分、同意 4分、非常同意 5分)
  (Very disagree (0), disagree (1), slightly disagree(2), slightly agree(3), agree(4), very agree(5))
  1.   我積極與家人溝通。 I actively communicate with my family.
  2.   每逢假日，我喜歡陪伴家人。I like to spend time with my family on holidays.
  3.   我在家時，家庭氣氛令我感到舒服。When I was at home, the family atmosphere made me feel comfortable.
  4.   我願意照料我的家人。I am willing to take care of my family.

- 以下是量度其他相關的評估題目例子：
  The followings are examples of different measurement scale:

- **個人開心指數 Happiness Index**
  整體來說，你個人有多快樂？ Overall, how happy are you personally?
  (0分最低分、10分最高分) (0 = Lowest Score, 10 = Highest Score)

- **心理資本 Mental Capital**
  請回答你有多同意下列句子：To what extent do you agree with the following sentences:
  (0分最不同意、10分最同意) (0 = Strongly disagree, 10 = Strongly Agree)
  1. 我樂意助人。I am happy to help others.
  2. 我力求生活平衡、工作娛樂飲食均能節制。I strive for a balanced life between work, entertainment and diet.
  3. 遇到挫敗我不氣餒。I am not discouraged when I encounter defeat.
  4. 我有清晰的人生目標。I have a clear life goal.

- **與子女的關係 Relationship with children**
  跟子女相處的評分？ How well do you get along with your children?
  (0分非常不好、10分非常好) (0 = Very bad, 10 = Very Good)

- **與父母的關係 Relationship with parents**
  跟父母相處的評分？ How well do you get along with your parents?
 (0分非常不好、10分非常好) (0 = Very bad, 10 = Very Good)

數據結果
Findings Result

被訪者特徵 Characteristics	2019			2018	
	類別 Types	百份比(%) Percentage		類別 Types	平均數 Mean
年齡 Age	12–18	22.7%		10-65歲	30.3
	19–34	41.4%			
	35– 54	28.1%			
	55或以上 (Or above)	7.8%		百份比 Percentage (%)	
家庭類別 Family Type	單人家庭 Single Family	0.8%		5.6%	
	兩人家庭 2-person family	7.7%		13.4%	
	三人家庭 3-person family	33.5%		25.3%	
	四人的家庭 4-person family	34.1%		27.4%	
	多於四人的家庭 4-person or above family	23.9%		28.3%	
感情狀況 Marital Status	單身 Single	38.4%		42.9%	
	交往中或已婚 In relationship	59.2%		57.1%	
	離婚或喪偶 Divorced	2.4%		/	
就業狀況 Occupational Status	在職 Working	41.5%		67.4%	
	非在職 Non-working	58.5%		32.6%	
學歷 Education	中學或以下 Secondary or below	42%		33.7%	
	大專或以上 Tertiary or above	57.8%		66.3%	
	不適用/其他 not applicable	0.2%		/	
收入 Income	收入群組 Income Group	個人 Individual	家庭 Family	收入群組 Income Group	個人 Individual
	$0-14999	64.7%	6.9%	$0-13000	37.1%
	$15000-29999	20.2%	18.2%	$13001-30000	45.5%
	$30000-59999	12.3%	29.8%	$30001-60000	14.9%
	$60000-100000或以上(Or above)	1.6%	9.4%	$60001或以上 (Or above)	2.5%
	不適用/不知道 Not Applicable/Not sure	1.2%	35.7%		

家庭開心指數 Family Happiness Index
（整體來說，你家庭有多快樂？）(0–10)(N=1005)
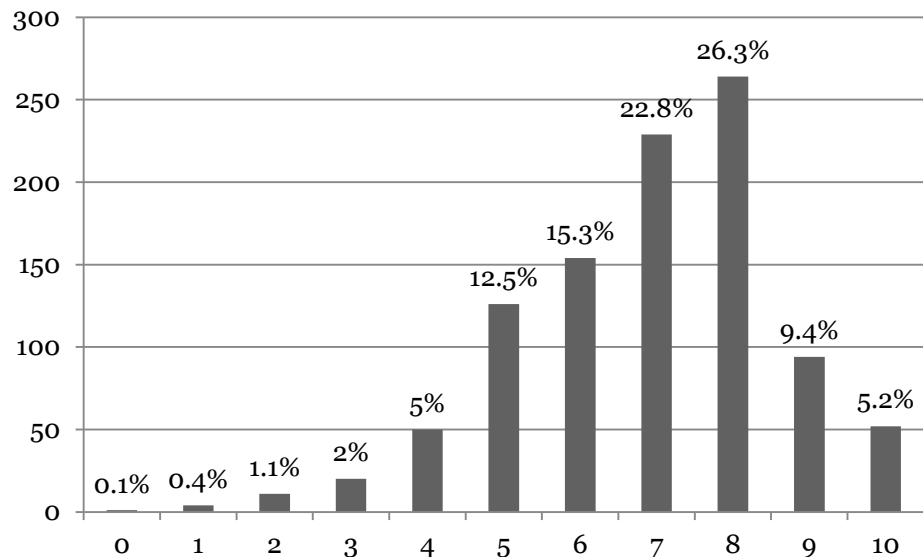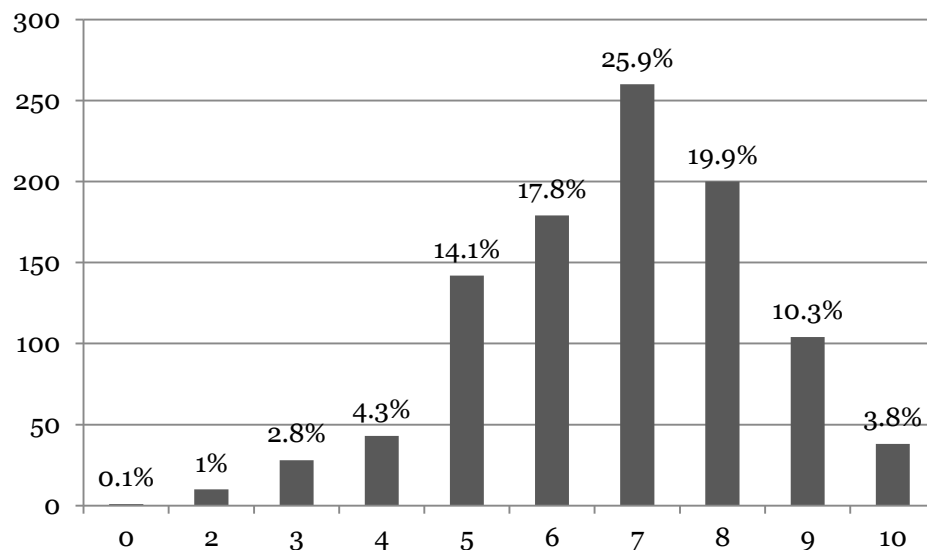
平均分(Mean):6.89
標準差(Std Deviation):1.726

有79%受訪者的家庭快樂程度有6分至10分；
有21%受訪者的家庭快樂程度只得達0至5分
79% of respondents have the score of 6 to 10 points on Family Happiness Index;
21% of respondents have the score of 0 to 5 on Family Happiness Index

個人開心指數 Happiness Index
(整體來說，你個人有多快樂？)(0-10)(N=1005)

平均分(Mean):6.76
標準差(Std Deviation):1.665

有77.7%受訪者的個人快樂程度有6分至10分；
有32.3%受訪者的個人快樂程度只得達0至5分
77.7% of the respondents have the score of 6 to 10 points on Happiness Index;
32.3% of respondents have the score of 0 to 5 points on Happiness Index

心理資本 Mental Capital

(0-10)(N=1005)

非常不同意 Very Disagree (0)至非常同意 Very Agree (10)	(4)或以下 (4) or below	(6)或以上 (6) or above	平均值 (Mean)	標準差(Std. Deviation)
我樂意助人。 I am happy to help others.	7.7%	78.8%	6.95	1.739
我力求生活平衡、工作娛樂飲食均能節制。 I strive for a balanced life between work, entertainment and diet	11.7%	71.9%	6.53	1.746
遇到挫敗我不氣餒。 I am not discouraged when I encounter defeat.	17.4%	66.2%	6.22	1.821
我有清晰的人生目標。 I have a clear life goal.	17%	65.8%	6.21	1.930
總平均值 (Average Mean)(/10)			6.48	

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# 與家人的關係 Relationship with Family
(0-5分)(N=1005)

非常不同意 Very disagree(0)、不同意 disagree(1)、偏向不同意 slightly disagree(2) 偏向同意 slightly agree(3)、同意 agree(4)、非常同意 very agree(5)	少於(3) Less than(3)	(3)或以上 (3)or above	平均值 (Mean)	標準差(Std. Deviation)
1.我積極與家人溝通。 I actively communicate with my family.	25.5%	74.5%	3.09	1.073
2. 每逢假日，我喜歡陪伴家人。 I like to spend time with my family on holidays.	24.4%	75.6%	3.16	1.195
3. 我在家時，家庭氣氛令我感到舒服。 When I was at home, the family atmosphere made me feel comfortable.	17.6%	82.4%	3.35	1.679
4.我願意照料我的家人。 I am willing to take care of my family.	9.6%	90.4%	3.78	1.199
總平均值 (Average Mean)(/5)			3.35	

跟子女相處的評分
Relationship with Children
(0-10分)(n=383)
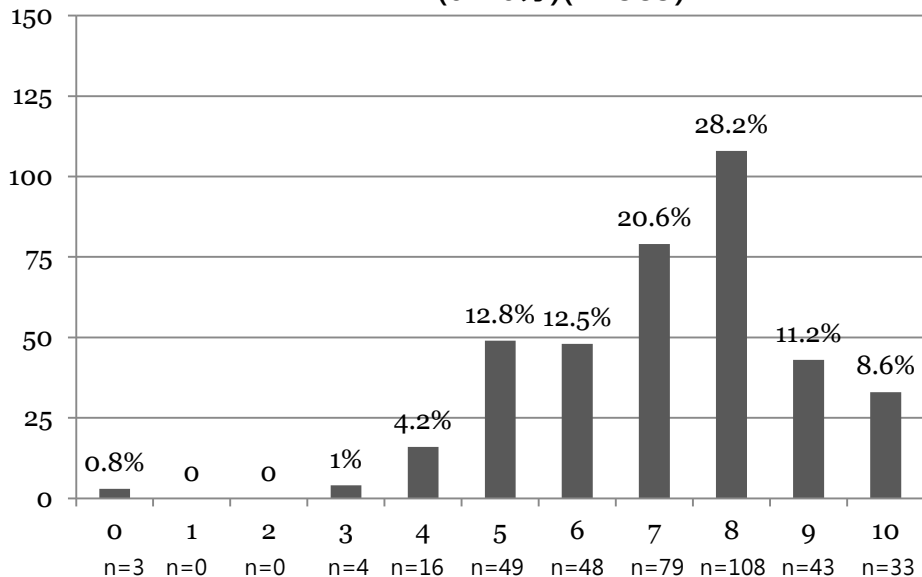
跟父母相處的評分
Relationship with Parents
(0-10分)(n=913)

平均分(Mean):7.16
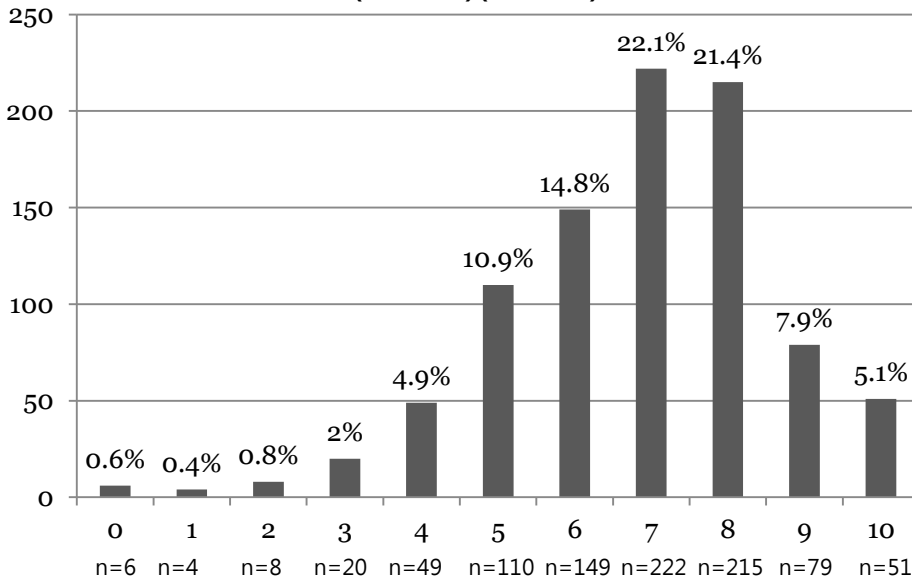
平均分(Mean):6.81

跟子女相處評分有7.16；跟父母相處評分有6.81
Mean for 'Relationship with Children' is 7.16, mean for 'Relationship with parents' is 6.81

香港人五種愛的語言 (0-4分)(N=1005)				
從不 Never (0)、甚少 Sometimes(1)、間中 often (2)、經常usually(3)、常常 always (4)	少於(3) Less than (3)	(3)或以上 (3)Or above	平均值(Mean)	標準差 (Std Deviation)
服務的行動(Act of Services)				
我會為家人分擔工作 I help my family with household chores	49.9%	50.1%	**2.55**	0.949
身體的接觸(Physical Touch)				
我會擁抱家人。 I hug my family.	68.5%	31.5%	1.93	1.214
肯定的言詞(Words of Affirmation)				
我會對家人說：「我愛你」 I tell my family 'I love you'.	78.5%	21.5%	**1.54**	1.181
我會讚美家人 I praise my family.	67.2%	32.8%	2.04	1.075
珍貴的禮物(Gifts)				
我會為家人送上禮物 I give gifts to my family.	60%	40%	2.17	1.086
優質時間(Quality Time)				
我會與家人有深入交談 I have an in-depth conversation with my family.	63%	37%	2.21	1.075

你有多常對家人表達以下「肯定的言詞」 (包括向家人表達愛意、讚賞 、鼓勵、友善的態度或謙遜的態度) ? (N=1005) How often do you express the following 'Words of Affirmation' to your family				
從不 Never (0)、甚少 Sometimes(1)、間中 often (2)、 經常usually(3)、常常 always (4)	少於(3) Less than (3)	(3)或以上 (3)Or above	平均值Mean	標準差 Std. Deviation
1. 表達愛意(例如：我十分關心你！) Express your love (e.g. I care about you!)	70.7%	29.3%	1.90	1.096
2.表達讚賞 (例如：你做家務十分妥當！) Express appreciation (e.g. Thank you for doing the housework!	68.5%	31.5%	1.99	1.068
3.表達鼓勵 (例如：我支持你！) Express encouragement (e.g. I support you!)	63.8%	36.2%	2.09	1.275
4.表達仁慈的態度 (以仁慈、態度溫暖的方式說話) Express a benevolent attitude (例如：你辛苦了，今晚我來做家務吧！) (e.g.you have worked hard, I am going to do housework tonight!)	62.1%	37.9%	2.17	1.061
5. 表達謙遜的態度 (以請求的方式呈現我們的需要和願望) Express a humble attitude (例如：可否麻煩你幫我做家務？) (e.g. May I have your assistance in doing housework?)	61%	39%	2.14	1.152
總平均值 Average (/4)			2.06	

有甚麼令你對家人表達「肯定的言詞」

(包括向家人表達愛意、讚賞、鼓勵、友善的態度或謙遜的態度) 感到卻步？(N=1005)
What discourages you to express "affirmative words" to your family?
(Including expressing love, appreciation, encouragement, kindness, or humility to your family)(N=1005)

最不同意 Very Disagree(0) – 最同意 Very Agree (10)	(5)以下 (5) below	(6)或以上 (6) or above	平均值Mean	標準差 Std. Deviation
1.羞於開口 　Shy	29.3%	56.6%	5.63	2.538
2.認為沒有必要 　Not necessary	32.1%	40.7%	4.86	2.528
3.怕被當作故意奉承 　Fear of being considered as flattering others	57.6%	24.8%	3.80	2.555
4.不想對方驕傲 　Don't want to make others too arrogant	58.4%	24.8%	3.78	2.492
5.不能得到讚賞 　Not being appreciated	49.8%	23.6%	3.66	2.476
6.不懂得怎樣做 　Don't know how	40.1%	43.2%	4.88	2.630
總平均值 (/10)			4.44	

我懂得對家人表達「肯定的言詞」
I know how to express 'Words of Affirmation' to my family
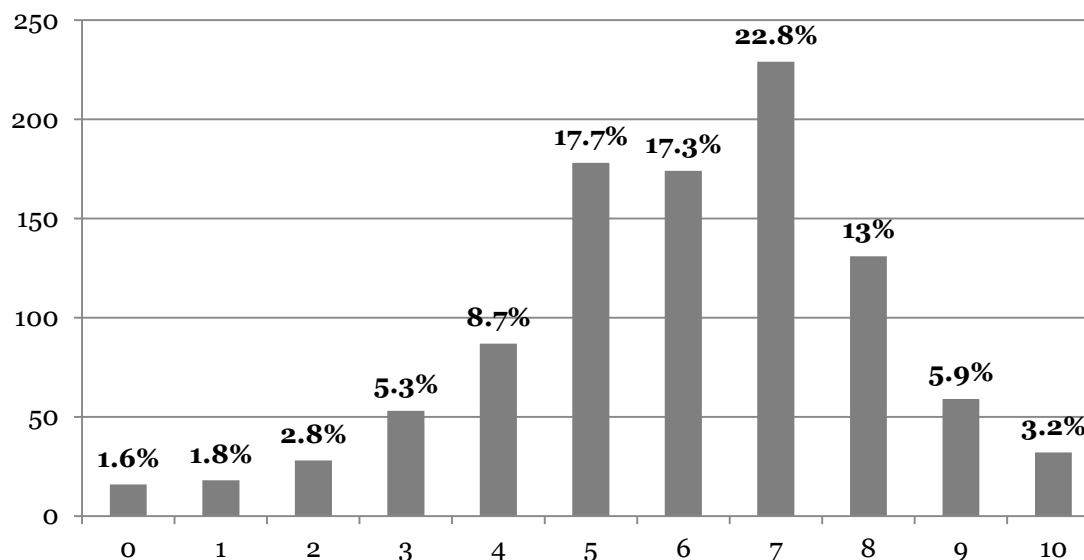最不同意 Very Disagree(0) – 最同意 Very Agree (10)(N=1005)
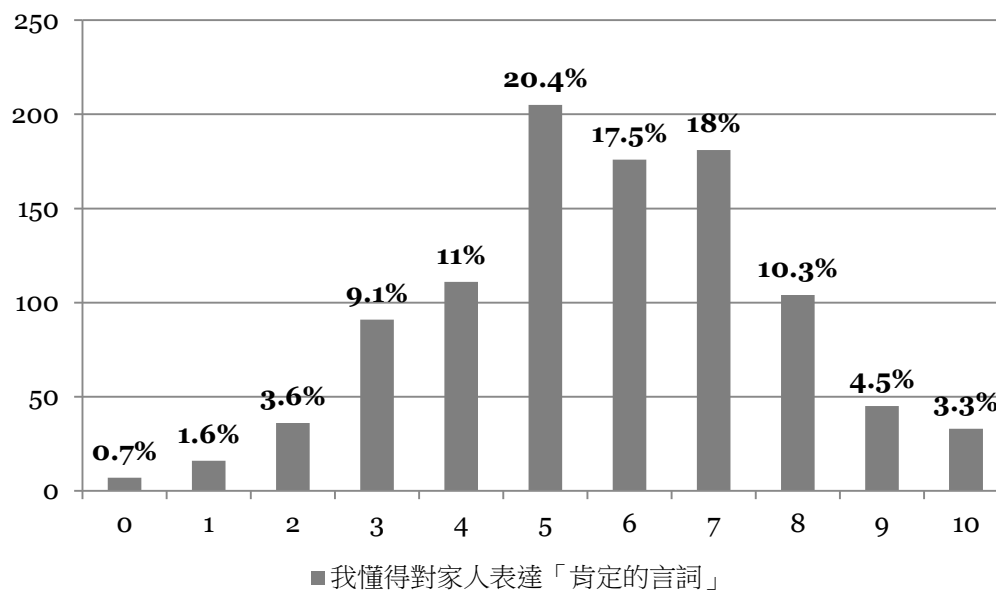
平均分(Mean):**5.69**

有53.6%受訪者表示懂得對家人表達「肯定的言詞」
(6-10分)
53.6% of respondents said they know how to express "Words of Affirmations" to their families.
(6-10 points)

我需要學習對家人表達「肯定的言詞」
I need to learn how to express 'Words of Affirmation' to my family

最不同意 Very Disagree(0) – 最同意 Very Agree (10)(N=1005)

平均分(Mean):**5.99**

超過**62.2%**受訪者表示需要學習對家人表達「肯定的言詞」
(6-10 分 Scores)
More than 62.2% of respondents indicated that they need to learn how to express
"Words of Affirmations" to their families.
(6-10 points Scores)

與2018年比較
Comparison
with
Findings of 2018

家庭開心指數
Family Happiness Index

2018(N=1035)	2019(N=1005)
6.58/10	6.89/10

與家人的關係 Relationship with Family

	2018 (N=1035)	2019 (N=1005)	
非常不同意 Very disagree(0)、不同意 disagree(1)、偏向不同意 slightly disagree(2)、偏向同意 slightly agree(3)、同意 agree(4)、非常同意 very agree(5)	平均值 Mean	平均值 Mean	
1. 我積極與家人溝通。 I actively communicate with my family.	3.02	3.09	⬆
2. 每逢假日，我喜歡陪伴家人。 I like to spend time with my family on holidays.	3.01	3.17	⬆
3. 我在家時，家庭氣氛令我感到舒服。 When I was at home, the family atmosphere made me feel comfortable.	3.15	3.39	⬆
4. 我願意照料我的家人。 I am willing to take care of my family.	3.51	3.8	⬆
總平均值 (Average Mean)(/5)	3.17	3.36	⬆

香港人愛的五種愛的語言 Hongkongers' Five Love Languages

	2018 (N=1035)	2019 (N=1005)	
從不 Never (0)、甚少 Sometimes(1)、間中 often (2)、經常usually(3)、常常 always (4)	平均值(Mean)	平均值(Mean)	
服務的行動(Act of Services)			
我會為家人分擔工作 I help my family with household chores.	2.12	2.54	⬆
身體的接觸(Physical Touch)			
我會擁抱家人。 I hug my family.	1.55	1.93	⬆
肯定的言詞(Words of Affirmation)			
我會讚美家人。 I praise my family.	1.85	2.04	⬆
珍貴的禮物(Gifts)			
我會為家人送上禮物。 I give gifts to my family.	2.13	2.17	⬆
優質時間(Quality Time)			
我會與家人有深入交談 I have in-depth conversation with my family.	1.91	2.21	⬆

推論分析
Statistical inference

1. 各項目跟「家庭開心指數」的相互關係 (N=1005)
Relationship between different items and 'Family Happiness Index'

	家庭開心指數 Family Happiness Index	個人開心指數 Happiness Index	心理資本 Mental Capital	與家人的關係 Relationship with Family	跟子女相處的評分 Relationship with Children	跟父母相處的評分 Relationship with Parents	五種愛的語言 Five Love Languages	肯定的言詞 Words of affirmation
個人開心指數 Happiness Index	.744***	/						
心理資本 Mental Capital	.641***	.667***	/					
與家人的關係 Relationship with Family	.478***	.377***	.364***	/				
跟子女相處的評分 Relationship with Children	.543***	.531***	.599***	.472***	/			
跟父母相處的評分 Relationship with Parents	.680***	.566***	.593***	.549***	.641***	/		
五種愛的語言 Five Love Languages	.445***	.367***	.422***	.660***	.425***	.510***	/	
肯定的言詞 Words of Affirmation	.468***	.377***	.464***	.659***	.494***	.539***	.757***	/

***Significant at 1% level

「家庭開心指數」跟「個人開心指數」呈相當顯著的正向關係 (r=0.744, p<0.001)
「家庭開心指數」跟「心理資本」呈相當顯著的正向關係 (r=0.641, p<0.001)
「家庭開心指數」跟「跟父母相處的評分」呈相當顯著的正向關係 (r=0.680, p<0.001)
「個人開心指數」跟「心理資本」呈相當顯著的正向關係 (r=0.667, p<0.001)
「與家人的關係」跟「愛的五種語言」呈相當顯著的正向關係 (r=0.660, p<0.001)
「與家人的關係」跟「肯定的言詞」呈相當顯著的正向關係 (r=0.659, p<0.001)

"Family Happiness Index" has a significant positive relationship with the "Happiness Index"(r=0.744, p<0.001)
"Family Happiness Index" has a significant positive relationship with the "Mental Capital"((r=0.641, p<0.001)
"Family Happiness Index" has a significant positive relationship with the "Relationship with Family"((r=0.680, p<0.001)
"Happiness Index" has a significant positive relationship with the "Mental Capital"((r=0.667, p<0.001)
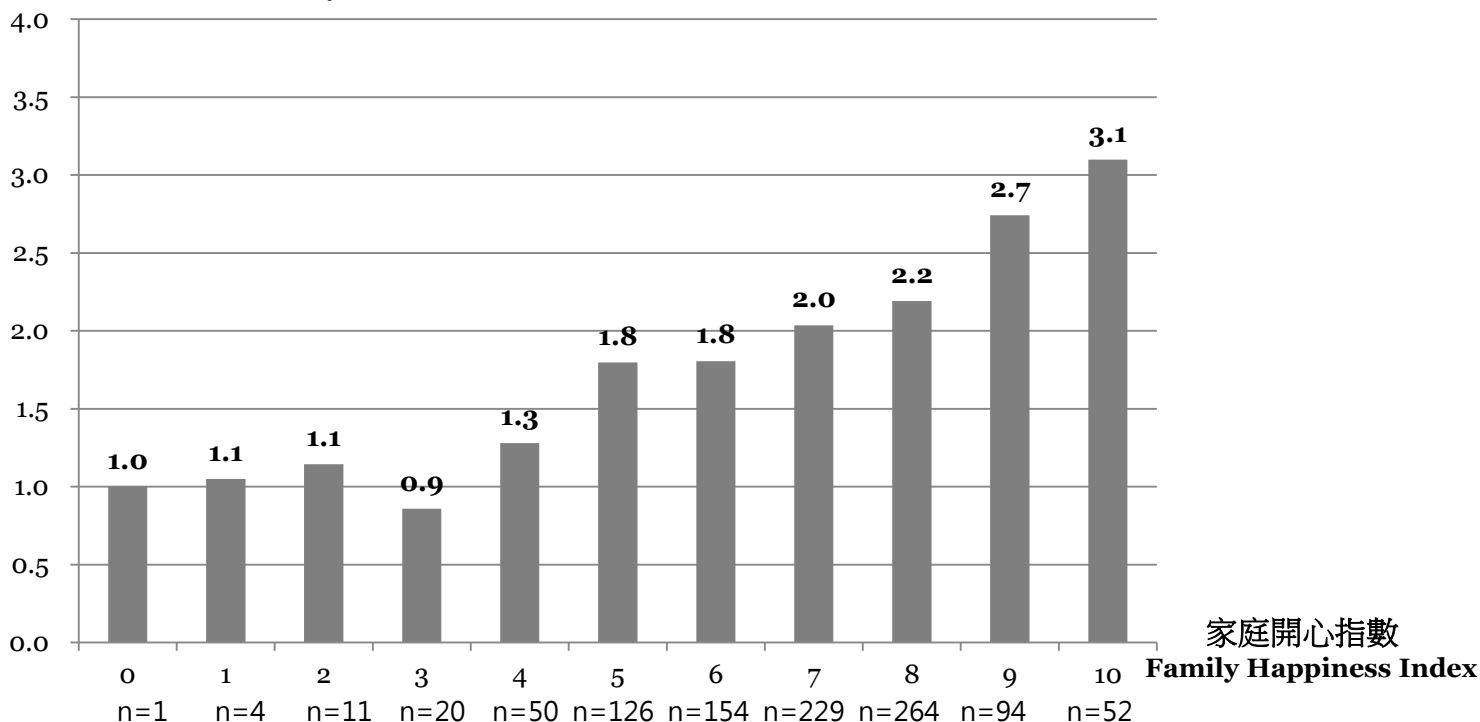"Relationship with Family" has a significant positive relationship with the "Five Love Languages"((r=0.660, p<0.001)
"Relationship with Family" has a significant positive relationship with the "Words of Affirmation"((r=0.659, p<0.001)

2.「向家人表達肯定的言詞」跟「家庭開心指數」的關係 (N=1005)

Relationship between 'Expressing Words of Affirmations to Family' and 'Family Happiness Index'

向家人表達肯定的言詞
Expressing Words of Affirmations to Family

家庭開心指數
Family Happiness Index

0	1	2	3	4	5	6	7	8	9	10
n=1	n=4	n=11	n=20	n=50	n=126	n=154	n=229	n=264	n=94	n=52

Values: 1.0, 1.1, 1.1, 0.9, 1.3, 1.8, 1.8, 2.0, 2.2, 2.7, 3.1

「向家人表達肯定的言詞」與「家庭開心指數」呈正向關係(r=0.468, p<0.001)

"Expressing Words of Affirmation to Family" has a significant positive relationship with the "Family Happiness Index"

3. 「向家人表達肯定的言詞」跟「個人開心指數」的關係 (N=1005)
Relationship between 'Expressing Words of Affirmations to Family' and 'Happiness Index'

向家人表達肯定的言詞
Expressing Words of Affirmations to Family

個人開心指數
Happiness Index
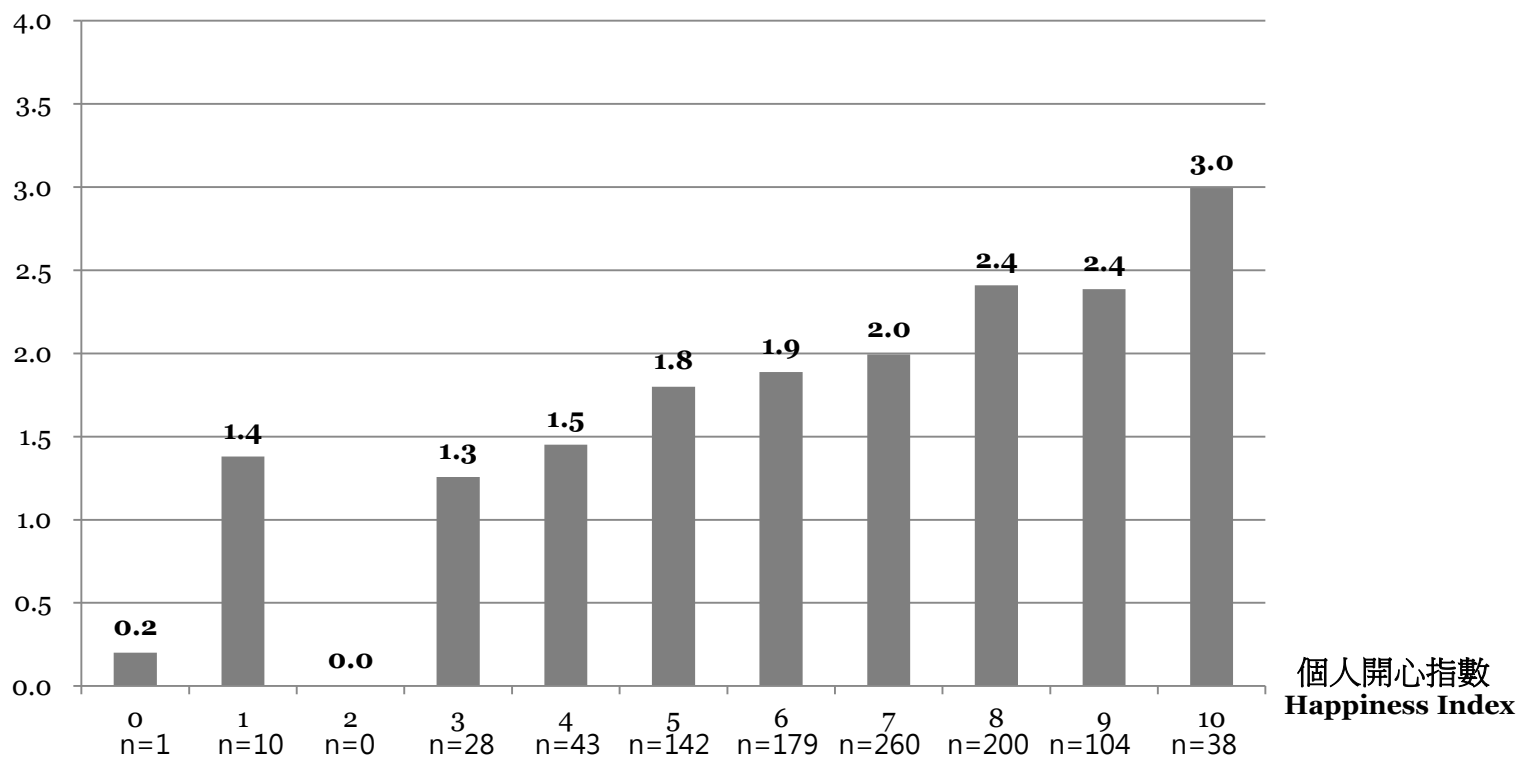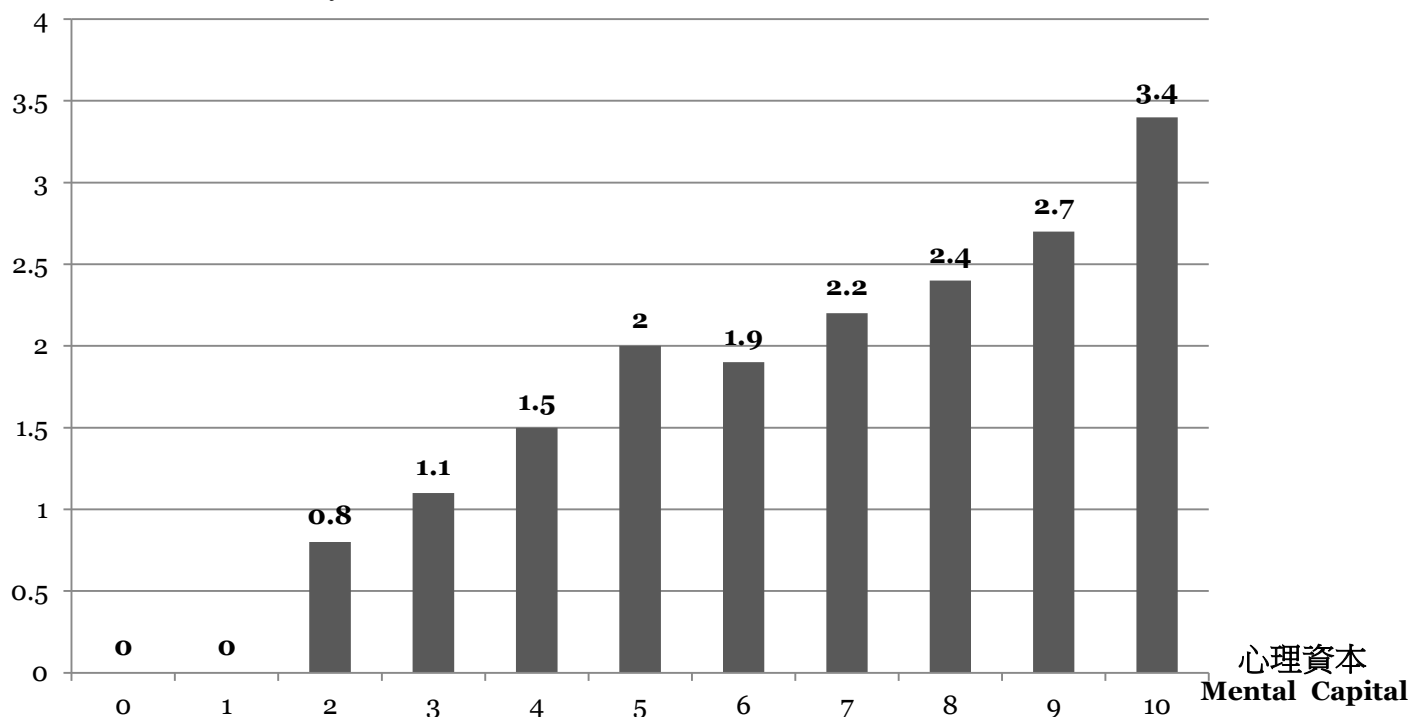
「向家人表達肯定的言詞」與「個人快樂程度」呈正向關係 (r=0.377, p<0.001)

"Expressing Words of Affirmation to Family" has a significant positive relationship with the "Happiness Index"

4. 「向家人表達肯定的言詞」跟「心理資本」的關係 (N=1005)

Relationship between 'Expressing Words of Affirmations to Family' and 'Mental Capital'

向家人表達肯定的言詞
Expressing Words of Affirmations to Family

心理資本
Mental Capital

「向家人表達肯定的言詞」與「心理資本」呈正向關係 (r=0.464, p<0.001)

"Expressing Words of Affirmation to Family" has a significant positive relationship with the "Mental Capital"

5. 「向家人表達肯定的言詞」跟「與家人的關係」的關係 (N=1005)
Relationship between 'Expressing Words of Affirmations to Family' and 'Relationship with Family'

向家人表達肯定的言詞
Expressing Words of Affirmations to Family
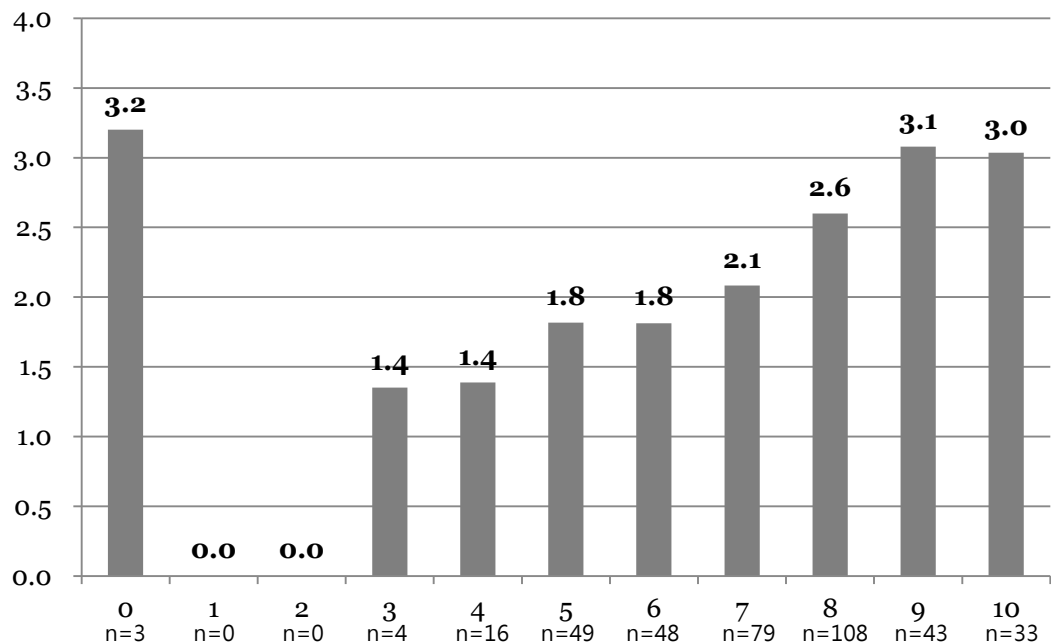

與家人的關係
Relationship with Family
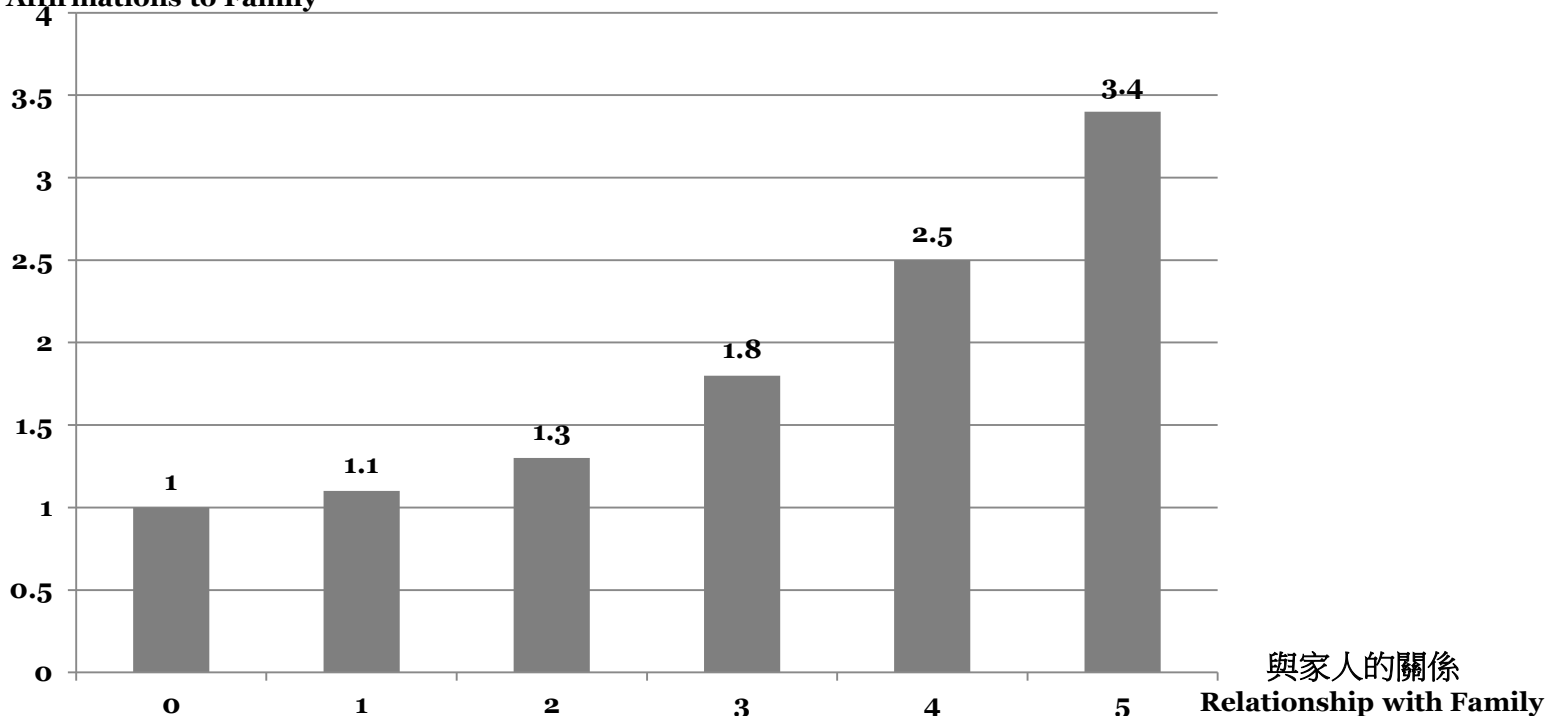
「向家人表達肯定的言詞」跟「與家人的關係」呈正向關係(r=0.659, p<0.001)
"Expressing Words of Affirmation to Family" has a significant positive relationship with the "Relationship with Family"

6. 「向家人表達肯定的言詞」跟「與子女相處的評分」的關係 (n=383)

Relationship between 'Expressing Words of Affirmations to Family' and 'Relationship with Children'

向家人表達肯定的言詞
Expressing Words of Affirmations to Family

與子女相處評分
Relationship with Children

0 n=3	1 n=0	2 n=0	3 n=4	4 n=16	5 n=49	6 n=48	7 n=79	8 n=108	9 n=43	10 n=33
3.2	0.0	0.0	1.4	1.4	1.8	1.8	2.1	2.6	3.1	3.0

「向家人表達肯定的言詞」跟「與子女相處的評分」呈正向關係(r=0.494, p<0.001)

"Expressing Words of Affirmation to Family" has a significant positive relationship with the "Relationship with Children"

7. 「向家人表達肯定的言詞」跟「與父母相處的評分」的關係 (n=913)
Relationship between 'Expressing Words of Affirmations to Family' and 'Relationship with Parents'
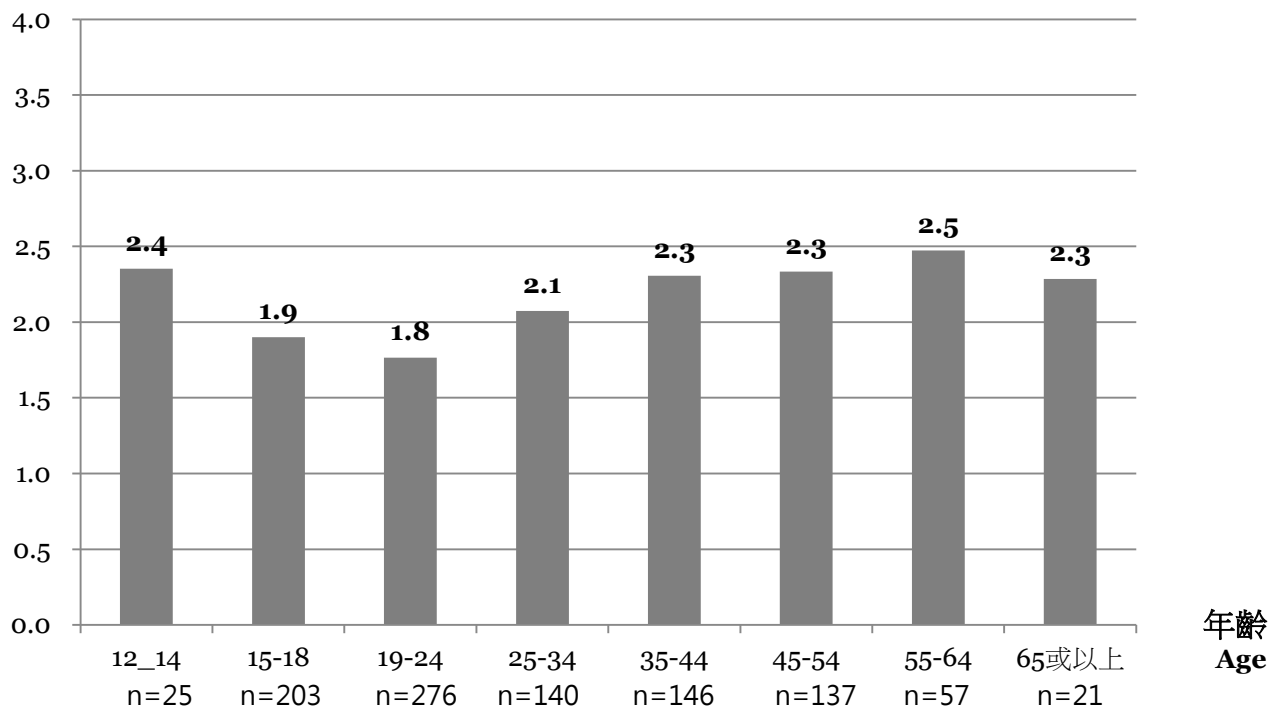
與家人表達肯定的言詞
Expressing Words of Affirmations to Family

與父母相處評分
Relationship with Parents
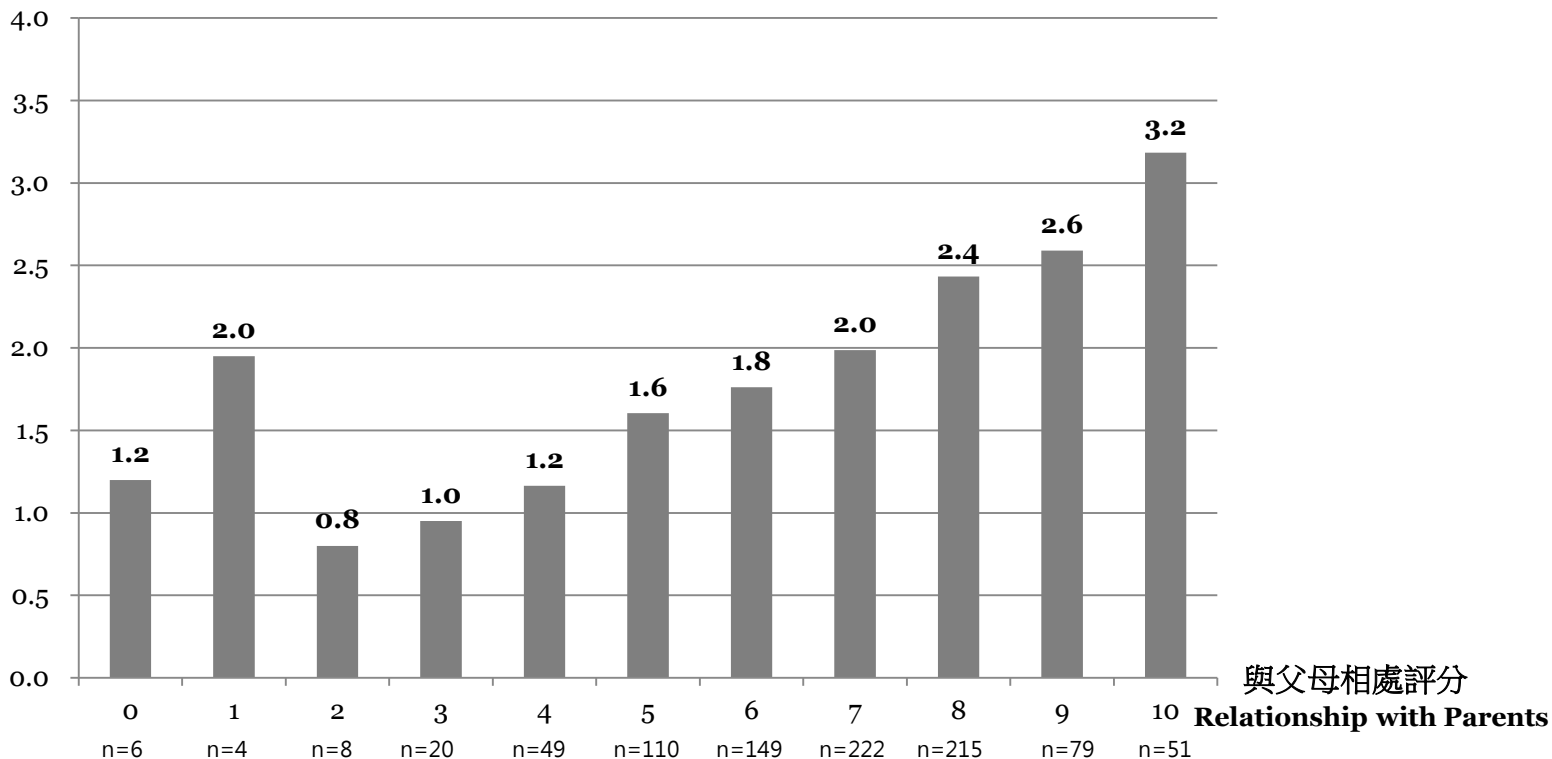
「向家人表達肯定的言詞」跟「與父母相處評分」呈正向關係(r=0.539, p<0.001)
"Expressing Words of Affirmation to Family" has a significant positive relationship with the "Relationship with Parents"

8. 「向家人表達肯定的言詞」跟「年齡」的關係 (N=1005)
Relationship between 'Expressing Words of Affirmations to Family' and 'Age'

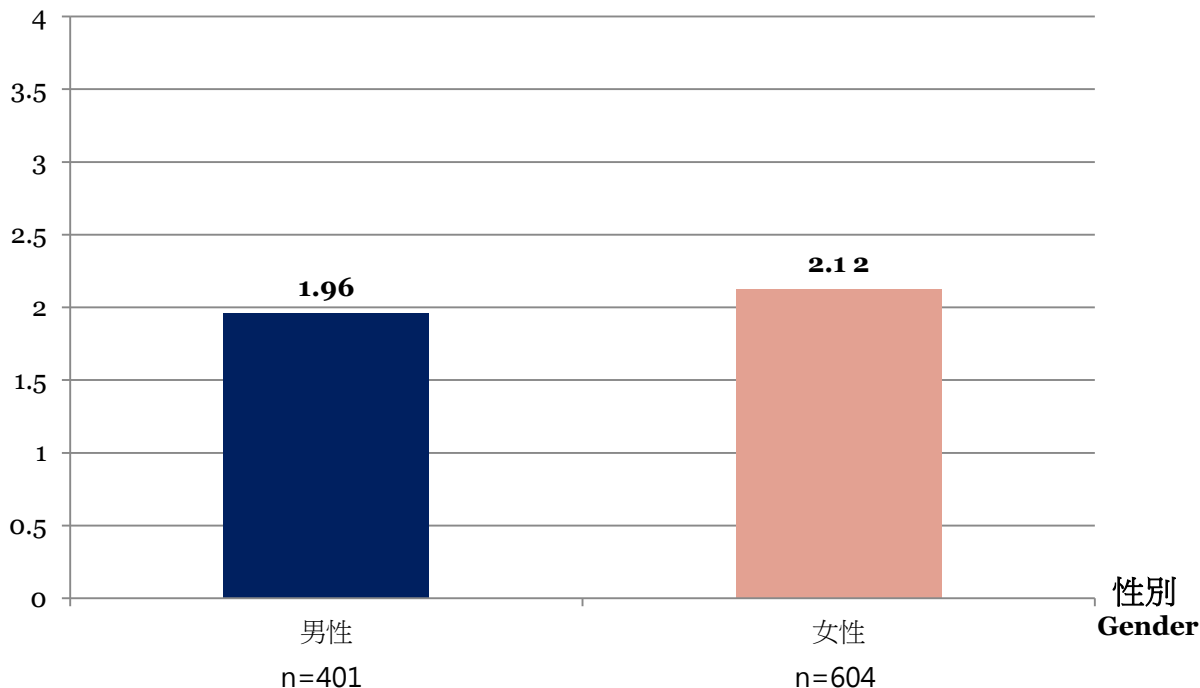向家人表達肯定的言詞
Expressing Words of Affirmations to Family

「向家人表達肯定的言詞」跟「年齡」呈正向關係(r=0.214, p<0.001)

"Expressing Words of Affirmation to Family" has a significant positive relationship with the "Age"

9. 「向家人表達肯定的言詞」 跟「性別」 的關係 (N=1005)
Relationship between 'Expressing Words of Affirmations to Family' and 'Family Happiness Index'

向家人表達肯定的言詞
Expressing Words of Affirmations to Family

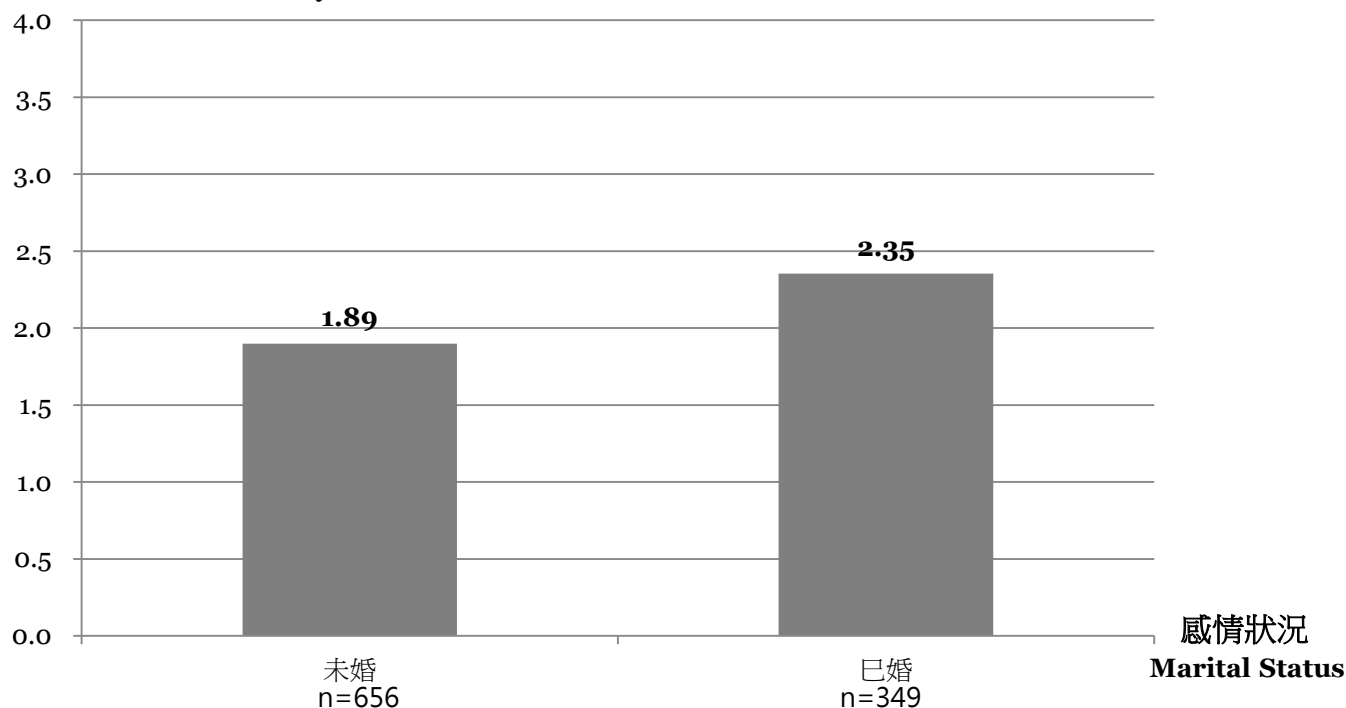女性比男性較常「向家人表達肯定的言詞」 (t=2.9, p<0.005)

Female often tends to "expressing Words of Affirmation to Family"

10. 「向家人表達肯定的言詞」 跟「感情狀況」 的關係 (N=1005)

Relationship between 'Expressing Words of Affirmations to Family' and 'Marital Status'

向家人表達肯定的言詞
Expressing Words of Affirmations to Family

已婚人士比未婚人士較常「向家人表達肯定的言詞」 (t=-8.0, p<0.001)

"Married person' often tends to "**Expressing Words of Affirmations to Family** "

石丹理教授,SBS, JP 分享
Sharing by Prof. Daniel Shek, SBS, JP

家庭議會主席
Chairman of Family Council

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利豐服務領導教育教授
Li and Fung Professor in Service Leadership Education

學習「肯定的言詞」的需要
Importance of Learning 'Words of Affirmation'

三項受訪者最少對家人表達的「肯定的言詞」 The least 3 types of 'Words of Affirmations' expressed to family by respondents			
從不 Never (0)、 甚少 Sometimes(1)、 間中 often (2)、 經常 usually(3)、 常常 always (4)	少於(3) Less than (3)	(3)或以上 (3)Or above	平均值 Mean
1. 表達愛意 (例如：我十分關心你！) Express your love (e.g. I care about you!)	70.7%	29.3%	1.90
2.表達讚賞 (例如：你做家務十分妥當！) Express appreciation (e.g. you are doing housework very well!)	68.5%	31.5%	1.99
3.表達鼓勵 (例如：我支持你！) Express encouragement (e.g. I support you!)	63.8%	36.2%	2.09

三項令受訪者對家人表達「肯定的言詞」感到卻步的原因 The top 3 reasons discourage respondents not to express 'Words of Affirmation			
最不同意 Very Disagree(0) 最同意 Very Agree (10)	少於(5) Less than (5)	(6)或以上 (6)Or above	平均值 Mean
1.羞於開口 Shy	29.3%	56.6%	5.63
2.不懂得怎樣做 Don't know how	40.1%	43.2%	4.86
3.認為沒有必要 Not necessary	32.1%	40.7%	4.88

- 僅約五成受訪者表示懂得對家人表達「肯定的言詞」
  Around 50% of respondents said they know how to express "Words of Affirmations" to their families.(6-10 points)
- 超過六成受訪者表示需要學習對家人表達「肯定的言詞」。
  More than 60% of respondents indicated that they need to learn how to express "Words of Affirmations" to their families. (6-10 points)

加強家長及青少年的教育
Strengthening Expression of Emotion

- 家長 Parents
  - 家長教育課程

    Parent Education Programs

- 青少年 Youth
  - 生活技能課程

    Life Skill Education Programs

  - 教授知識、態度、技能

    Knowledge, attitudes and skills

  - 學習表達情緒

    Learning Expression of Emotion

- 惟現時本地只有少數經認證的家長教育課程 及 青少年生活技能課程

  We have developed local parenting and family life education programs, while there are only very few validated programs now.

鼓勵多元表達方式
Diversified Expression of Emotion

- 書寫「肯定的言詞」
  'Words of Affirmations' in English Version
- 於開學日，鼓勵家長及學生互相表達「肯定的言詞」
  Encouraging parents and students to send words of encouragement
- 可利用現時流行的科技
  Using Technologies

鼓勵的說話
Words of Encouragement

- 謝謝你的付出

Thank you for all your hard work

- 有你真好

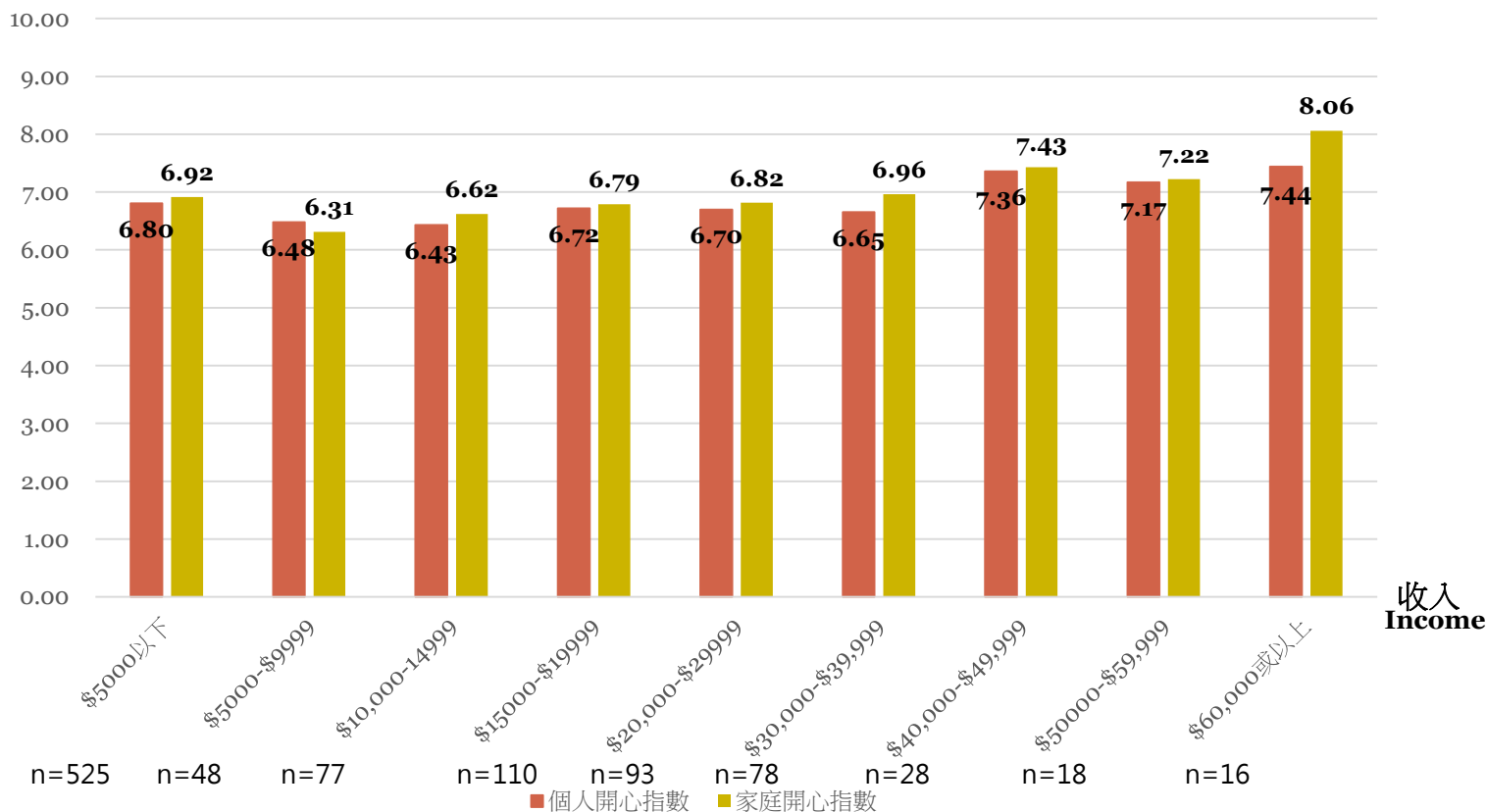Good to have you

- 你做得好好呀

You did that so well

補充資料
Supplementary information
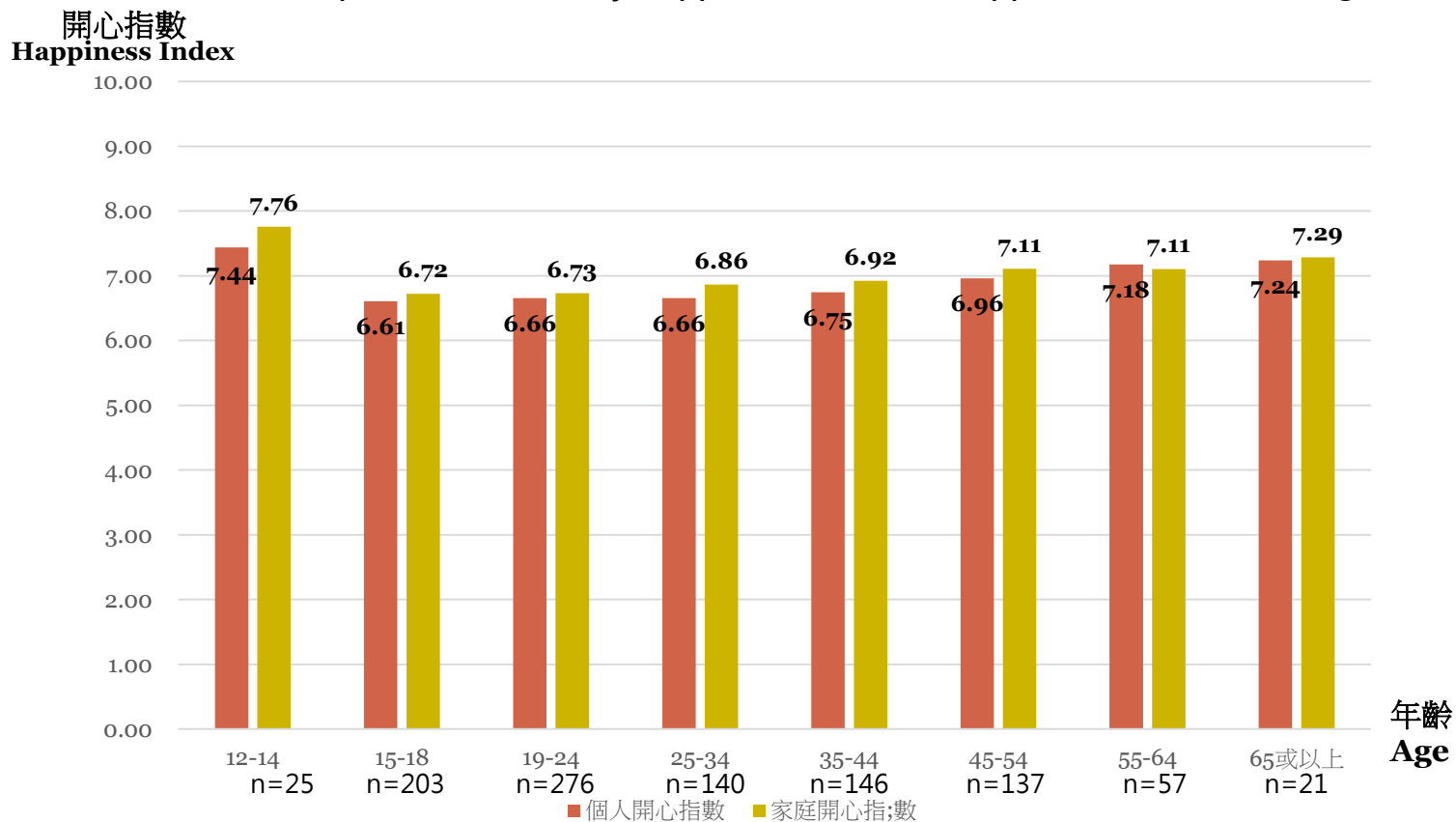
11. 「家庭開心指數」、「個人開心指數」跟「收入」 的關係 (N=993)
Relationship between 'Family Happiness Index', 'Happiness Index' and 'Income'

12. 「家庭開心指數」、「個人開心指數」跟「年齡」 的關係 (N=1005)

Relationship between 'Family Happiness Index', 'Happiness Index' and 'Age'

謝謝
Thanks