

新聞稿

(2019年9月2日前不能公開)

致：港聞/教育版編輯/電台/電視台新聞部主管

機構調查發現

2018/19 年家庭開心指數上升 逾五成受訪者不懂
對家人表達「肯定的言詞」



(左至右) 家庭議會主席石丹理教授，SBS，JP、理大護理學院助理教授林清博士、香港開心D顧問方奕展先生

由李錦記家族基金贊助，和富社會企業「香港開心D」主辦、香港理工大學護理學院協辦的「代代有愛 家心說愛」調查發佈會於2019年9月2日(星期一)舉辦，公佈2019年「家庭開心指數調查」的結果。調查顯示香港家庭開心指數為6.89，比往年的6.58高出不少，近八成受訪者表示家庭快樂，惟有逾五成受訪者不懂對家人表達「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)，逾六成人表示「需要學習」，更有逾七成受訪者表示只會問中甚至從不對家人表達愛意。

李錦記家族基金及和富社會企業「香港開心D」委託香港理工大學護理學院助理教授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，成功收回了 1005 份有效問卷。

「五種愛的語言」對家庭快樂影響大

機構於 2018 年在香港亦進行了同類型研究，比較今年及往年的數據，「家庭開心指數」較往年上升了 0.31 分，同時我們也發現「與家人的關係」及對家人使用「五種愛的語言」（每個人在表達愛時所使用的『愛的語言』，可歸納成：肯定的言詞、優質時間、珍貴的禮物、服務的行動及身體的接觸）的習慣也上升了。理大助理教授林清博士指出，這反映了「五種愛的語言」對家庭快樂的重要性，惟今年的數據結果仍反映香港家庭需面對不少隱憂。

港家庭甚少向家人表達愛意、讚賞及鼓勵 宜加強家長及年青人表達情緒的教育
調查顯示有逾六成受訪者表示只會間中甚至從不向家人表達愛意、讚賞及鼓勵。調查亦發現最普遍令受訪者對家人表達「肯定的言詞」感到卻步的三個原因，分別為：「羞於開口」、「認為沒有必要」及「不懂得怎樣做」。家庭議會主席石丹理教授建議，社會需加強家長教育及青少年生活技能的培訓，讓他們學懂表達情緒的知識、態度及技能，包括：家長需認知青少年成長時的需要，例如建立自我形象；而子女亦需認知父母面對問題，例如中年危機或更年期等；雙方應持接納對方的態度，接受與自己不同的意見；雙方應學懂如何處理衝突，避免「情緒行頭」。

石丹理教授：「家長忌亂標籤子女為『廢青』」

調查顯示逾五成人不懂對家人表達「肯定的言詞」，更有超過六成人表示需要學習。石丹理教授直言：「唔識唔緊要，最緊要學！」他指出家長應避免標籤子女為「廢青」，並強調每個年青人都有其獨特的優點，「讀書也許遜色，其他方面同樣可以出色」。他又鼓勵家庭應多利用市面流行的通訊軟件和社交媒體程式，簡單地向家人傳達心意，可避免因羞於啟齒，而導致錯過與家人相處的機會。

對家人多表達「肯定的言詞」有助家庭快樂

林博士指「向家人表達肯定的言詞」跟「與家人的關係」呈顯著的正向關係，反映了受訪者愈多向家人表達肯定的言詞，與家人的關係則愈好。要構建一個快樂的家庭，與家人的關係正是要素之一。石教授建議家庭可在不同場合上對家人表達肯定，包括可對家人表示：「你餐飯煮得好好食」、「雖然換唔到個燈膽，不過好多謝你嘗試咗」等。適逢開學日，他又提到家長可對子女說：「番學可以唔洗咁擔心，學校係可以令人愉快學習嘅地方」，讓子女可安心上學。

家庭快樂由個人做起

是次調查以「關愛」、「智慧」、「堅毅」及「行動」四方面來量度受訪者的心理資本，林博士提到，根據過往多年開心指數的調查，心理資本(Mental Capital)已證

明與個人成長和能否快樂地生活有莫大關係。是次調查顯示，個人心理資本跟家庭開心指數有顯著的正面關係，這印證了「個人」與「家庭」有密切的關係，反之我們應多著重個人修為，包括累積多一點關愛、智慧、堅毅、並付諸行動，以及留意個人情緒，避免把自己的負面情緒帶到家庭中。

反修例風波影響不彰

鑑於是次調查於7月期間收集問卷，正值修例風波事件，家庭開心指數反比往年稍提升。香港開心D顧問方奕展先生指，由於是次問卷未有包含對家庭影響的外來環境因素，包括政府施政、社會及政治、經濟等，故未能從結果看到當中的影響力。雖然他強調，事件固然影響香港家庭的開心指數，惟從今次調查所得，我們需更重視其他因素所帶來的影響，包括與家人的相處方式等。

【新聞界查詢】

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2019年9月2日

李錦記家族基金 簡介

李錦記家族基金於 2008 年成立。基金的使命是推動爽樂家庭關係。基金推廣「治未病」的健康家庭理念，相信如果家庭成員能在家庭生病之先及早產生警覺及作出相應預防行動，將有效發揮健康家庭的潛在能力，建造和諧社會，造福社群。

基金透過建立「代代有愛學習平台」，讓大眾透過不同的短片學習如何有效地與家人溝通，參與基金贊助及舉辦的家庭項目，強化家庭關係以締造家庭凝聚力。

我們運用「學，做，分享」的模式，鼓勵以行動在生活中表達關愛，並將得著與家人，朋友分享，共建一個跨代共融的社會。

代代有愛學習平台: <http://loving.family>

和富社會企業 - 香港開心 D

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，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。

香港開心 D 網上活動平台： <http://www.hkwecare.hk>

Press Release

(embargoed until August 27 2019)

To: Editor of HK News/Education News/Directors of Radio/TV News

Organisation Found

Family Happiness index rose in 2018/19 with More than 50% of Respondents did not Understand How to Express ‘Words of Affirmation’ to Family Members



(Left to Right) Prof. Shek, SBS, JP, Chairman of the Family Council, Dr. Simon Lam, Assistant Professor of the School of Nursing of PolyU, Mr. Eugene Fong, HK.WeCARE Advisor

Funded by Lee Kum Kee Family Foundation (LKKFF), HK.WeCARE of Wofoo Social Enterprise held a ‘Words of Affirmations’ press conference on September 2, 2019 (Monday), co-organised by the School of Nursing of The Hong Kong Polytechnic University (PolyU) to announce the results of the 2019 Family Happiness Index Survey. The result showed that the Hong Kong Family Happiness Index is 6.89, which is higher than the 6.58 in previous years. Nearly 80% of the respondents indicated that their families were happy, over 50% of the respondents did not know how to express ‘Words of Affirmation’ to their families (*including expressing love to their families with appreciation, encouragement, friendly attitude or humble attitude*), more than 60% of the respondents said that they need to learn how to express love to their families, and more than 70% of the respondents said that they would never or rarely express love to their families.

LKKFF and HK.WeCARE commissioned Dr. Simon Lam from the School of Nursing of PolyU to conduct the data collection. There were 1005 valid questionnaires collected in the forms of street visits in Hong Kong Island, Kowloon and New Territories from July 10 to 26.

The ‘Five Love Languages’ Found to have a Big Impact on Family Happiness

This is the second consecutive year that organisers are conducting the ‘Family Happiness Index Survey’. Comparing last year’s data, the ‘Family Happiness Index’ has increased by 0.31 points over the previous year. The result of the survey also showed that ‘Relationship with Family’ has increased, together with the habit in practicing the ‘Five Love Languages’. Dr. Lam, assistant professor of PolyU, pointed out that the result reflects the importance of the ‘Five Love Languages’ (*there are many ways to express love within a love language, namely Words of Affirmations, Quality Time, Gifts, Acts of Services and Physical Touch*) and it affects the happiness level in family. However, the result also indicates that families still have to face many challenges.

Hongkongers Rarely Express Love, Appreciation and Encouragement to their Families.

According to the result of the survey, more than 60% of the respondents indicated that they would never or rarely express love, appreciation and encouragement to their families. The result also found that the three most common reasons that discouraged respondents to express ‘Words of Affirmations’ are: “Being shy”, ‘Do not find it necessary’ and ‘Do not know how’. Professor Shek, chairman of the Family Council, suggested that parents need to get more education while youths should learn life skills so they both learn how to express their emotion through better knowledge, attitude and skills. Parents should have the understanding of what teenagers need such as building their self-esteem and image in their puberty. Also, children should understand their parents more by knowing the problems they face during middle-age crisis and menopause. Both should be openminded and acceptance despite their differences on opinions and learn to deal with crisis to prevent emotional impulse.

Hong Kong People Do not Know How to Express "Affirmative Words" More Than 60% of Adults Say "Need to Learn It"

The result of the survey revealed that more than 50% of adults did not know how to express "affirmative words" to their families. Also, more than 60% of the respondents said they need to learn it. Professor Shek said that ‘It is fine if you don’t always know how, but you have to learn’. He emphasised that parents should avoid stigmatizing their children as ‘loser’, because every child has their own strength, ‘Some children might not do so well in school, but they could be good at music, sports or arts’. It is suggested that family can make use of the popular communication app and social media more frequently to convey their ‘Words of Affirmations’ to their family members without feeling shy to express themselves face-to-face and missing the chance to talk to them.

To Express "Words of Affirmation" to Family Members Helps to Promote Family Happiness

Dr. Lam suggested that ‘Expressing Words of Affirmation to family members’ has a significant positive correlation with ‘relationship with family members’, reflecting the more respondents expressing ‘Words of Affirmations’ to their families, thus the better the relationship with families. To build a happy family, the relationship with family is just one of the important elements. Prof. Shek recommended that family can express ‘Words of Affirmations’ in different occasions, such as saying “I love your cooking”, “Thank you for changing the light bulb” and etc. As a new school semester begins, parents can encourage their children by saying “Do not worry about going to school

because it is a happy place to learn new things and make new friends.

Family Happiness stems from Individual Happiness

We measure mental capital of the respondents in terms of ‘Love’, ‘Insight’, ‘Fortitude’ and ‘Engagement’. Dr. Lam mentioned that according to the result of the survey about happiness index in the past years, it has been proven that mental capital has a great impact on personal growth and happiness. The result shows that the personal happiness index has a significant positive correlation with the family happiness index. This finding indicates that "individual" and "family" are somewhat related. On the contrary, we should put more efforts into personal cultivation by enhancing our mental qualities in the aforementioned four aspects, and pay attention to our personal emotions to avoid bringing our negative emotions into our family.

Anti-Extradition Bill Protest Effects on Family not Shown

Despite the fact that the questionnaires were collected during July, the result demonstrated that ‘family happiness index’ is slightly higher than in the previous year. Mr. Eugene Fong, HK.WeCARE Advisor, said that the questionnaire does not contain questions about how the external environment factors affect the family, namely governance, social and politics, economy, etc.. It is unable to see the influence by the anti-extradition bill protest from the results. Although he stressed that the incident certainly affects the Family Happiness Index of Hong Kong families, the result of the survey showed that we rather need to pay more attention to the impact of other contributing factors to family happiness, including ways to get along with family members.

[Media Enquiry]

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2 September 2019

About Lee Kum Kee Family Foundation

Lee Kum Kee Family Foundation was founded in 2008. Our mission is to promote HAPPY FAMILY RELATIONSHIPS. The Foundation advocates the healthy family concept of “Prevention before Sickness”, and trusts awareness building and preventive actions before family sickness will help create a harmonious community in which healthy families can exploit their potentials and give back to the community.

The Foundation launched the “Loving Family Learning Platform”. Public can learn how to better communicate with their family members and enhance family cohesion by watching short films on the platform and participate in our sponsored family programs.

Promoting the implementation model of “Learn, Do, Share”, the Foundation encourages the establishment of loving families by putting knowledge into practice and sharing successful experience with others for social harmony.

Loving Family Learning Platform: <http://loving.family>

Wofoo Social Enterprises - HK.WeCARE

Launched in October 2015, HK.WeCARE is a platform that envisions to make Hong Kong a happier place to live in. Anchoring on the motto that ‘Happiness Can Be a Choice’, 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.

HK.WeCARE Activity Portal:<http://www.hkwecare.hk>