# HONG KONG FAMILY WELLBEING INDEX 2022

# 香港家庭幸福指數 2022

# HONG KONG FAMILY WELLBEING INDEX 2022

# 香港家庭幸福指數 2022

家福會
HKFWS

PORI
HONG KONG PUBLIC OPINION RESEARCH INSTITUTE
香 港 民 意 研 究 所

*HONG KONG FAMILY WELLBEING INDEX 2022*
*香港家庭幸福指數 2022*

First Published: 19 May 2022

# Table of Contents

# List of Figures and Tables

## Figures

## Tables

# Message from the Chief Executive

Hong Kong Family Welfare Society (HKFWS) takes a family-centred perspective and is committed to providing high quality and professional services to help people improve their lives, strengthen and support family wellbeing, and foster a caring community. With seven decades of experience serving Hong Kong families, we recognise the importance of family wellbeing to the healthy growth of individual members as well as the sustainable development of society as a whole. In the absence of information on the level of wellbeing of local families, we debuted our first two measurements by commissioning a tertiary institution to conduct random-sampling surveys employing a validated measurement tool Family Quality of Life (FQoL) in 2017 and 2018. With the successful experience of measuring family wellbeing on a territory-wide scale, we proceeded further by stepping up efforts on the advancement of our measurement tool.

As indigenously developed measures with local culture embedded could better reflect the wellbeing of local families, we commissioned the Department of Social Work of The Chinese University of Hong Kong in 2018 to develop an indigenous family wellbeing index to inform us and stakeholders of families about the level of family wellbeing in Hong Kong. In 2019, the maiden measure of family wellbeing with this newly invented Hong Kong Family Wellbeing Index (HKFWI) was employed to take the first measurement. This attempt not only revealed the level of wellbeing members of families were experiencing, it also provided a starting point to establish the trend of family wellbeing in the long term. As a scientific measurement tool, we believe that HKFWI could be applied regularly and continuously for tracing the trend of the wellness of Hong Kong families to provide insight on service design and policy formulation to support this basic unit of society.

This year, the second measure of wellbeing of Hong Kong families was conducted. Not long after Hong Kong has recovered from the impacts of social incidents which were prevalent at the time the first measurement was taken, local families, like families all over the world, have been plagued by the economic and social impacts brought about by the devastating COVID-19 pandemic. It is quite timely that HKFWI can play a vital role to chronicle the various aspects of family wellbeing at this moment to form part of the trend we have been tracing.

We are indebted to Ms. Karie Pang and members of her professional team at Hong Kong Public Opinion Research Institute for their dedicated efforts to conduct this territory-wide survey and reveal the meaning behind these survey data to the extent that every nuance has been captured. We envisage that the results of the present study could shed light on the current

situation and trend of wellbeing of local families for consideration in policy formulation, public service design and further studies on Hong Kong families. As a service provider for families, HKFWS will refer to the findings and enhance our services to address the needs of families and to promote a caring society of which family wellbeing is the core.

Amarantha Yip

Chief Executive
Hong Kong Family Welfare Society

# Executive Summary

## Introduction

1. The Hong Kong Family Welfare Society (HKFWS) commissioned the Hong Kong Public Opinion Research Institute (PORI) to conduct this "Hong Kong Family Wellbeing Index 2022" before the peak of the fifth wave of the COVID-19 pandemic. The first survey was conducted in 2019 by another research team. The main objective was to assess the latest wellbeing of Hong Kong families in 2022 and to make comparisons with previous results. Two new topical questions were added to the questionnaire to study the impact of the pandemic on family wellbeing.

## Research Design

2. As in the 2019 study, "family" was defined as "a socially recognised group (at least two people in a relationship) that forms an emotional connection involving care, responsibility and commitment", while "family wellbeing" was defined as "a state in which a family can perform various functions to satisfy the diverse needs of individual members of the family through interactions with the environment".

3. A questionnaire with 26 key questions using 11-point Likert scale (i.e., a scale on 0 to 10) was used this year, same as 2019. Individual scores for 6 domains and 6 subdomains were computed and ultimately an overall HKFWI score.

4. For valid and direct comparisons between the surveys conducted in 2019 and in 2022, the structure of the HKFWI and the survey questionnaire were largely kept unchanged. However, some methodological enhancements have been made: (1) treatment of missing values, and (2) weighting of survey data. Apart from applying these enhancements this year, the same have also been done retrospectively to the 2019 survey data so that comparisons would be made on the same ground.

## Overall Results

5. The telephone survey which targeted Hong Kong people who were living with their families was conducted from 5 to 27 January 2022. A total of 2,002 respondents, including 994 landline and 1,008 mobile samples, were successfully interviewed.

6. The previous survey was conducted during July and August 2019 in times of social unrest in Hong Kong. Despite a low start, however, this study found that the wellbeing of Hong Kong families has further deteriorated over the past two years or so, dropping from 6.31 in 2019 to 6.10 in 2022 (-0.21), mainly due to weakening in the areas of "social connection" (-0.86) and "social resources" (-0.47).

7.  The percentage of respondents scored "average" on the overall HKFWI has dropped from 50% in 2019 to 43% in 2022. However, those scored "poor" has increased significantly to 19% during the same period, i.e., an increase of 7 percentage points.

8.  The relative strength of the 6 domains have remained stable. The domain that received the highest score continued to be "family solidarity" (7.40), followed by "family resources" (7.20) and "family health" (7.07), all are domains that concerned the situation within the family. However, domains that concerned the family's interaction with the outside world recorded lower scores, including "social resources" (4.80), "work-life balance" (4.66) and finally "social connection" (3.26).

## Factors that Influence Family Wellbeing

9.  To study the effects of demographic variables on family wellbeing, the mean scores of the index and the 6 domains by different demographic groups in both 2019 and 2022 have been calculated, and ANOVA and multiple linear regressions have been conducted.

10. Among various demographic variables, the traits associated with lower index score would be (1) lower family income, (2) younger in age, (3) lower education level, (4) being a student or be unemployed, (5) living in public housing, (6) being separated, divorced or widowed, (7) families with household size of 6 or above, (8) single-parent families, (9) families with members who needed special care, and (10) families in which a family crisis occurred recently.

11. Specifically for the three domains with lower scores: (a) lower-income families, younger and less educated people had poorer "social connection"; (b) older people had poorer "work-life balance"; (c) lower-income families, the unemployed, the widowed and families in which a family crisis occurred recently had fewer "social resources".

12. Comparing the index and domain scores in 2019 and 2022, the demographic groups traditionally considered to be more vulnerable (including people who only attained primary school education level or below, the unemployed, the separated / divorced / widowed, families with members who needed special care, families in which a family crisis occurred recently, and families with monthly income less than $15,000) were also those who experienced larger drops than the rest of the population.

13. In particular, family monthly income continued to be a strong predictor of index and domain scores, and there were rather large gaps between low-income and high-income families. Both ANOVA and regressions found its significant impacts on family wellbeing. Also, decline in "family solidarity" and "family resources" mainly happened in families with monthly income less than $15,000, while families with higher income have not seen much change in their scores. All these changes meant that the wellbeing gaps between low-income and high-income families have further widened since 2019.

## Effects of the COVID-19 Pandemic

14. The pandemic has had no effect on the family relationships of two-thirds of the respondents, while some others had their relationships worsened and some improved. However, the pandemic has caused the family income of half of the respondents to go down, while the rest mostly remained unaffected and only very few have had family income increased.

15. These two variables were related. Among families with income unaffected or increased, slightly more had family relationships improved rather than deteriorated due to the pandemic. However, for families that had income hit by the pandemic, it was much more likely to see family relationships turning worse.

16. When a family's income was affected by the pandemic, its family wellbeing would also become worse. Also, the pandemic was more likely to result in deteriorating family relationships in low-income families, but improved family relationships in high-income families.

## Getting Worse in "Social Connection" and "Social Resources"

17. The survey has revealed large drops in scores in the "social connection" and the "social resources" domains. In view of the period in which the 2022 survey was conducted, this is most likely the impact of the COVID-19 pandemic.

18. People's social lives have been greatly affected during the pandemic, due either to fear of infection or social distancing measures such as the group gathering ban, shutdown of various venues including restaurants and other facilities, work-from-home arrangements, suspension of face-to-face classes, etc. There is no doubt all these must have led to social disconnection.

19. At the same time, as a result of the pandemic and the subsequent social disconnection, informal support from relatives, friends and neighbours also dwindled, which explained why "social resources" also took a big hit.

## "The Poor Getting Poorer"

20. Both the 2019 and 2022 studies have found strong correlations between family income and family wellbeing. Its effect was present and strong in domains such as "family solidarity", "family resources" and "family health", as well as subdomains including "family time", "family atmosphere", "family responsibilities", "care and support" and "psychological capital".

21. Unfortunately, apart from increasing disparity in family income, family wellbeing in Hong Kong is also in turn seeing increased disparity. Although family wellbeing has generally

dropped for most families compared to 2019, it was the low-income families that experienced the largest drops.

22. Therefore, to address the needs of low-income families, we should not only focus on poverty alleviation and provision of resources, but also work on improving family wellbeing at the same time to achieve better results, such as by strengthening family relationships.

## Recommendations

In view of the decline in the overall HKFWI score and the poor getting poorer phenomenon, we call on the government to set enhancing Hong Kong families' wellbeing as their policy objective

23. The low overall score of HKFWI 6.31 recorded in the 2019 HKFWI Survey was believed to have set a low starting point of family wellbeing. Worse still, this score in 2022 has further descended to a worrying level of 6.10.

24. Both the 2019 and 2022 studies have evidenced the notable associations between the level of family income and that of family wellbeing. The 2022 study further reveals the chasm of family wellbeing between low-income families and high-income ones. The stark phenomenon "the poor getting poorer" manifests not only in the financial conditions of families, but also in their family wellbeing.

25. "Building a caring society" is among the four tenets of the new-term government's vision. As families are the essential building blocks of society, forging family wellbeing should be an important strategy to build a caring society. Following this tenet, we call on the government to intervene at the policy level and formulate family-friendly measures in the realms of social welfare, education, health care, labour, etc., to bring different sectors of our society together for the promotion of family wellbeing.

Enhancing cooperation among family members, realising the "family-carer partners" concept to strengthen family functions

26. Families typically viewed as deprived like those with members requiring special care, separated/divorced/windowed persons and low-income families are found to have lower family wellbeing than other types of families. Even worse is their deterioration to an extent much larger than the other groups. We observe from our practice experience that the carers of these deprived families are experiencing much caring stress.

27. Under the concept of "family-carer partners", no matter living together or not, family members can work as a team to handle the various matters of the family, and above all the responsibility of looking after family members requiring special care, lest

overburdening any single carer. Efforts in coordination and communication are indispensable in forming an effective team, which serves not only to share caring stress among family members, but also strengthen "family solidarity" and bring wellbeing to a family.

28. Hong Kong Family Welfare Society has never spared ourselves in pursuit of this end. We promote inter-generational communication through service programmes that facilitate cooperation between parents and grandparents in parenting. We also provide services for divorced and separated families to assist in their co-parenting. To support carers, we deliver mental health consultation and groupwork services, as well as programmes for carers who take care of elderly family members.

Encouraging tripartite collaboration among the government, the business community and the general public to reinforce interactions between families and external environment

29. Compared to 2019, the scores in the "social resources" and "social connection" domains in 2022 have shown significant deteriorations. The score of "social resources" has even plunged by as much as 0.86 (representing a drop of 20.9%), descending into the "poor" level. Such deteriorations are undoubtedly partly attributed to the pandemic. Under the devastation of the pandemic, linkage to external support like from friends and relatives, neighbours, community organisations and government departments is crucial to families.

30. We anticipate the results of this study could serve as insight for government to formulate and strengthen policies to support families. For example, in the coming two years the government could strengthen the connection between families and society as a strategy to prevent family problems. With the injection of more resources, the government could get together and coordinate community organisations to build up versatile supportive networks for families.

31. Under the devastating pandemic condition, many corporations are actively supporting families. In particular, property management companies have been playing important roles in distribution of antiseptic materials and daily necessities, as well as dissemination of anti-pandemic information. We believe these property management personnel are in a vantage point to identify families who are in crisis and refer them to suitable services. Thus, we recommend promoting cooperation between social welfare agencies and property management companies to provide the personnel of the latter with training in this aspect.

32. For the general public, we encourage the reinvigoration of the concept of "mutual support of neighbours". Amid the fragile relationships between neighbours and with the benefit of hindsight of the fifth wave pandemic, we see huge effects could be brought by the mutual support among neighbours. Neighbour support could start with volunteer

service, no matter participating in individual or family as a whole basis. Contribution through volunteer work not only strengthens community network, but also underpins "family solidarity". In the era of technology advancement, mutual help platforms may appear in the form of physical or virtual ones. Beyond mutual help, these platforms could also serve those families not knowledgeable about public resources to access appropriate public services.

# 行政摘要

## 引言

1.  香港家庭福利會委託香港民意研究所進行《香港家庭幸福指數2022》，是繼另一研究團隊於2019年首次進行後的跟進研究。研究主要目的是於2022年測量香港家庭的最新幸福水平，與以往數據作比較。調查於2019冠狀病毒病第五波疫情到達高峰前進行，並加入兩條新問題，以了解疫情對於家庭幸福水平的影響。

## 研究設計

2.  與2019年時一樣，「家庭」的定義是「由兩名或以上有情感連繫的人組成，當中涉及照顧、責任和承諾」。而「家庭幸福」則被定義為「家庭在與環境互動中履行各項家庭職能、滿足其成員多元需要的能力的狀態」。

3.  今年問卷同樣包含26條關鍵問題，要求被訪者以0至10分作出評價，再計算得出六個範疇和六個次範疇各自的分數，以及整體的家庭幸福指數。

4.  為了可直接比較2019年和2022年調查的結果，家庭幸福指數的構成和調查問卷均大致保持不變，只改進了 (1) 處理缺數的方法和 (2) 數據加權方法。2019年調查數字亦已經過同樣處理，適合與今年的最新數據比較。

## 整體結果

5.  電話調查的目標對象為與家人同住的香港人。調查由2022年1月5日至27日期間進行，成功訪問了2,002位被訪者，包括994個固網及1,008個手機樣本。

6.  上次調查於2019年7月至8月香港社會動盪期間進行，但是次研究發現香港家庭的幸福水平在過去兩年已更進一步下跌，由2019年的6.31跌至2022年的6.10 (-0.21)，主因是「社會連繫」(-0.86) 和「社會資源」(-0.47) 兩個範疇的表現變差。

7.  整體家庭幸福指數屬於「一般」組別的家庭較2019年減少，由2019年佔50%下跌至2022年佔43%；而屬於「較差」組別的則顯著增加至19%，即增加了7 個百份點。

8.  家庭幸福之中六個範疇的相對強弱維持平穩，得分最高的依然是「家庭團結」(7.40)，然後是「家庭資源」(7.20) 和「家庭健康」(7.07)，均與家庭內部有關。然而，有關家庭與外界互動的範疇則錄得較低分數，包括「社會資源」(4.80)、「生活平衡」(4.66) 和最差的「社會連繫」(3.26)。

## 影響家庭幸福水平的因素

9.  為了解不同人口變項對家庭幸福水平的影響，研究根據人口變項將被訪者劃分為不同組別，再計算各個組別在2019年和2022年家庭幸福指數和六個範疇的平均分，並進行變異數分析 (ANOVA) 和多元線性回歸 (multiple linear regression)。

10. 各人口變項當中，符合以下特徵者的家庭幸福水平或會較低：(1) 家庭收入較低；(2) 較年輕；(3) 教育水平較低；(4) 是學生或正在失業；(5) 居住於公共房屋；(6) 分居、離婚或喪偶；(7) 家庭住戶人數達到六或以上；(8) 單親家庭；(9) 有家庭成員需要特別照顧；及 (10) 家庭近期發生重大事故。

11. 如聚焦得分較低的三個範疇，可觀察到：(a) 較低收入家庭、較年輕人士和教育水平較低人士的「社會連繫」較弱；(b) 較年長人士的「生活平衡」較差；(c) 較低收入家庭、失業人士、喪偶者和近期發生重大事故的家庭擁有較少「社會資源」。

12. 比較2019年和2022年的家庭幸福指數和各範疇得分，傳統上被認為較弱勢的組別 (包括只讀過小學或以下人士、失業人士、分居／離婚／喪偶人士、有成員需要特別照顧的家庭、近期發生重大事故的家庭、以及每月收入少於$15,000的家庭) 正正就是錄得較大跌幅的組別。

13. 各項因素中，家庭每月收入繼續是影響家庭幸福指數和各範疇得分的重要一環。低收入與高收入家庭的差距相當大，變異數分析和回歸分析均顯示收入對家庭幸福水平有顯著影響。另外，主要是每月收入少於$15,000的家庭的「家庭團結」和「家庭資源」變差。相反，收入較高的家庭在相關範疇的表現卻沒有多大變化。以上改變均反映自從2019年以來，低收入與高收入家庭之間的幸福水平差距已經進一步擴大。

## 疫情的影響

14. 疫情並未影響三分之二被訪者的家庭關係，其他人則一部分的家庭關係變好，一部分變差。然而，疫情已導致一半被訪者的家庭收入減少，其餘則大多未受影響，只有很少家庭的收入有所增加。

15. 兩項因素亦有所關聯。在收入不受影響或因而增加的家庭當中，疫情導致關係變好的家庭略為比變差的家庭更多。但如果家庭的收入受到疫情打擊而減少，其關係因而變差的可能性就會大幅提高。

16. 如果家庭的收入受到疫情打擊，其家庭幸福水平亦會降低。另外，疫情傾向導致低收入家庭的關係變差，但卻會改善高收入家庭的關係。

## 「社會連繫」和「社會資源」變差

17. 調查揭露「社會連繫」和「社會資源」範疇的得分大幅下跌。觀乎2022年調查進行的日期，這極有可能是2019冠狀病毒病疫情所造成的影響。

18. 由於害怕感染以及一系列社交距離措施，例如限聚令、不同場所包括餐廳和其他設施關閉、在家工作安排、暫停面授課堂等，市民的社交生活已大受影響。這些都毫無疑問導致「社會連繫」受到打擊。

19. 同時，疫情及其對社會連繫造成的影響亦導致來自親戚、朋友和鄰居的非正式支援減少，從而令「社會資源」亦大受打擊。

## 「貧者越貧」

20. 2019年和2022年的研究均發現家庭收入和家庭幸福水平息息相關，其影響在「家庭團結」、「家庭資源」和「家庭健康」範疇尤其顯著，亦對「家庭時間」、「家庭氣氛」、「家庭責任」、「關心與支持」和「心理資本」這些次範疇造成強烈影響。

21. 可惜，隨著貧富懸殊加劇，香港家庭幸福水平的差距亦因而擴大。雖然大多數家庭的幸福水平相比2019年均錄得跌幅，但當中又以低收入家庭的跌幅最大。

22. 因此，針對低收入家庭的需要，我們不應只侷限於扶貧和提供物資援助，更應同時透過加強家庭關係等方法，嘗試提升家庭幸福水平，以達到更佳效果。

### 建議

家庭幸福指數整體下跌及家庭幸福出現「貧者越貧」現象，因此促請政府把「提升香港家庭幸福」納入為施政目標

23. 2019年的「香港家庭幸福指數」調查於該年7至8月社會動盪期間進行，當時的家庭幸福水平為6.31，相信已經是一個較低的起步點；然而到今年，在疫情的影響下，家庭幸福水平更進一步下跌至6.10，跌幅顯著，情況令人擔心。

24. 而2019年和2022年的調查均發現家庭收入和家庭幸福水平息息相關，從2022年數據發現低收入與高收入家庭的家庭幸福水平差距相當大。可見「貧者越貧」的現象不只在於財政上，也呈現在家庭幸福上。

25. 新一屆政府的四大施政綱領之一是「建立關愛社會」，而家庭作為社會重要的基石，建立健康幸福的家庭就是建立關愛社會的重要策略。我們建議政府從策略層面入手，制訂家庭友善的社會福利、教育、醫療、勞工等措施，促進社會一同推動家庭幸福。

促進家庭成員間協作，以「家庭照顧伙伴」的理念強化家庭功能

26. 調查發現傳統被視為較弱勢的家庭，包括有成員需要特別照顧的家庭、分居/離婚/喪偶人士、低收入家庭，他們的家庭幸福水平較其他組別低，而且跌幅亦較其他組別大。我們在前線服務經驗中亦留意到這些家庭的照顧者承受的壓力。

27. 我們提倡「家庭照顧伙伴」的理念，不論同住與否，都可用團隊彼此分工合作的模式去處理家庭的大小事情，特別是照顧家庭成員的責任，而非將照顧者的擔子集中於某些家庭成員。要成為有效的家庭團隊並不容易，需要不少協調和溝通，但若能成功協作，不但能夠分擔照顧的壓力，更能進一步加強「家庭團結」，為家庭添上幸福。

28. 家福會在這方面一向不遺餘力，例如推動跨代溝通，透過服務促進祖父母及父母合作育兒。此外亦有離異家庭服務，協助離異家庭共享親職。照顧者方面亦有精神健康諮詢及小組、護老者支援服務等等。

鼓勵官、商、民加強合作，強化家庭與外界的互動

29. 與2019年比較，在2022年調查的「社會資源」及「社會連繫」範疇均顯著下跌，而「社會連繫」更跌了0.86分（即下跌20.9%），落入「較差」的水平。這現象極可能是因為疫情所造成。疫情令我們體會到，家庭能夠與外界保持聯繫，在有需要的時候得到親戚朋友、鄰居、團體或政府的支援是十分重要的。

30. 政府方面，我們希望調查結果能為政府在強化及制訂支援家庭的政策上提供方向性的指引，例如未來兩年家庭問題的預防工作上應集中在加強家庭與社會的連繫。政府可提供更多資源，召集及協調地區內的不同團體，結集出一個更多元的支援網絡。

31. 商界方面，疫情下很多企業都積極為家庭提供協助，其中物業管理公司發揮了重要的角色，例如協助派發物資、提供防疫資訊。我們認為物業管理人員能幫助識別有危機的家庭，轉介至適切的服務。因此，我們建議物管公司與社福機構合作，為員工提供相關訓練。

32. 民間方面，我們鼓勵重拾「鄰舍互助」概念。現代社會鄰舍關係薄弱，第五波疫情令我們發現，社區內鄰舍互助互惠可發揮強大作用。鄰舍互助可從參與義工活動出發，個人甚至整個家庭一同做義工，不單能加強社區網絡，更可增強「家庭團結」。隨著資訊科技的發展，互助平台可以是實體或網上；除互助外，亦可連繫不懂尋找社會服務資源的家庭，得到適切的服務。

# 1. Introduction

1.1 In 2019, the Hong Kong Family Welfare Society (HKFWS) commissioned a research team comprising members from the Department of Social Work and the Hong Kong Institute of Asia-Pacific Studies of The Chinese University of Hong Kong to conduct the Study on Family Wellbeing Index in Hong Kong. The study developed the Hong Kong Family Wellbeing Index (HKFWI) using a rigorous five-step approach and conducted a telephone survey in July and August 2019 to assess the wellbeing of Hong Kong families amidst social turmoil.

1.2 Two and a half years have since passed and the social environment have changed considerably. HKFWS thus commissioned the Hong Kong Public Opinion Research Institute (PORI) to repeat this study in 2022 as a continuation of the previous one. The objectives of the 2022 study were as follows:

(1) To assess the wellbeing of Hong Kong families in 2022;

(2) To compare the 2019 and 2022 results with analysis and recommendations; and

(3) To promote public awareness and understanding of Hong Kong family wellbeing.

1.3 This time, the survey was conducted with the COVID-19 pandemic as the backdrop, right before the peak of the fifth wave of the pandemic. Thus, two new topical questions were added to the questionnaire to study the impact of the pandemic on family wellbeing.

# 2. Research Design

## 2.1 Concept of Family Wellbeing

2.1 The same definitions of "family" and "family wellbeing" as in the 2019 study were used. "Family" was defined as "a socially recognised group (at least two people in a relationship, usually joined by blood, marriage or adoption) that forms an emotional connection involving care, responsibility and commitment" (Department of Social Work and Social Administration, 2018), while "family wellbeing" was defined as "a state in which a family can perform various functions to satisfy the diverse needs of individual members of the family through interactions with the environment" (Wong, Ma, Wan, Xia, & Fok, 2020).

## 2.2 Design Adopted from the 2019 Study

2.2 The 2019 study went through (1) a literature review, (2) service user focus groups, (3) an expert review, (4) a pilot survey, and finally (5) the main survey. Such an approach was used to develop a tool that is both valid and reliable in measuring the wellbeing of Hong Kong families. In the end, a questionnaire with 26 key questions using 11-point Likert scale (i.e., a scale on 0 to 10) was developed. Results of these questions were then used to compute the scores of 6 domains and 6 subdomains, and ultimately the HKFWI score (Wong et al., 2020). A summary of the structure is shown in Figure 1 below.

2.3 The six domains are: (1) family solidarity, (2) family resources, (3) family health, (4) social connection, (5) social resources, and (6) work-life balance. The first three domains concern the situation within a family, while the rest concern the family's interaction with the outside world (Wong et al., 2020). The definitions of these domains and their subdomains are abstracted from the 2019 report and shown in Table 1 below.

2.4 For each respondent, the scores of subdomains as well as domains without subdomains are the arithmetic averages of the answers of relevant questions, while the scores of domains with subdomains are the arithmetic averages of the relevant subdomain scores. Finally, the HKFWI score is the weighted average of the 6 domain scores.

2.5 The 2019 study also defined four levels of family wellbeing status, namely good, average, below average, and poor based on the respondent's HKFWI score. The cut-off points were good ≥7.5, average = 6 to <7.5, below average = 5 to <6, and poor <5 (Wong et al., 2020).

**Figure 1:** Structure of the Hong Kong Family Wellbeing Index

| Domain | Subdomain | Indicator |
|---|---|---|
| **Family solidarity (20%)** | Family time | Quantity (Q6) |
| | | Quality (Q7) |
| | Family atmosphere | Trust (Q8) |
| | | Give and take (Q9) |
| | | Appreciation (Q10) |
| | | Harmony (Q11) |
| | Family responsibilities | Role fulfilment (Q12) |
| | | Warmth (Q13) |
| | | Discipline (Q14) |
| | Care and support | Financial support (Q15) |
| | | Manual labour support (Q16) |
| | | Information sharing (Q17) |
| | | Emotional support (Q18) |
| **Family resources (20%)** | Family income | Economic situation (Q3) |
| | | Living standard (Q21) |
| | Psychological capital | Family safety (Q2) |
| | | Living environment (Q4) |
| | | Life skill (Q5) |
| **Family health (20%)** | | Physical health condition (Q26) |
| | | Mental health condition (Q27) |
| **Social connection (10%)** | | Social involvement (Q22) |
| | | Contribution to society (Q23) |
| **Social resources (20%)** | | Accessibility of informal help (Q24) |
| | | Accessibility of formal help (Q25) |
| **Work-life balance (10%)** | | Work interferes with home ^ (Q19) |
| | | Home interferes with work ^ (Q20) |

Family Wellbeing Index

^ denotes reversed item

**Table 1:** Definitions of domains and subdomains

| Domain / Subdomain | Definition |
|---|---|
| Family solidarity | The degree of cohesiveness within a family |
|     Family time | The frequency and patterns of interaction in different types of activities in which family members engage |
|     Family atmosphere | The types and degree of positive sentiments held by family members |
|     Family responsibilities | (a) The strength of the commitment by family members to perform their roles within the family; and<br>(b) The family obligation to raise the next generation |
|     Care and support | The degree to which resources are shared and exchanged among family members in times of need |
| Family resources | The availability and optimal utilisation of a family's income and psychological capital of a family |
|     Family income | The economic basis of a family including income and living standard |
|     Psychological capital | (a) A comfortable and safe living environment; and<br>(b) A sense of self-efficacy in family members about their ability to manage the demands and difficulties of daily life |
| Family health | A state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity |
| Social connection | The positive connection of a family with the wider environment |
| Social resources | The availability and accessibility of formal services for families as offered by the government and/or social services units, and of informal support from relatives, friends, colleagues, and neighbours through social networks |
| Work-life balance | The extent to which an individual is equally engaged in and equally satisfied with his or her work role and family role |

## 2.3 Methodological Enhancements

2.6 Since a major objective of this study was to compare findings between 2019 and 2022, the structure of the HKFWI and the survey questionnaire were largely kept unchanged. However, some changes have been made to two areas of data analysis: (1) treatment of missing values, and (2) weighting of survey data, to be explained below. Apart from applying these changes to the survey data collected this year, the same have also been done retrospectively to the 2019 survey data presented in this report, so that fair comparisons could be made and the similarities and differences observed are not due to the methodological enhancements.

### *Treatment of missing values*

2.7 In the main survey in 2019, a total of 2,008 respondents were successfully interviewed. However, only the 1,386 respondents who gave a valid answer in all 26 key questions were used in the analysis (Wong et al., 2020), meaning that as many as 30% of all respondents were excluded. Even if homogeneity is assumed for respondents with

varying degree of willingness to answer all questions posed to them, such an approach still systematically excluded families without young children and families without a working member, as questions related to "warmth" (Q13) and "discipline" (Q14), or those related to work-life balance (Q19 & Q20) were inapplicable to them.

2.8    To avoid systematic exclusion of certain types of families, several changes are needed. First, for missing values not because of the question being inapplicable, we utilised the "multiple imputation" method in SPSS to produce educated guesses of the missing values, taking into consideration all the observed data including the respondent's answers in other key questions and their demographic profile.

2.9    Second, for families without young children, the subdomain score of "family responsibilities" is redefined as the answer of the remaining question, i.e., role fulfilment (Q12), while for families without a working member, the weights of the 5 domains other than "work-life balance" are increased in proportion to account for the missing "work-life balance" domain score.

## *Weighting of survey data*

2.10    As for weighting of survey data, more demographic variables have been used to fit the sample to the Hong Kong population not only regarding gender and age, but also education level, economic activity status as well as household size. The population figures used were from the General Household Survey (Q3 2021) of the Census and Statistics Department.

2.11    Meanwhile, adjustment to initial weights to correct for unequal probability of selecting a respondent for interview (as a result of landline and mobile number sampling frames, respondents' ownership of phone numbers and their household size) was dropped to keep the total number of questions asked in this survey manageable. Analyses have been carried out to confirm that results with or without such adjustment are highly similar.

## 2.4 Limitations

2.12    Although efforts were made to minimise various types of errors, as with all research using data collected from opinion surveys, this study still shares a similar set of limitations. These include errors related to sampling: nonresponse bias (i.e., respondents who responded and those who did not might have systematically different opinions), coverage error (i.e., some members of the target population were not reachable by phone during the fieldwork period) and random sampling error (i.e., quantifiable error resulting from random sampling instead of asking everyone).

2.13    At the same time, there were also measurement errors, which means the inability to measure the underlying concepts in a completely accurate manner. Possible reasons included interviewer effect (i.e., the presence of interviewers and the interaction might affect respondents' answers) and those related to questionnaire design. For example, respondents might understand questions differently from intended, the order of questions might affect responses, etc. Constraint on the length of the questionnaire so that it could fit into a telephone interview that could finish within a reasonable amount of time also limited the study's ability to measure the underlying concepts related to family wellbeing very accurately.

2.14    Apart from these general limitations, for this study in particular, although the unit of study is the family, only one member of each family was interviewed and his/her views were taken to represent the whole family. Also, several demographic questions, including gender, age, education level, economic activity status and marital status, concerned the interviewed individual rather than the family as a whole. When looking at analyses based on those variables, readers should interpret the group "unemployed", for example, as families with at least one unemployed member, not families in which all members were unemployed.

# 3. Survey Results

## 3.1 Pilot Survey

3.1    A pilot survey with 103 respondents, including 53 landline and 50 mobile samples, was conducted from 3 to 7 December 2021 to ensure everything from questionnaire design to data analysis workflow all worked fine.

3.2    In the end, no major issues were detected and only two minor changes were made to the survey instrument before the main survey commenced. An official Mandarin version of the questionnaire was also prepared and added to this year's survey platform to allow switching between the two languages. Lastly, short explanations were added to the wordings of two options of a demographic question (DM7c) for better clarity and to facilitate the interviews.

## 3.2 Overall Results

3.3    The main telephone survey which targeted the Cantonese- and Mandarin-speaking Hong Kong adult population who were living with their families was conducted from 5 to 27 January 2022. A total of 2,002 respondents, including 994 landline and 1,008 mobile samples, were successfully interviewed with an effective response rate of 49.2%. The 103 cases from the pilot survey were not included in the final sample.

3.4    Using the same updated method of data analysis, on a scale of 0 to 10, the overall HKFWI score has slightly dropped by 0.21, from 6.31 in 2019 to 6.10 in 2022. The questionnaire also included a question that asked respondents to subjectively assess their overall family wellbeing. Highly consistent with the change in the overall HKFWI score, such a mean score has also slightly dropped, by 0.16, from 7.67 in 2019 to 7.52 in 2022.

3.5    The relative strength of the 6 domains have remained stable. The domain that received the highest score continued to be "family solidarity" (7.40), followed by "family resources" (7.20) and "family health" (7.07), while domains that performed not as good were "social resources" (4.80), "work-life balance" (4.66) and finally "social connection" (3.26).

3.6    Compared to 2019, among the 6 domains, only "work-life balance" has seen some improvements in its score (+0.14), "family solidarity" and "family health" have not changed much, "family resources" has dropped (-0.18) considerably as a result of the significant reduction of "psychological capital", while "social connection" (-0.86) and "social resources" (-0.47) were the areas that have deteriorated the most.

**Table 2:** Index, domain and subdomain scores and subjective family wellbeing – Overall

| Index, domain and subdomain scores | 2019 | 2022 | Change | |
|---|---|---|---|---|
| Family Wellbeing Index | 6.31 | 6.10 | -0.21 | ** |
|    Family solidarity | 7.45 | 7.40 | -0.04 | |
|       Family time | 6.98 | 6.94 | -0.04 | |
|       Family atmosphere | 7.70 | 7.68 | -0.03 | |
|       Family responsibilities | 7.50 | 7.41 | -0.09 | |
|       Care and support | 7.61 | 7.59 | -0.02 | |
|    Family resources | 7.39 | 7.20 | -0.18 | ** |
|       Family income | 7.00 | 6.90 | -0.10 | |
|       Psychological capital | 7.77 | 7.50 | -0.27 | ** |
|    Family health | 7.09 | 7.07 | -0.02 | |
|    Social connection | 4.12 | 3.26 | -0.86 | ** |
|    Social resources | 5.27 | 4.80 | -0.47 | ** |
|    Work-life balance | 4.52 | 4.66 | +0.14 | * |
| Subjective family wellbeing | 7.67 | 7.52 | -0.16 | ** |

$* p < 0.05, ** p < 0.01$

**Figure 2:** Index and domain scores
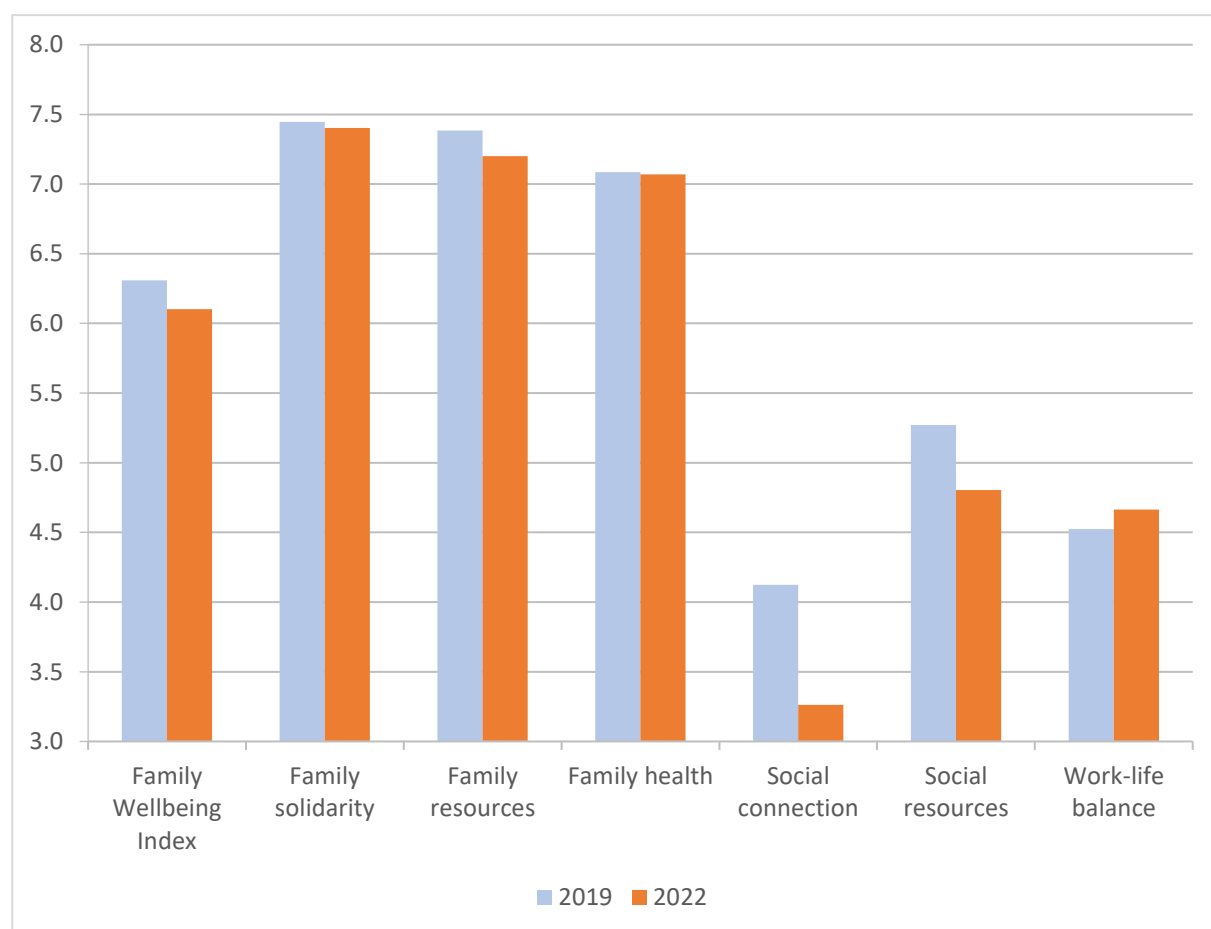
**Figure 3:** Subdomain scores
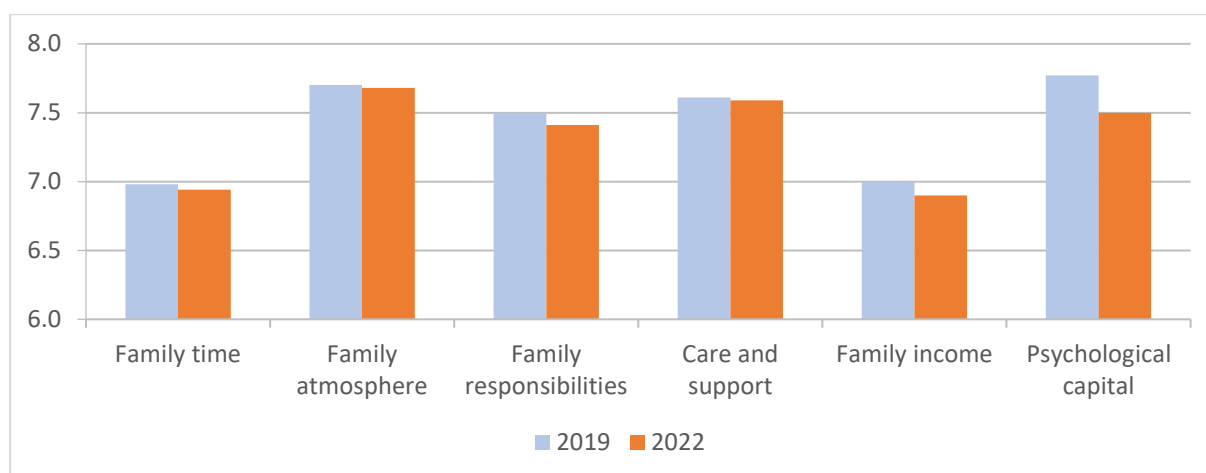


3.7 Using the same cut-off points to assign each respondent one of the four family wellbeing statuses according to their HKFWI score, the percentage of people who had "average" family wellbeing has dropped significantly from 50% to 43% (-8%), while the percentage of people who had "poor" family wellbeing has increased significantly from 12% to 19% (+7%).

**Table 3:** Respondents with different family wellbeing status (%) – Overall

| Family wellbeing status | 2019 | 2022 | Change | |
|---|---|---|---|---|
| Good (≥7.5) | 14% | 14% | 0% | |
| Average (6 to <7.5) | 50% | 43% | -8% | ** |
| Below average (5 to <6) | 24% | 25% | +1% | |
| Poor (<5) | 12% | 19% | +7% | ** |

\* $p < 0.05$, \*\* $p < 0.01$

3.8 The previous survey was conducted during July and August 2019 in times of social unrest in Hong Kong, which was believed to have a negative impact on the figures (Wong et al., 2020). Despite a low start, however, all the aforementioned statistics are consistent and confirmed that the wellbeing of Hong Kong families has indeed further deteriorated over the past two years or so, mainly due to declines of performance in the areas of "social connection" and "social resources" which is understandable under the many social restrictions imposed to combat the COVID-19 pandemic. It is also worth noting that the 2022 survey was conducted before the whole city was hit hard by the fifth wave of the pandemic, thus it is highly possible the results did not return the worst measurements.

## 3.3 Factors that Influence Family Wellbeing

3.9    To study the effects of 13 demographic variables on family wellbeing and the 6 domains, further analyses have been conducted. These 13 demographic variables include gender, age, education level, economic activity status, housing status, marital status, whether a domestic worker lived with the family, household size, family structure, whether any family members needed special care, whether there were new immigrants in the family, whether family crisis occurred in the previous year, and family monthly income.

3.10   The mean scores of the index and the 6 domains by different demographic groups in both 2019 and 2022 are tabulated in Table 4, with higher scores shaded in green and lower scores shaded in red to facilitate interpretation. Factorial ANOVA has also been conducted to study the effects of these factors at the same time, meaning that interactions between variables have already been considered in order to locate the factors that were truly relevant. Results of the analyses (whether p-values are smaller than 0.05, 0.01 and 0.001) are also included in Table 4.

3.11   Ordinary least squares (OLS) multiple linear regressions on index and domain scores with the same set of demographic variables have also been conducted. They served somewhat similar purposes to factorial ANOVA but held different statistical assumptions and modelled the data differently. Results of the analyses (unstandardised coefficient β, whether p-values are smaller than 0.05, 0.01 and 0.001, and adjusted $R^2$) are tabulated in Table 5. Unstandardised coefficients with corresponding p-values smaller than 0.05, 0.01 and 0.001 have been marked in different shades of blue to facilitate interpretation.

**Table 4:** Index and domain scores by demographic groups and factorial ANOVA

| | HKFWI | | Family solidarity | | Family resources | | Family health | | Social connection | | Social resources | | Work-life balance | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 |
| Overall | 6.31 | **6.10** | 7.45 | **7.40** | 7.39 | **7.20** | 7.09 | **7.07** | 4.12 | **3.26** | 5.27 | **4.80** | 4.52 | **4.66** |
| Gender | | | | | | | | | | | | | | |
| Male | 6.24 | **6.15** | 7.36 | **7.49** | 7.38 | **7.28** | 7.18 | **7.13** | 3.73 | **3.22** | 5.09 | **4.90** | 4.50 | **4.63** |
| Female | 6.37 | **6.05** | 7.53 | **7.33** | 7.39 | **7.13** | 7.00 | **7.02** | 4.48 | **3.30** | 5.44 | **4.72** | 4.29 | **4.69** |
| | | | | | | | | | | | | | | |
| Age | | | | | | | | | | | | | | |
| 18 - 29 | 6.13 | **6.01** | 7.19 | **7.10** | 7.30 | **7.31** | 6.92 | **6.89** | 3.65 | **2.25** | 5.05 | **5.05** | 4.70 | **5.13** |
| 30 - 39 | 6.17 | **6.02** | 7.31 | **7.37** | 7.26 | **7.18** | 6.91 | **7.05** | 4.05 | **2.98** | 5.12 | **4.66** | 4.41 | **4.69** |
| 40 - 49 | 6.33 | **6.16** | 7.64 | **7.49** | 7.27 | **7.09** | 7.20 | **7.29** | 4.27 | **3.61** | 5.19 | **4.68** | 4.43 | **4.81** |
| 50 - 59 | 6.53 | **6.06** | 7.71 | **7.37** | 7.65 | **7.12** | 7.39 | **7.19** | 4.36 | **3.49** | 5.51 | **4.66** | 4.35 | **4.43** |
| 60 - 69 | 6.35 | **6.18** | 7.29 | **7.48** | 7.44 | **7.28** | 7.16 | **7.07** | 4.37 | **3.60** | 5.38 | **4.87** | 4.36 | **4.47** |
| 70 or above | 6.33 | **6.18** | 7.51 | **7.58** | 7.34 | **7.28** | 6.81 | **6.80** | 3.98 | **3.60** | 5.38 | **4.98** | 3.92 | **4.30** |
| | | | | | | | | | *** | | | | | |
| Education level | | | | | | | | | | | | | | |
| Primary or below | 6.34 | **5.72** | 7.41 | **7.05** | 7.38 | **6.64** | 6.99 | **6.79** | 4.32 | **2.87** | 5.44 | **4.36** | 3.82 | **4.37** |
| Lower secondary | 6.12 | **5.90** | 7.39 | **7.27** | 7.03 | **6.70** | 6.94 | **7.09** | 4.17 | **3.20** | 5.03 | **4.61** | 4.24 | **4.33** |
| Upper secondary | 6.24 | **6.17** | 7.42 | **7.49** | 7.21 | **7.21** | 7.17 | **7.17** | 3.73 | **3.41** | 5.25 | **4.91** | 4.48 | **4.60** |
| Tertiary: non-degree | 6.33 | **6.15** | 7.47 | **7.33** | 7.44 | **7.22** | 7.08 | **7.05** | 4.44 | **3.22** | 5.13 | **5.06** | 4.66 | **4.85** |
| Tertiary: degree | 6.45 | **6.38** | 7.52 | **7.63** | 7.75 | **7.86** | 7.12 | **7.15** | 4.36 | **3.41** | 5.33 | **5.04** | 4.63 | **5.03** |
| | | * | | * | | | | | | ** | | | | |
| Economic activity status | | | | | | | | | | | | | | |
| Working | 6.31 | **6.15** | 7.46 | **7.41** | 7.44 | **7.36** | 7.21 | **7.21** | 4.03 | **3.22** | 5.22 | **4.84** | 4.36 | **4.67** |
| Student | 6.14 | **5.88** | 7.11 | **6.81** | 7.09 | **7.30** | 6.78 | **6.60** | 3.87 | **2.19** | 5.29 | **4.95** | 4.98 | **5.27** |
| Homemaker | 6.28 | **6.13** | 7.49 | **7.54** | 7.17 | **6.98** | 6.71 | **7.15** | 4.88 | **3.64** | 5.34 | **4.79** | 4.44 | **4.51** |
| Retired | 6.43 | **6.28** | 7.53 | **7.71** | 7.53 | **7.39** | 7.02 | **6.95** | 4.07 | **3.59** | 5.45 | **5.07** | 4.22 | **4.51** |
| Unemployed / between jobs / other non-employed | 5.92 | **5.30** | 6.94 | **6.61** | 6.56 | **5.90** | 6.97 | **6.47** | 3.82 | **2.64** | 4.70 | **3.79** | 4.99 | **4.84** |
| | | *** | | *** | | *** | | | | | | ** | | |
| Housing status | | | | | | | | | | | | | | |
| Rented public housing | -- | **5.74** | -- | **7.03** | -- | **6.61** | -- | **6.81** | -- | **2.83** | -- | **4.52** | -- | **4.50** |
| Rented private housing | -- | **5.92** | -- | **7.37** | -- | **6.75** | -- | **7.10** | -- | **3.17** | -- | **4.54** | -- | **4.45** |
| Bought | -- | **6.46** | -- | **7.74** | -- | **7.84** | -- | **7.28** | -- | **3.65** | -- | **5.10** | -- | **4.85** |
| | | ** | | | | *** | | | | | | | | |
| Marital status | | | | | | | | | | | | | | |
| Never married | 6.11 | **5.95** | 7.15 | **6.99** | 7.39 | **7.25** | 6.83 | **6.80** | 3.66 | **2.48** | 5.01 | **4.98** | 4.69 | **4.98** |
| Cohabited / married | 6.39 | **6.21** | 7.58 | **7.63** | 7.41 | **7.26** | 7.22 | **7.18** | 4.29 | **3.53** | 5.32 | **4.83** | 4.28 | **4.61** |
| Separated / divorced | 5.89 | **5.47** | 6.98 | **6.46** | 6.85 | **6.17** | 6.35 | **7.00** | 3.40 | **3.13** | 5.26 | **4.01** | 4.50 | **4.20** |
| Widowed | 6.73 | **5.88** | 7.51 | **7.13** | 7.63 | **7.26** | 7.25 | **6.72** | 5.16 | **3.15** | 6.17 | **4.45** | 4.56 | **4.27** |
| | | | | * | | | | | | | | | | |
| Whether a domestic worker lived with the family | | | | | | | | | | | | | | |
| Yes | 6.80 | **6.48** | 7.84 | **7.75** | 8.04 | **7.92** | 7.49 | **7.18** | 4.42 | **4.07** | 5.85 | **4.98** | 5.09 | **4.96** |
| No | 6.22 | **6.05** | 7.38 | **7.35** | 7.27 | **7.10** | 7.02 | **7.05** | 4.07 | **3.14** | 5.16 | **4.78** | 4.26 | **4.62** |

| | HKFWI | | Family solidarity | | Family resources | | Family health | | Social connection | | Social resources | | Work-life balance | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 |
| **Household size** | | | | | | | | | | | | | | |
| 2 | 6.23 | **6.19** | 7.50 | **7.57** | 7.41 | **7.35** | 6.99 | **6.97** | 4.10 | **3.36** | 5.04 | **4.90** | 3.76 | **4.55** |
| 3 | 6.25 | **6.09** | 7.40 | **7.38** | 7.30 | **7.19** | 6.98 | **7.04** | 4.10 | **3.26** | 5.32 | **4.84** | 4.37 | **4.72** |
| 4 | 6.50 | **6.06** | 7.53 | **7.26** | 7.53 | **7.14** | 7.27 | **7.17** | 4.24 | **3.27** | 5.58 | **4.71** | 4.94 | **4.77** |
| 5 | 6.20 | **6.20** | 7.24 | **7.61** | 7.33 | **7.35** | 7.11 | **7.33** | 4.22 | **3.06** | 4.98 | **4.86** | 4.35 | **4.60** |
| 6 or above | 6.16 | **5.66** | 7.36 | **7.05** | 6.99 | **6.49** | 7.26 | **6.85** | 3.50 | **2.87** | 4.91 | **4.29** | 4.90 | **4.29** |
| | | * | | *** | | ** | | | | | | | | |
| **Family structure** | | | | | | | | | | | | | | |
| A couple only | 6.27 | **6.33** | 7.62 | **7.82** | 7.38 | **7.55** | 7.08 | **7.01** | 4.05 | **3.48** | 5.05 | **4.99** | 3.58 | **4.66** |
| Both parents + unmarried offspring | 6.35 | **6.21** | 7.48 | **7.51** | 7.47 | **7.30** | 7.14 | **7.21** | 4.13 | **3.40** | 5.34 | **4.93** | 4.55 | **4.77** |
| One of parents + unmarried offspring | 6.05 | **5.73** | 7.10 | **6.82** | 7.15 | **6.63** | 6.91 | **6.88** | 3.94 | **2.82** | 4.95 | **4.64** | 4.34 | **4.43** |
| Parent(s) + married offspring without children | 6.48 | **6.16** | 7.30 | **7.63** | 7.31 | **7.40** | 7.31 | **7.29** | 4.68 | **3.27** | 5.58 | **4.36** | 4.94 | **4.88** |
| Three-generation family | 6.20 | **5.89** | 7.37 | **7.30** | 7.14 | **7.03** | 7.09 | **6.99** | 3.65 | **2.92** | 5.24 | **4.44** | 4.65 | **4.39** |
| | | | | * | | * | | | | | | | | |
| **Whether any family members needed special care** | | | | | | | | | | | | | | |
| Yes | 5.98 | **5.53** | 7.23 | **7.04** | 7.05 | **6.65** | 6.19 | **5.92** | 4.23 | **2.96** | 5.05 | **4.29** | 4.32 | **4.36** |
| No | 6.37 | **6.19** | 7.50 | **7.46** | 7.45 | **7.29** | 7.25 | **7.24** | 4.10 | **3.32** | 5.31 | **4.88** | 4.40 | **4.69** |
| | | *** | | | | | | *** | | | | | | |
| **Whether there were new immigrants in the family** | | | | | | | | | | | | | | |
| Yes | 6.07 | **5.82** | 7.19 | **7.31** | 6.59 | **6.42** | 7.17 | **7.25** | 4.37 | **2.69** | 5.08 | **4.42** | 4.32 | **4.64** |
| No | 6.32 | **6.12** | 7.46 | **7.41** | 7.42 | **7.26** | 7.08 | **7.06** | 4.11 | **3.33** | 5.28 | **4.83** | 4.39 | **4.66** |
| | | | | | | | | * | | | | | | |
| **Whether family crisis occurred in the previous year** | | | | | | | | | | | | | | |
| Yes | 5.92 | **5.63** | 7.27 | **7.02** | 7.02 | **6.61** | 6.07 | **6.25** | 4.32 | **3.18** | 4.88 | **4.39** | 4.21 | **4.51** |
| No | 6.41 | **6.24** | 7.50 | **7.52** | 7.48 | **7.38** | 7.33 | **7.32** | 4.08 | **3.31** | 5.36 | **4.91** | 4.43 | **4.70** |
| | | *** | | ** | | *** | | *** | | | | | | |
| **Family monthly income** | | | | | | | | | | | | | | |
| Below $4,000 | 5.92 | **5.33** | 7.37 | **6.64** | 6.83 | **5.97** | 6.46 | **6.04** | 3.65 | **2.91** | 4.40 | **4.09** | 3.76 | **4.45** |
| $4,000 – $9,999 | 5.82 | **5.69** | 7.58 | **7.17** | 6.87 | **6.38** | 5.67 | **6.58** | 3.16 | **3.09** | 4.97 | **4.27** | 3.78 | **4.48** |
| $10,000 – $14,999 | 6.04 | **5.60** | 7.52 | **6.95** | 6.97 | **6.18** | 7.10 | **6.79** | 4.47 | **2.66** | 4.27 | **4.49** | 3.87 | **4.25** |
| $15,000 – $19,999 | 5.84 | **5.73** | 7.18 | **7.13** | 6.19 | **6.50** | 6.75 | **6.84** | 3.92 | **3.21** | 4.95 | **4.33** | 4.00 | **4.34** |
| $20,000 – $24,999 | 6.05 | **6.03** | 7.21 | **7.32** | 6.78 | **6.85** | 6.95 | **7.06** | 4.20 | **3.56** | 5.14 | **4.92** | 3.91 | **4.29** |
| $25,000 – $29,999 | 6.25 | **6.10** | 7.44 | **7.44** | 7.20 | **6.98** | 7.01 | **7.35** | 3.68 | **3.22** | 5.52 | **4.73** | 4.37 | **4.70** |
| $30,000 – $39,999 | 6.05 | **6.14** | 7.24 | **7.50** | 7.15 | **7.41** | 6.82 | **7.12** | 3.78 | **3.37** | 4.98 | **4.76** | 4.27 | **4.42** |
| $40,000 – $59,999 | 6.38 | **6.33** | 7.50 | **7.61** | 7.46 | **7.69** | 7.20 | **7.29** | 4.11 | **3.28** | 5.41 | **5.05** | 4.53 | **4.69** |
| $60,000 – $79,999 | 6.65 | **6.59** | 7.74 | **7.89** | 7.84 | **8.06** | 7.45 | **7.53** | 4.25 | **3.68** | 5.71 | **5.35** | 4.68 | **4.53** |
| $80,000 – $99,999 | 6.90 | **6.65** | 7.90 | **8.06** | 8.23 | **8.33** | 7.56 | **7.60** | 5.36 | **3.63** | 5.78 | **4.98** | 4.67 | **4.87** |
| $100,000 or above | 6.67 | **6.76** | 7.57 | **7.88** | 8.47 | **8.65** | 7.38 | **7.40** | 4.47 | **3.82** | 5.32 | **5.20** | 4.80 | **5.48** |
| | | *** | | *** | | *** | | *** | | * | | ** | | |

$* p < 0.05$, $** p < 0.01$, $*** p < 0.001$

Note: Higher scores are shaded in green and lower scores are shaded in red

**Table 5:** Linear regressions on index and domain scores with demographic variables (β)

| | HKFWI | Family solidarity | Family resources | Family health | Social connection | Social resources | Work-life balance |
|---|---|---|---|---|---|---|---|
| Gender *(Reference group: Male)* | | | | | | | |
|     Female | 0.04 | -0.05 | 0.05 | 0.10 | 0.10 | -0.05 | 0.11 |
| Age | 0.08* | 0.01 | 0.15*** | 0.04 | 0.37*** | 0.07 | -0.14* |
| Education level | 0.08** | 0.10** | 0.09* | -0.04 | 0.28*** | 0.10 | 0.04 |
| Economic activity status *(Reference group: Working)* | | | | | | | |
|     Student | -0.19 | -0.60* | -0.06 | -0.60* | -0.12 | 0.30 | 0.12 |
|     Homemaker | 0.32** | 0.45** | 0.31* | 0.12 | 0.43 | 0.40 | 0.06 |
|     Retired | 0.44*** | 0.64*** | 0.47*** | 0.10 | 0.25 | 0.57** | 0.14 |
|     Unemployed / between jobs / other non-employed | -0.30* | -0.30 | -0.48** | -0.11 | -0.11 | -0.67** | 0.26 |
| Housing status | 0.11** | 0.10* | 0.21*** | 0.10 | 0.07 | 0.09 | 0.08 |
| Marital status *(Reference group: Never married)* | | | | | | | |
|     Cohabited / married | 0.14 | 0.47*** | -0.21 | 0.32* | 0.73** | -0.12 | -0.14 |
|     Separated / divorced | -0.18 | -0.17 | -0.47* | 0.13 | 0.72* | -0.60 | -0.18 |
|     Widowed | -0.33 | -0.21 | 0.02 | -0.62* | 0.02 | -0.99* | 0.36 |
| Whether a domestic worker lived with the family *(Reference group: No)* | | | | | | | |
|     Yes | 0.05 | 0.02 | 0.19 | 0.03 | 0.29 | -0.24 | 0.14 |
| Household size | -0.08 | -0.17** | -0.17** | 0.03 | 0.03 | -0.05 | -0.12 |
| Family structure *(Reference group: A couple only)* | | | | | | | |
|     Both parents + unmarried offspring | 0.09 | 0.13 | -0.06 | 0.19 | 0.32 | 0.14 | 0.15 |
|     One of parents + unmarried offspring | -0.04 | -0.16 | -0.58*** | 0.37 | 0.26 | 0.33 | -0.28 |
|     Parent(s) + married offspring without children | 0.06 | 0.25 | 0.00 | 0.59* | 0.11 | -0.52 | 0.14 |
|     Three-generation family | -0.04 | 0.12 | 0.02 | -0.01 | -0.11 | -0.07 | -0.11 |
|     Grandparents + grandchildren | -0.30 | -0.06 | -0.14 | -0.52 | -0.85 | -0.25 | 0.25 |
|     Siblings only | -0.18 | 0.08 | -0.10 | -0.41 | 0.48 | -0.05 | -1.18 |
|     Others | -0.16 | -0.36 | -0.53 | 0.29 | 0.73 | -0.55 | 0.21 |
| Number of family members who needed special care | -0.32*** | -0.15 | -0.22* | -0.80*** | -0.14 | -0.25 | -0.20 |
| Number of new immigrants in the family | 0.07 | 0.23** | 0.00 | 0.25** | -0.16 | -0.07 | 0.02 |
| Whether family crisis occurred in the previous year *(Reference group: No)* | | | | | | | |
|     Yes | -0.42*** | -0.38*** | -0.44*** | -0.92*** | 0.03 | -0.28* | -0.09 |
| Family monthly income | 0.13*** | 0.12*** | 0.26*** | 0.10*** | 0.09** | 0.10*** | 0.04 |
| Adjusted R² | 0.21 | 0.16 | 0.33 | 0.14 | 0.08 | 0.06 | 0.01 |

\* $p < 0.05$, \*\* $p < 0.01$, \*\*\* $p < 0.001$

Note: Unstandardised coefficients with corresponding p-values smaller than 0.05, 0.01 and 0.001 are marked in different shades of blue

## *Gender*

3.12    Neither ANOVA nor regressions showed statistically significant effects of gender on index or domain scores. However, it can be observed that female respondents have had especially large drops in scores in the "social connection" and "social resources" domains compared to 2019.

## *Age*

3.13    In 2022, among the 6 domains, the scores of "family solidarity" and "social connection" increased with age, that of "work-life balance" decreased with age, that of "family health" increased and then decreased (i.e., "Λ" shape), while that of "family resources" and "social resources" decreased and then increased (i.e., "V" shape). However, for ANOVA where other variables were considered at the same time, only the impact on "social connection" appeared to be significant, making people under the age of 40 score lower. For linear regressions, being older helped with "social connection", "family resources" and overall wellbeing, but hurt "work-life balance". Compared to 2019, people aged 50 to 59 experienced larger drops in the HKFWI score.

**Figure 4:**   HKFWI score by age
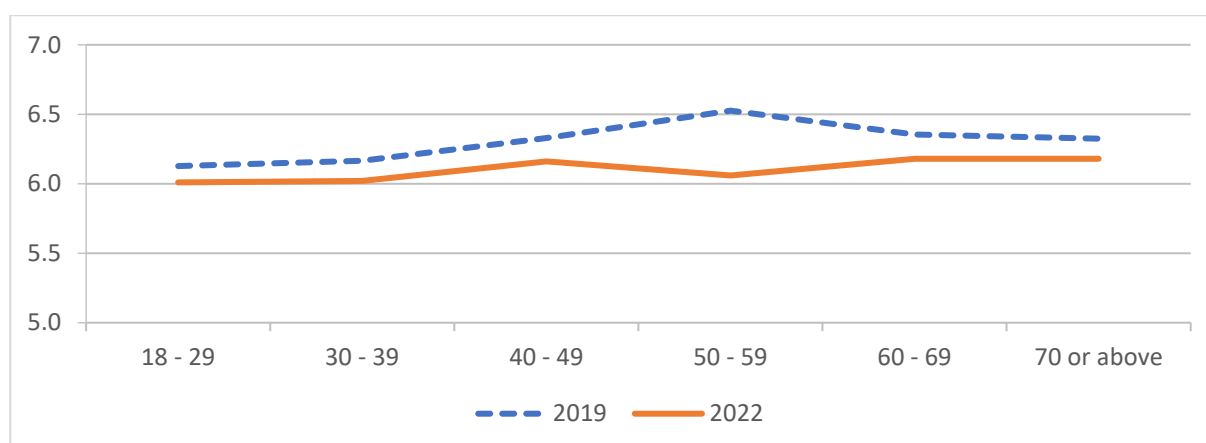


## *Education level*

3.14    In 2022, all index and domain scores increased with people's education level. ANOVA showed significant differences among different groups for HKFWI, "family solidarity" as well as "social connection", while regressions additionally identified significant results for "family resources" too. Compared to 2019, people who only went to primary school or below had larger drops in the HKFWI score.

**Figure 5:** HKFWI score by education level
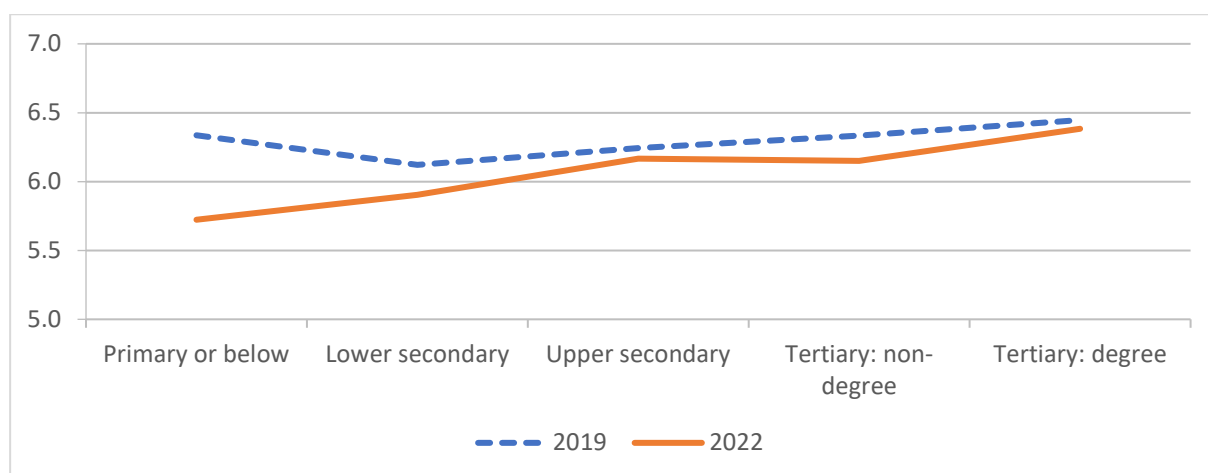


**_Economic activity status_**

3.15　Survey results showed that retirees, the working population and homemakers had higher scores, followed by students, while the unemployed had the lowest scores. ANOVA and regressions more or less confirmed the above observation for HKFWI, "family solidarity" and "family resources" (except that students weren't weak in the "family resources" domain, instead, they were weak in "family health"). In the area of "social connection", retirees had higher scores, while the unemployed had lower scores. Compared to 2019, the unemployed had the most notable drops in various index and domain scores.

**Figure 6:** HKFWI score by economic activity status
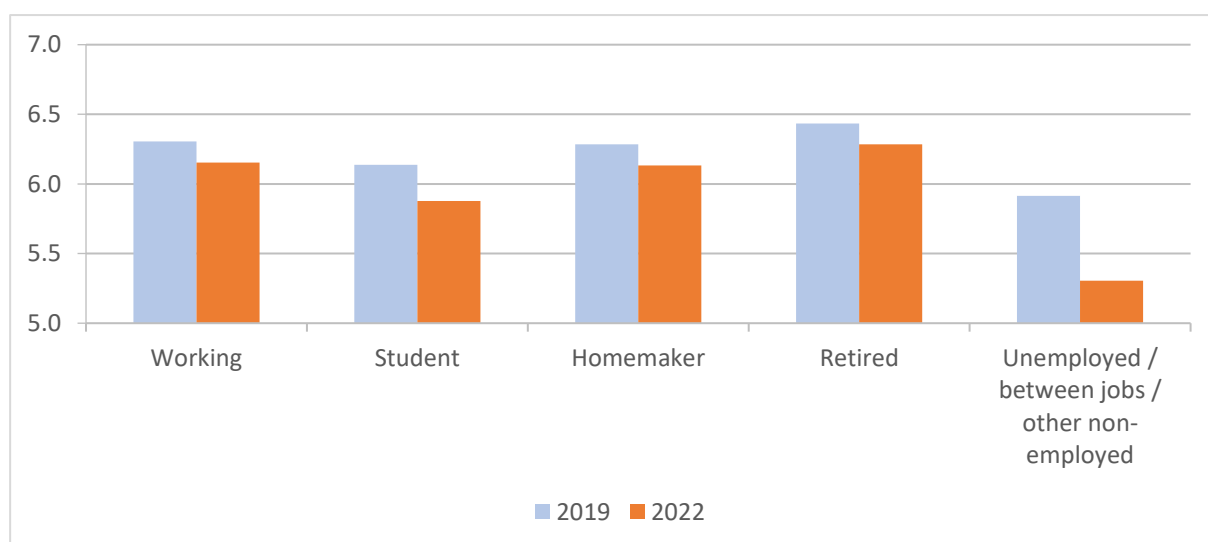
## *Housing status*

3.16    The 2022 study added questions on housing status to distinguish between people who rented public housing, rented private housing and bought the flat they lived in. It turned out that people traditionally considered to be "wealthier" in terms of housing status had higher scores. ANOVA showed significant differences among different groups for HKFWI and "family resources", while regressions additionally identified significant results for "family solidarity" too.

## *Marital status*

3.17    In 2022, the separated / divorced respondents had lower HKFWI scores while the cohabited / married ones had higher scores. However, ANOVA only showed significant differences among different groups for "family solidarity". Regressions, on the other hand, found that compared to being single (i.e., never married), being married or living with a partner helped with "family solidarity", "family health" and "social connection", having divorced or separated helped with "social connection" but hurt "family resources", while being widowed hurt "family health" and "social resources". Compared to 2019, the separated / divorced / widowed had the most notable drops in various index and domain scores.

**Figure 7:** HKFWI score by marital status
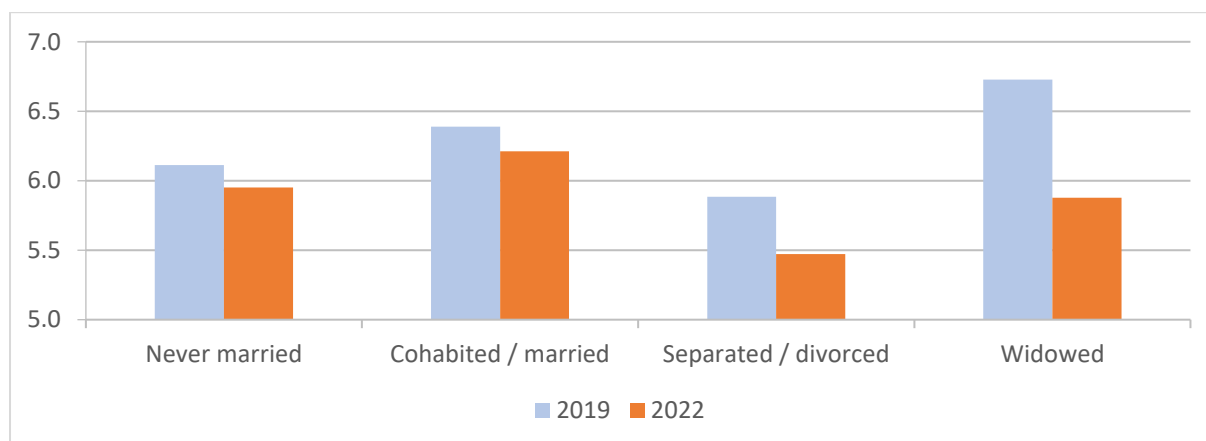


## *Whether a domestic worker lived with the family*

3.18    Survey results showed that families who lived with domestic workers had higher index and domain scores. However, ANOVA and regression results indicated that the effect of such a variable was not statistically significant when other demographic variables were considered at the same time, meaning that other variables (perhaps housing status and/or family monthly income) might be better predictors and the presence or absence of domestic workers was largely only an intervening variable.

## Household size

3.19    In 2022, families with household size of 6 or above had lower index and domain scores. Regressions showed significant relationship between household size and "family solidarity" or "family resources", while ANOVA additionally showed significant differences among different groups for the HKFWI score. Compared to 2019, the families with household size of 6 or above also had the most notable drops in various index and domain scores.

**Figure 8:**   HKFWI score by household size
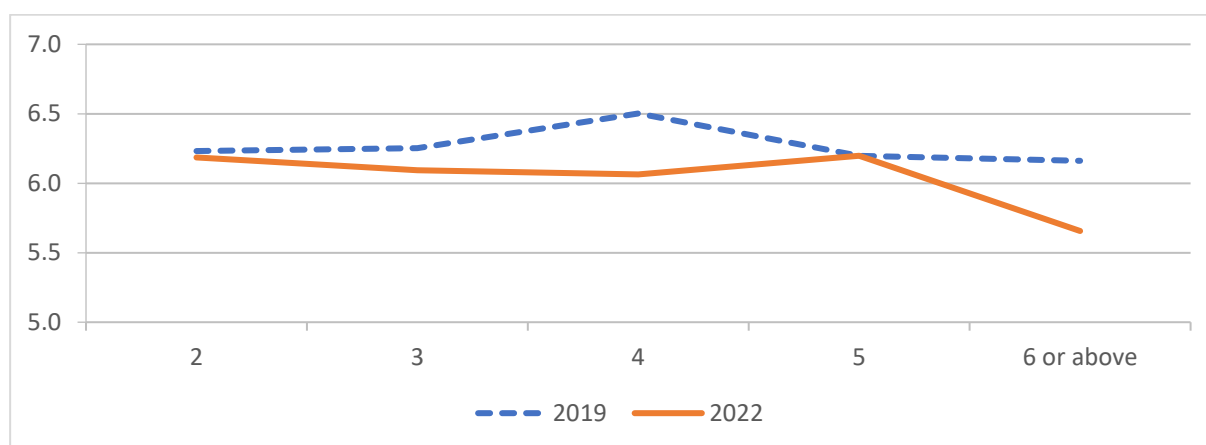


## Family structure

3.20    Among the more common family structures, families with only one of the parents living with his/her unmarried offspring (likely single-parent families) and to a lesser extent three-generation families had lower index and domain scores. ANOVA showed significant differences among different groups for "family solidarity" and "family resources", while regressions indicated that compared to the "couple only" families, the aforementioned group specifically had lower score for the "family resources" domain, and that the "parent(s) with married offspring without children" families attained higher scores in "family health".

## Family members who needed special care

3.21    Families with members who needed special care continued to have lower index and domain scores. ANOVA showed significant differences among different groups for HKFWI and "family health", while regressions additionally identified significant results for "family resources" too. In 2019, families with members who needed special care scored higher in "social connection" compared to other families as the only exception. In 2022 though, even this exception has vanished.

**Figure 9:** "Social connection" score by whether any family members needed special care
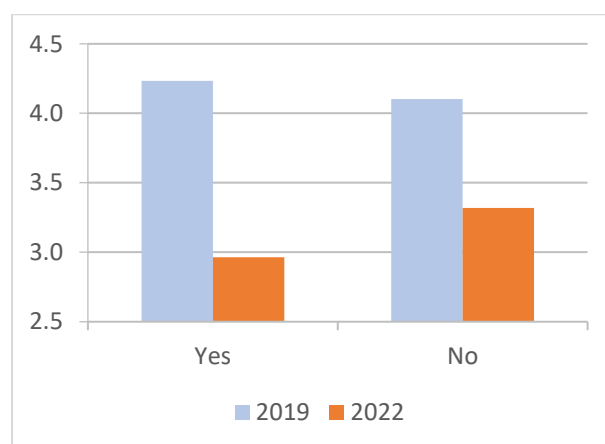


### New immigrants in the family

3.22    While families with new immigrants from Mainland China appeared to have slightly lower HKFWI score, after considering other demographic variables, ANOVA actually found that the presence of new immigrants helped with "family health". Apart from "family health", regressions additionally identified that it also helped with "family solidarity".

### Occurrence of family crisis in the previous year

3.23    While ultimately defined by the respondents, examples were given in the interviews and thus family crises in this study typically meant family members passing away, getting very ill, being admitted to hospital or getting unemployed, or the occurrence of financial difficulties or relationship conflicts. It came as no surprise whether a family crisis occurred in the previous year was a good indicator of overall family wellbeing and its various domains. ANOVA confirmed there were significant differences among different groups for HKFWI, "family solidarity", "family resources" and "family health", while regressions additionally identified significant results for "social resources" too. Similar to the observation made earlier for families with members who needed special care, families in which a family crisis occurred recently scored higher in "social connection" compared to other families in 2019, but it was no longer the case in 2022.

**Figure 10:** "Social connection" score by whether family crisis occurred in the previous year
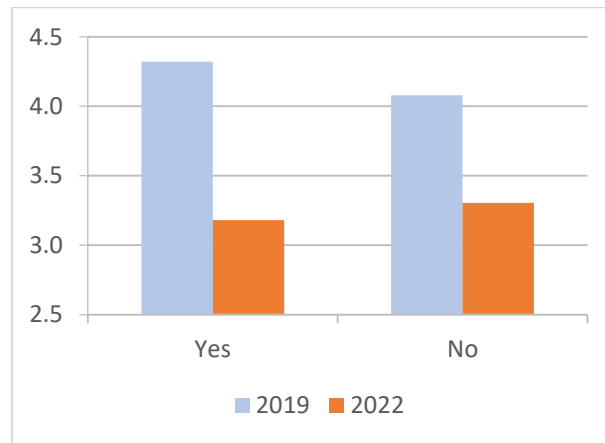


*Family monthly income*

3.24    Family monthly income continued to be a strong predictor of index and domain scores. Both ANOVA and regressions found its significant impacts on the HKFWI score and all domains except "work-life balance". Upon closer look, some patterns can be further observed when comparing results in 2019 and 2022. Decline in "family solidarity" and "family resources" mainly happened in families with monthly income less than $15,000, while families with higher income have not seen much change in their scores.

**Figure 11:** HKFWI score by family monthly income
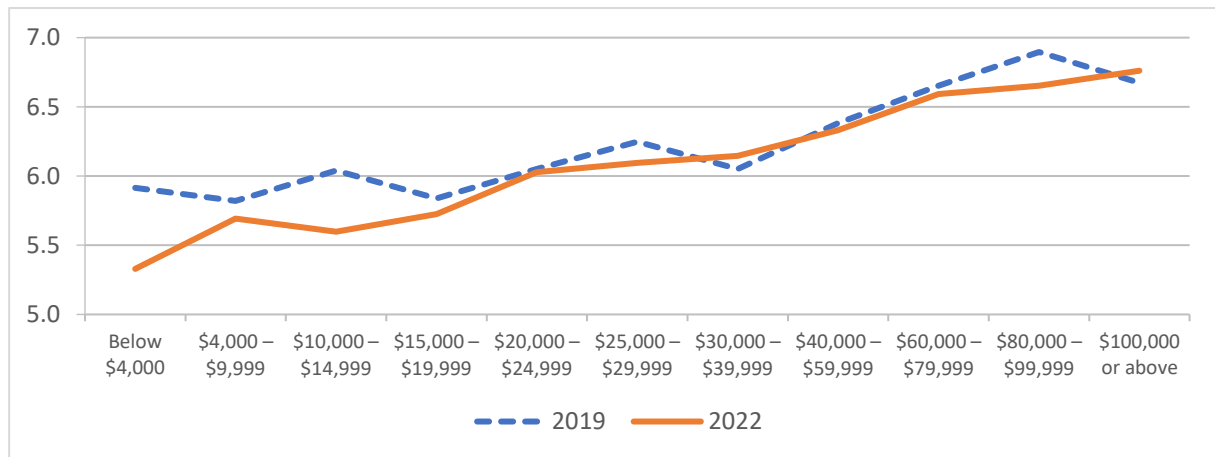
**Figure 12:** "Family solidarity" score by family monthly income
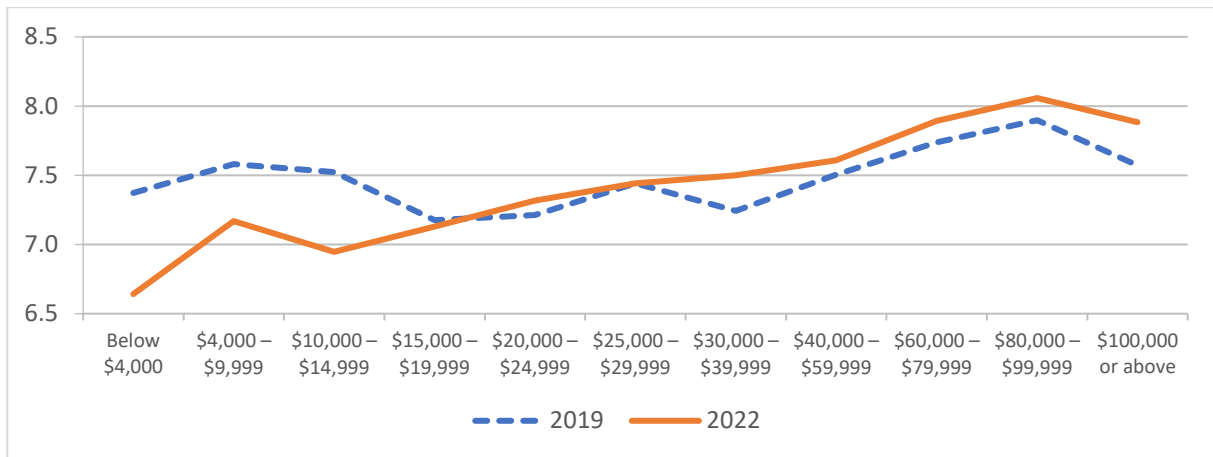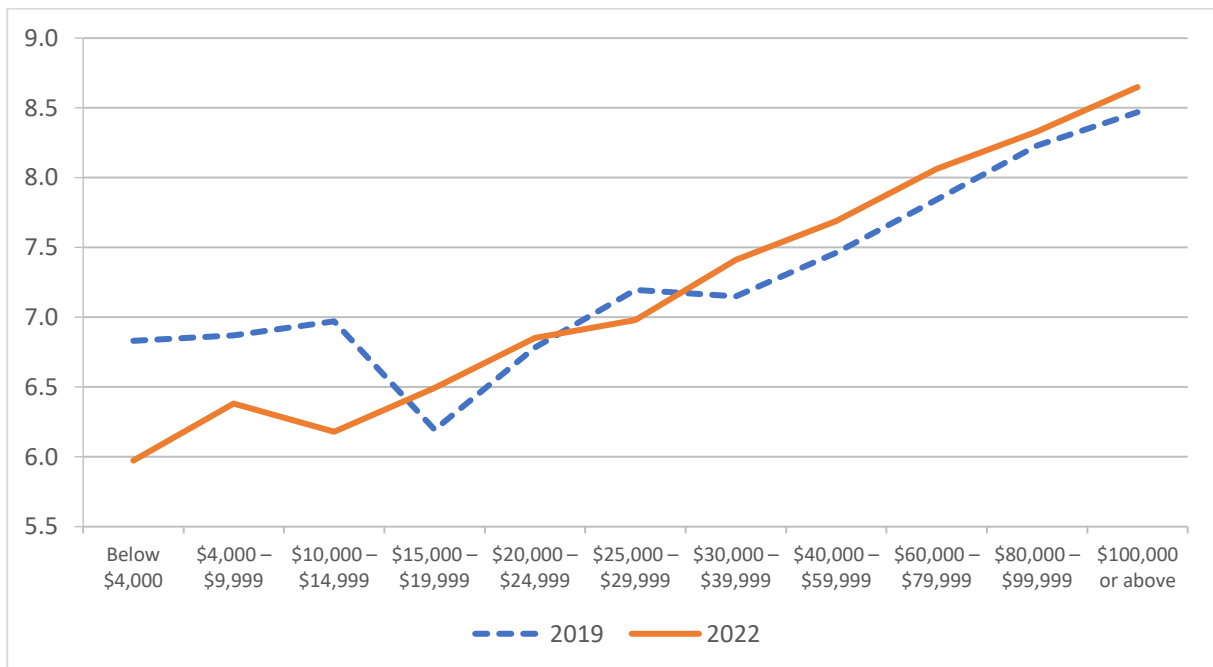


**Figure 13:** "Family resources" score by family monthly income



## *Relative poverty*

3.25    The combined effect of household size and family monthly income on various scores does not seem to highlight anything surprising other than the respective effects of the two variables already described previously.

**Table 6:** Index and selected domain scores by family monthly income and household size^

| | HKFWI | | | | Family solidarity | | | | Family resources | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Household size | | | | Household size | | | | Household size | | | |
| | 2 | 3 | 4 | 5+ | 2 | 3 | 4 | 5+ | 2 | 3 | 4 | 5+ |
| Family monthly income | | | | | | | | | | | | |
| Below $4,000 | 5.68 | 4.31 | 5.29 | 4.61 | 7.16 | 5.06 | 6.59 | 6.82 | 6.57 | 4.38 | 5.30 | 4.95 |
| $4,000 – $9,999 | 6.06 | 4.40 | 4.98 | 6.20 | 7.67 | 5.27 | 6.55 | 8.12 | 6.83 | 4.88 | 5.50 | 6.30 |
| $10,000 – $14,999 | 5.62 | 5.86 | 5.38 | 5.10 | 6.84 | 7.41 | 6.65 | 6.62 | 6.31 | 6.52 | 5.77 | 5.33 |
| $15,000 – $19,999 | 6.04 | 5.71 | 5.55 | 4.88 | 7.36 | 7.24 | 6.91 | 5.98 | 7.11 | 6.52 | 6.12 | 4.85 |
| $20,000 – $29,999 | 6.57 | 6.00 | 5.74 | 6.20 | 8.00 | 7.30 | 7.05 | 7.39 | 7.71 | 6.87 | 6.46 | 6.88 |
| $30,000 – $39,999 | 6.23 | 6.22 | 6.00 | 6.22 | 7.60 | 7.64 | 7.27 | 7.72 | 7.85 | 7.35 | 7.12 | 7.65 |
| $40,000 – $59,999 | 6.57 | 6.16 | 6.56 | 5.93 | 7.96 | 7.51 | 7.66 | 7.18 | 7.95 | 7.57 | 7.80 | 7.37 |
| $60,000 – $99,999 | 6.91 | 6.74 | 6.39 | 6.35 | 8.47 | 7.95 | 7.56 | 8.08 | 8.59 | 8.34 | 7.86 | 7.76 |
| $100,000 or above | 6.51 | 7.02 | 6.71 | 6.71 | 7.79 | 8.12 | 7.70 | 8.14 | 8.48 | 8.77 | 8.74 | 8.41 |

^ Mean scores based on fewer than 30 responses are shaded in grey
Note: Higher scores are shaded in green and lower scores are shaded in red

3.26 However, just to be extra sure, the effect of relative poverty has also been studied, meaning that family monthly income as well as household size were considered at the same time to determine if a family was living below the poverty line and thus a relatively poor family. It should be noted, however, that the poverty line concerns income before policy intervention, while this study asked about post-intervention income.

3.27 The findings were consistent with analyses run using family monthly income, revealing rather large gaps for various scores between families living below and above the poverty line, and rather alarmingly that the gaps have widened for HKFWI, "family solidarity" and "family resources".

**Table 7:** Index and domain scores of families below or above the poverty line^

| | HKFWI | | Family solidarity | | Family resources | | Family health | | Social connection | | Social resources | | Work-life balance | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 | '19 | '22 |
| Below poverty line | 5.80 | **5.56** | 7.33 | **6.98** | 6.66 | **6.17** | 6.31 | **6.64** | 3.60 | **2.91** | 4.63 | **4.22** | 4.30 | **4.31** |
| Above poverty line | 6.34 | **6.25** | 7.47 | **7.55** | 7.45 | **7.50** | 7.14 | **7.20** | 4.15 | **3.41** | 5.31 | **4.93** | 4.49 | **4.65** |

^ Determined jointly by family monthly income and household size
Note: Higher scores are shaded in green and lower scores are shaded in red

**Figure 14:** HKFWI score by whether families are below or above the poverty line^
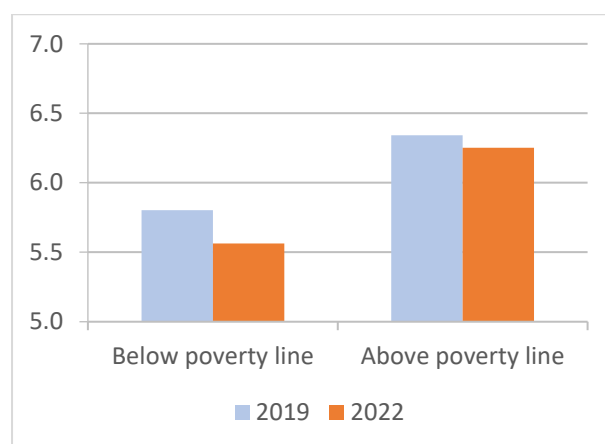


^ Determined jointly by family monthly income and household size

*Special interaction between demographic variables*

3.28    Efforts have also been put into finding combinations of variables that produced special effects on family wellbeing unexplained by the respective variables when considered one by one. However, nothing of interest has been discovered.

## 3.4 Effects of the COVID-19 Pandemic

3.29    The 2022 study included two topical questions that ask about the effects of the COVID-19 pandemic on family relationship and family income. The results show that the pandemic has had no effect on the family relationships of two-thirds (66%) of the respondents. For the rest of the people, some had worse relationships (19%) and some had family relationships improved (15%). However, the pandemic has caused the family income of half (50%) of the respondents to go down, while the rest mostly remained unaffected (47%) and only very few (2%) have had family income increased due to the pandemic.

**Table 8:**    Effect of COVID-19 pandemic on family relationship and income

|                                                          | Frequency | Percentage |
|----------------------------------------------------------|-----------|------------|
| Effect of COVID-19 pandemic on family relationship       |           |            |
| Better                                                   | 298       | 15%        |
| No effect                                                | 1,315     | 66%        |
| Worse                                                    | 377       | 19%        |
| Don't know / hard to say                                 | 9         | <1%        |
| Refused to answer                                        | 2         |            |
| Effect of COVID-19 pandemic on family income             |           |            |
| Increased                                                | 41        | 2%         |
| No effect                                                | 945       | 47%        |
| Decreased                                                | 991       | 50%        |
| Don't know / hard to say                                 | 22        | 1%         |
| Refused to answer                                        | 3         |            |

3.30    Crosstabulation of data further revealed that these two variables were related. Among families with income unaffected or increased, actually slightly more had family relationships improved rather than deteriorated due to the pandemic (income increased: 18% better vs 15% worse; income unaffected: 15% better vs 10% worse). However, for families that had income hit by the pandemic, it was much more likely to see family relationships turning worse (15% better vs 27% worse).

**Table 9:** Crosstab of pandemic's effect on family income with effect on family relationship

| | | Effect of COVID-19 pandemic on family relationship | | | |
| | | Better | No effect | Worse | Total |
|---|---|---|---|---|---|
| **Effect of COVID-19 pandemic on family income** | **Increased** | 18% | 67% | 15% | 100% |
| | **No effect** | 15% | 75% | 10% | 100% |
| | **Decreased** | 15% | 58% | 27% | 100% |

3.31    In view of the previously observed strong effect of family income on family wellbeing, a further analysis was carried out to look at the effects of the pandemic on families with various levels of income. It was found that the pandemic was more likely to result in deteriorating family relationships in low-income families, but improved family relationships in high-income families.

**Table 10:** Crosstab of family monthly income with pandemic's effect on family relationship

| | | Effect of COVID-19 pandemic on family relationship | | | |
| | | Better | No effect | Worse | Total |
|---|---|---|---|---|---|
| **Family monthly income** | **Below $4,000** | 4% | 72% | 24% | 100% |
| | **$4,000 – $9,999** | 8% | 68% | 24% | 100% |
| | **$10,000 – $14,999** | 12% | 55% | 33% | 100% |
| | **$15,000 – $19,999** | 14% | 63% | 23% | 100% |
| | **$20,000 – $24,999** | 12% | 68% | 21% | 100% |
| | **$25,000 – $29,999** | 12% | 67% | 21% | 100% |
| | **$30,000 – $39,999** | 16% | 66% | 18% | 100% |
| | **$40,000 – $59,999** | 18% | 69% | 13% | 100% |
| | **$60,000 – $79,999** | 27% | 64% | 9% | 100% |
| | **$80,000 – $99,999** | 18% | 67% | 15% | 100% |
| | **$100,000 or above** | 24% | 63% | 12% | 100% |

**Figure 15:** Effect of COVID-19 pandemic on family relationship by family monthly income



3.32 Since it has been found that family income was an important factor affecting family wellbeing, when a family's income was affected by the pandemic, naturally it would be expected that its family wellbeing would also become worse. This was indeed the case, as confirmed by subgroup analysis comparing the index and domain scores of families which had income affected by the pandemic with those unaffected.

**Table 11:** Index and domain scores by effect of COVID-19 pandemic and ANOVA

| | HKFWI | Family solidarity | Family resources | Family health | Social connection | Social resources | Work-life balance |
|---|---|---|---|---|---|---|---|
| Effect of COVID-19 pandemic on family relationship | | | | | | | |
| Better | 6.63 | 8.12 | 7.78 | 7.51 | 3.96 | 5.39 | 4.63 |
| No effect | 6.23 | 7.54 | 7.41 | 7.21 | 3.18 | 4.91 | 4.80 |
| Worse | 5.27 | 6.38 | 6.04 | 6.24 | 3.00 | 4.00 | 4.26 |
| | *** | *** | *** | *** | *** | *** | ** |
| Effect of COVID-19 pandemic on family income | | | | | | | |
| Increased / No effect | 6.45 | 7.74 | 7.76 | 7.28 | 3.51 | 5.19 | 4.88 |
| Decreased | 5.75 | 7.07 | 6.64 | 6.88 | 3.02 | 4.41 | 4.46 |
| | *** | *** | *** | *** | *** | *** | *** |

Note: Higher scores are shaded in green and lower scores are shaded in red

# 4. Conclusion

4.1     The previous Hong Kong Family Wellbeing Index Research Study was conducted during July and August 2019 in times of social unrest in Hong Kong (Wong et al., 2020). Despite a low start, however, the 2022 study found that the wellbeing of Hong Kong families has further deteriorated over the past two years or so, dropping from 6.31 in 2019 to 6.10 in 2022. Compared to 2019, the biggest drops in score were registered in the "social connection" and the "social resources" domains.

4.2     Same as in 2019, Hong Kong families in 2022 continued to perform relatively well in domains that concerned the situation within the family, but less so in domains that concerned the family's interaction with the outside world. "Social connection", then "work-life balance" and "social resources" were the areas that scored the lowest and were the areas that Hong Kong families needed help the most, whether or not the COVID-19 pandemic had occurred (Wong et al., 2020).

4.3     This study has identified demographic traits of families and individuals who were more likely to report lower family wellbeing index scores concerning these areas: (a) lower-income families, younger and less educated people had poorer "social connection"; (b) older people had poorer "work-life balance"; (c) lower-income families, the unemployed, the widowed and families in which a family crisis occurred recently had fewer "social resources". These can serve as guidance as at whom more support and services can target.

4.4     Of course, although "family solidarity", "family resources" and "family health" were areas respondents reporting higher scores, there were still some families who fared less well. For these areas, the traits associated with lower scores would be (1) lower family income, (2) younger in age, (3) lower education level, (4) being a student or be unemployed, (5) living in public housing, (6) being separated, divorced or widowed, (7) families with household size of 6 or above, (8) single-parent families, (9) families with members who needed special care, and (10) families in which a family crisis occurred recently. Many of these actually overlap with traditional target groups of various social services, though the results of this study would help point out the specific weaknesses of each group.

4.5     As for the effects of the COVID-19 pandemic, this study found that the relationships of one-third of the families have been affected, some turning better and some turning worse, while the income of half of the families have been adversely affected. The two variables were related. Among families with income unaffected or increased, slightly more had family relationships improved rather than deteriorated due to the pandemic. However, for families that had income adversely affected, it was much more likely to

result in worsening family relationships as well as a lower level of family wellbeing. Also, the pandemic was more likely to result in deteriorating family relationships in low-income families, but improved family relationships in high-income families.

4.6     Lastly, this study also identified an alarming trend that calls for further action: comparing the index and domain scores in 2019 and 2022, the demographic groups traditionally considered to be more vulnerable (including people who only attained primary school education level or below, the unemployed, the separated / divorced / widowed, families with members who needed special care, families in which a family crisis occurred recently, and families with monthly income less than $15,000) were also those who experienced larger drops in their family wellbeing than the rest of the population, or sometimes even the only groups whose scores actually dropped. In particular, family income continued to be a strong predictor and the already large gaps for various scores between low-income and high-income families continued to widen. Various stakeholders are advised to take the actions necessary to step in and offer help to those in need.

# 5. Discussions and Recommendations

5.1   This survey is released at a time when Hong Kong people are recovering from the fifth wave of the COVID-19 pandemic. We hope that apart from providing some data and comparing the results with those collected in 2019, this survey can also bring an insight to Hong Kong people that family happiness and family harmony are in fact of utmost importance. Over the past few months, due to the extreme severity of the pandemic, many family relationships have suffered unprecedented challenges and impacts, especially for families with children and members who required special care. We hope that the results of this survey will help local citizens reaffirm that family will always be their best partners, so that when we have to face the next wave of the pandemic or other major family incidents in the future, we will be able to work together with our families to overcome these difficulties with a stronger-than-ever relationship.

5.2   Undoubtedly, maintaining healthy family relationships also requires the support from external networks every now and then, including the provision of professional advice and supporting services. In this regard, the full support and collaborations from the government and the local social welfare sector are called for, so that Hong Kong people can enjoy the positive energy brought by family happiness and harmony.

5.3   Based on the findings of the study, the Hong Kong Family Welfare Society and the research team have the following observations and recommendations:

## 5.1 Getting Worse in "Social Connection" and "Social Resources"

5.4   The survey has revealed large drops in scores in the "social connection" and the "social resources" domains. On a scale of 0 to 10, the former has dropped from 4.12 in 2019 to 3.26 in 2022 (-0.86), while the latter has dropped from 5.27 to 4.80 (-0.47). The extent of the declines far exceeded that of any other domains and subdomains. In view of the period in which the 2022 survey was conducted, this is most likely the impact of the COVID-19 pandemic.

5.5   People's social lives have been greatly affected during the pandemic, due either to fear of infection or social distancing measures such as the group gathering ban, shutdown of various venues including restaurants and other facilities, work-from-home arrangements, suspension of face-to-face classes, etc. There is no doubt all these must have led to social disconnection.

5.6   At the same time, as a result of the pandemic and the subsequent social disconnection, informal support from relatives, friends and neighbours also dwindled, which explained why "social resources" also took a big hit.

## 5.2 "The Poor Getting Poorer"

5.7 Both the 2019 and 2022 studies have found strong correlations between family income and family wellbeing: the level of wellbeing of high-income families was higher, while that of low-income families was lower. Its effect was present and strong in domains such as "family solidarity", "family resources" and "family health", as well as subdomains including "family time", "family atmosphere", "family responsibilities", "care and support" and "psychological capital".

5.8 Unfortunately, apart from increasing disparity in family income, family wellbeing in Hong Kong is also in turn seeing increased disparity. Although family wellbeing has generally dropped for most families compared to 2019, it was the low-income families that experienced the largest drops. The HKFWI score of families below the poverty line has dropped from 5.80 to 5.56 (-0.24). In contrast, that of families above the poverty line has only dropped from 6.34 to 6.25 (-0.09), while families with monthly income of $100,000 or above actually had their HKFWI score slightly increased from 6.67 to 6.76 during the same period. Apart from overall family wellbeing, "family solidarity" and "family resources" also saw widening gaps between low-income and high-income families. Similarly, it was also found that the COVID-19 pandemic tended to worsen family relationships in low-income families but brought improvement to high-income families.

5.9 Therefore, to address the needs of low-income families, we should not only focus on poverty alleviation and provision of resources, i.e., financial and tangible support, but also work on improving family wellbeing to take care of the holistic needs of families. Such improvement measures include strengthening family relationships and enhancing family solidarity, which in turn reduces the risk of conflicts within families, promoting the concept of "Family as a Team" to make good use of family members' strength and resources for extending the supporting network for family carers in need and facilitating their mutual support.

## 5.3 Recommendations

5.10 According to the results of the present study, recommendations in three areas are made, namely setting enhancing Hong Kong families' wellbeing as government's policy objective, realising "family-carer partners" concept to strengthen family functions, and encouraging tripartite collaboration to reinforce interactions between families and external environment.

<u>Area 1: In view of the decline in the overall HKFWI score and the poor getting poorer phenomenon, we call on the government to set enhancing Hong Kong families' wellbeing as their policy objective</u>

5.11    The low overall score of HKFWI 6.31 recorded in the 2019 HKFWI Survey was believed to have set a low starting point of family wellbeing. Worse still, this score in 2022 has further descended to a worrying level of 6.10.

5.12    Both the 2019 and 2022 studies have evidenced the notable associations between the level of family income and that of family wellbeing, with higher level of income associated with better family wellbeing and vice versa (Wong et al., 2020). The 2022 study further reveals the chasm of family wellbeing between low-income families and high-income ones. The stark phenomenon "the poor getting poorer" manifests not only in the financial conditions of families, but also in their family wellbeing.

5.13    "Building a caring society" is among the four tenets of the new-term government's vision. As families are the essential building blocks of society, forging family wellbeing should be an important strategy to build a caring society. Following this tenet, we call on the government to intervene at the policy level to make family wellbeing as one of the important objectives to be achieved. Under the policies of social welfare, education, health care, labour, etc., appropriate measures shall be in place and aligned with each other so as to synergise these efforts to amplify their impacts. Above all, the government and these policies should bring different sectors of our society together for the promotion of family wellbeing.

<u>Area 2: Enhancing cooperation among family members, realising the "family-carer partners" concept to strengthen family functions</u>

5.14    Families typically viewed as deprived like those with members requiring special care, separated/divorced/windowed persons and low-income families are found to have lower family wellbeing than other types of families. Even worse is their deterioration to an extent much larger than the other groups. We observe from our practice experience that the carers of these deprived families are experiencing much caring stress.

5.15    Under the concept of "family-carer partners", no matter living together or not, family members can work as a team to handle the various matters of the family, and above all the responsibility of looking after family members requiring special care, lest overburdening any single carer. To make the team effective entails good coordination for appropriate division of work among family members of different disposition and skills. Moreover, adequate communication among them should be encouraged for members to share their concerns and render feedback to other members so that

partnerships can be sustained in a harmonious manner. Successful family-carer partnerships are not only able to share caring stress among family members, but also strengthen "family solidarity" and bring wellbeing to a family.

5.16 Hong Kong Family Welfare Society has never spared ourselves in pursuit of this end. We promote inter-generational communication through service programmes that facilitate cooperation between parents and grandparents in parenting. We also provide services for divorced and separated families to assist in their co-parenting. To support carers, we deliver mental health consultation and groupwork services, as well as programmes for carers who take care of elderly family members.

Area 3: Encouraging tripartite collaboration among the government, the business community and the general public to reinforce interactions between families and external environment

5.17 Compared to 2019, the scores in the "social resources" and "social connection" domains in 2022 have shown significant deteriorations. The score of "social resources" has even plunged by as much as 0.86 (representing a drop of 20.9%), descending into the "poor" level. Such deteriorations are undoubtedly partly attributed to the pandemic. Under the devastation of the pandemic, linkage to external support like from friends and relatives, neighbours, community organisations and government departments  is crucial to families.

5.18 We anticipate the results of this study could serve as insight for government to formulate and strengthen policies to support families. For example, in the coming two years the government could strengthen the connection between families and society as a strategy to prevent family problems. With the injection of more resources, the government could get together and coordinate community organisations to build up versatile supportive networks for families.

5.19 Under the devastating pandemic condition, many corporations are actively supporting families by donating cash and in-kind, as well as sponsoring and supporting community organisations to run supporting programmes for the needy. In particular, property management companies have been playing important roles in distribution of antiseptic materials and daily necessities, as well as dissemination of anti-pandemic information. Being in frequent contact and having established relations with the residents, these property management personnel are in a vantage point to identify families who are in crisis and refer them to suitable services. Upon being equipped with relevant basic knowledge of public service and skills in connecting residents, these personnel could well serve as a bridge between the needy and community services. Thus, we recommend promoting cooperation between social welfare agencies and property

management companies to provide the personnel of the latter with training in this aspect.

5.20    For the general public, we encourage the reinvigoration of the concept of "mutual support of neighbours". Amid the fragile relationships between neighbours and with the benefit of hindsight of the fifth wave pandemic, we see huge effects could be brought by the mutual support among neighbours. Neighbour support could start with volunteer service, no matter participating in individual or family as a whole basis. Contribution through volunteer work not only strengthens community network, but also underpins "family solidarity". In the era of technology advancement, mutual help platforms may appear in the form of physical or virtual ones. Beyond mutual help, these platforms could also serve those families not knowledgeable about public resources to access appropriate public services.

## 5.4 Regular Assessment of Family Wellbeing

5.21    To smooth out the effects of various shorter-term events and to better reveal the underlying trend of family wellbeing in Hong Kong, it is recommended to repeat the survey regularly. As a bonus, such efforts may also help check whether government policies and initiatives have a positive impact on the level of family wellbeing in Hong Kong.

# References

Department of Social Work and Social Administration. The University of Hong Kong. (2018). *A study of family impact assessment in Hong Kong: A checklist approach — Final report*. Retrieved from https://www.familycouncil.gov.hk/en/files/research/Study%20of%20Family%20Impact%20Assessment.pdf

Wong, M. M. C., Ma, J. L. C., Wan, P. S., Xia, L. L., & Fok, H. T. (2020). *Research report on a study on family wellbeing index in Hong Kong*. Hong Kong: Hong Kong Family Welfare Society. Retrieved from https://www.hkfws.org.hk/assets/files/2020hkfwi_final_report.pdf

## 自我介紹

**[S1]** 你好，我姓 X，係香港民意研究所嘅訪問員。我哋受香港家庭福利會委託，做緊一個關於香港人家庭生活嘅調查。可唔可以阻你大約 10 分鐘同你做個訪問？(註：訪問可以普通話進行)

- ○ 可以　　　　→ S2
- ○ 而家唔得閒　→ 另約時間再致電
- ○ 唔接受訪問　→ 訪問告終

**[S2]** 我頭先打嘅電話號碼係 xxxx-xxxx，如果我打錯咗請你話畀我知。

- ○ 繼續 → L1／M1
- ○ 打錯 (訪問員請打多一次作確認) → 訪問告終

## 家居電話樣本

**[L1]** 呢度係唔係住宅單位？

- ○ 係　　→ L2
- ○ 唔係　→ 訪問告終
- ○ 拒答　→ 訪問告終

**[L2]** 你仲有冇其他家人喺度住？(不包括家庭傭工)

- ○ 有　　→ L3
- ○ 冇　　→ 訪問告終 (唔好意思，呢份問卷係想訪問同家人一齊住嘅人)
- ○ 拒答　→ 訪問告終

**[L3]** 呢份問卷嘅訪問對象係成年人。計埋你自己，但唔計家庭傭工，有幾多位 **18 歲或以上** 嘅家庭成員喺呢度住？(包括現時不在家中的成員)

- ○ 一位　　　　　　→ L4a
- ○ 多過一位，___ 位　→ L4b
- ○ 冇　　　　　　　→ 訪問告終
- ○ 拒答　　　　　　→ 訪問告終

**[L4a]** 係你定係其他人？

**[L4b]** 我哋希望所有合資格嘅家庭成員都有同等機會接受訪問，所以想請嚟緊最快生日嗰位嚟聽電話。請問邊一位嚟緊最快生日？

- ○ 係接聽電話嘅人　→ 保障條款
- ○ 係其他人　　　　→ L5
- ○ 拒答　　　　　　→ 訪問告終

**[L5]** 可唔可以搵佢同我哋做個訪問？

- ○ 可以開始訪問　　　　　　→ 自我介紹 → 保障條款
- ○ 佢而家唔喺度／唔得閒　　→ 另約時間再致電

○ 佢唔接受訪問　　　　　　　→ 訪問告終
○ 接聽電話嘅人唔肯叫佢聽電話　→ 訪問告終

## 手提電話樣本

[M1]　你年滿 18 歲未？

○ 年滿 18 歲　　→ M2
○ 未夠 18 歲　　→ 訪問告終
○ 拒答　　　　　→ 訪問告終

[M2]　你而家係唔係同家人一齊住？(不包括家庭傭工)

○ 係　　→ 保障條款
○ 唔係　→ 訪問告終 (唔好意思，呢份問卷係想訪問同家人一齊住嘅人)
○ 拒答　→ 訪問告終

## 保障條款

我而家讀出我哋嘅條款，保障返你先。你呢個電話號碼係由我哋電腦隨機產生嘅。你提供嘅資料會絕對保密，並只會用作綜合分析。為咗保證數據質素，我哋嘅訪問會被錄音，但只會用作內部參考。所有含個人識別資料嘅數據同埋錄音，會喺調查完成後三個月內銷毀。如果你對今次嘅訪問有任何疑問，可以打 xxxx-xxxx 同我嘅督導員聯絡。

## 家庭幸福指數的構成

| 範疇 | | 次範疇 | |
|---|---|---|---|
| 代碼 | 內容 | 代碼 | 內容 |
| A | 家庭團結 (Family solidarity) | A1 | 家庭時間 (Family time) |
| | | A2 | 家庭氣氛 (Family atmosphere) |
| | | A3 | 家庭責任 (Family responsibilities) |
| | | A4 | 關心與支持 (Care and support) |
| B | 家庭資源 (Family resources) | B1 | 家庭收入 (Family income) |
| | | B2 | 心理資本 (Psychological capital) |
| C | 家庭健康 (Family health) | | |
| D | 社會連繫 (Social connection) | | |
| E | 社會資源 (Social resources) | | |
| F | 生活平衡 (Work-life balance) | | |

## 問卷主體部分

首先，我哋有一系列嘅問題，想你用 0 至 10 分去評價。

[Q1-Q14]　你有幾同意以下關於你屋企整體情況嘅講法？
　　　　　0 分代表非常唔同意，10 分代表非常同意，5 分代表一半半。

| | 0 至 10 分 | 唔知／難講 | 不適用 | 拒答 |
|---|---|---|---|---|
| [Q1]　整體嚟講，你嘅家庭係幸福嘅 | | | | |
| [Q2]　喺家庭感到安全 [B2] | | | | |

| | 0 至 10 分 | 唔知／難講 | 不適用 | 拒答 |
|---|---|---|---|---|
| [Q3] 喺過去一年，家庭收入足夠應付日常嘅開支 [B1]<br>(如被訪者有疑問，可說明：收入包括政府津貼) | | | | |
| [Q4] 有舒適嘅居住環境 [B2] | | | | |
| [Q5] 有能力解決生活難題 [B2]<br>(如被訪者有疑問，可舉例：<br>例如爆水喉嘅時候，識自己整，或者搵人維修) | | | | |
| [Q6] 有足夠嘅相處時間 [A1] | | | | |
| [Q7] 享受一齊相處嘅時間 [A1] | | | | |
| [Q8] 可以互相信賴 [A2] | | | | |
| [Q9] 可以彼此遷就 [A2] | | | | |
| [Q10] 感激各人為家庭嘅付出 [A2] | | | | |
| [Q11] 經常相處融洽 [A2] | | | | |
| [Q12] 可以發揮各自嘅長處同能力 [A3] | | | | |
| [Q13] 對子女有足夠嘅關懷同照顧 [A3] | | | 家中沒有子女 | |
| [Q14] 對子女有獎罰分明嘅管教 [A3] | | | 家中沒有子女 | |

[Q15-Q18] 整體嚟講，喺有需要嘅時候，你同你屋企人有幾願意互相幫忙做以下嘅事情？
0 分代表非常唔願意，10 分代表非常願意，5 分代表一半半。

| | 0 至 10 分 | 唔知／難講 | 拒答 |
|---|---|---|---|
| [Q15] 解決財政困難 [A4] | | | |
| [Q16] 處理家庭事務，例如打掃、煮飯、照顧細路同長者 [A4] | | | |
| [Q17] 就重要事情，例如工作、升學、睇醫生，提供意見 [A4] | | | |
| [Q18] 聆聽心事 [A4] | | | |

[Q19-Q21] 你有幾同意以下關於你屋企整體情況嘅講法？
0 分代表非常唔同意，10 分代表非常同意，5 分代表一半半。

| | 0 至 10 分 | 唔知／難講 | 不適用 | 拒答 |
|---|---|---|---|---|
| [Q19] 工作令你哋迫到做唔到應做嘅家庭事務 [F] | | | 全家沒有工作 | |
| [Q20] 家庭煩惱或問題，令你哋難以專心工作 [F] | | | 全家沒有工作 | |
| [Q21] 目前嘅生活水平同家人嘅努力比較，係相當公平 [B1] | | | | |

[Q22-Q23] 你同你屋企人有幾經常參與以下嘅活動？
0 分代表完全冇參與，10 分代表好經常參與，5 分代表一半半。

| | 0 至 10 分 | 唔知／難講 | 拒答 |
|---|---|---|---|
| [Q22] 社會或宗教團體嘅聚會或者活動 [D]<br>(如被訪者有疑問，可解釋：<br>社會團體例如街坊會、青少年中心、老人活動中心；<br>宗教團體例如教會、佛堂) | | | |

| | 0 至 10 分 | 唔知／難講 | 拒答 |
|---|---|---|---|
| [Q23] 義工服務或慈善捐款 [D] | | | |

[Q24-Q25] 如果你屋企遇到自己無法解決嘅困難，例如身體不適，要人幫手照顧老人家，或者要託管兒童，要搵到以下嘅人或者機構幫忙有幾容易或者困難？
0 分代表非常困難，10 分代表非常容易，5 分代表一半半。

| | 0 至 10 分 | 唔知／難講 | 拒答 |
|---|---|---|---|
| [Q24] 親戚、朋友或鄰居 [E] | | | |
| [Q25] 政府部門或社福機構 [E]<br>(如被訪者有疑問，可舉例：<br>例如福利署、明愛、保良局、東華三院、家庭福利會、香港保護兒童會等) | | | |

[Q26-Q27] 整體嚟講，喺過去一年，你同你屋企人嘅……狀況如何？
0 分代表全部好唔健康，10 分代表全部好健康，5 分代表一半半。

| | 0 至 10 分 | 唔知／難講 | 拒答 |
|---|---|---|---|
| [Q26] 身體健康 [C] | | | |
| [Q27] 精神健康 [C] | | | |

[Q28] 整體嚟講，你認為過往兩年嘅新冠肺炎疫情有冇導致你嘅家庭關係變好或者變差？

○ 因為疫情而變好
○ 因為疫情而變差
○ 冇影響
○ 唔知／難講
○ 拒答

[Q29] 咁疫情有冇影響你嘅家庭收入？係減少、增加，定係冇影響？

○ 減少
○ 增加
○ 冇影響
○ 唔知／難講
○ 拒答

## 個人資料

跟住我想問你少少個人資料，方便研究分析。請放心，你嘅資料會保密。

[DM1] 性別 (可由訪問員自行判斷)

○ 男
○ 女
○ 其他

[DM2] 你今年幾多歲？(讀出範圍)

○ 18 – 29 歲
○ 30 – 39 歲
○ 40 – 49 歲
○ 50 – 59 歲

○ 60 – 69 歲
○ 70 歲或以上
○ 拒答

[DM3] 你讀書讀到乜嘢程度？(最高就讀程度，即不論有否完成該課程，**包括現正就讀**)

○ 小學或以下
○ 初中 (中一至中三)
○ 高中 (中四至中七／DSE／毅進)
○ 專上教育：非學位課程 (包括文憑／證書／副學位課程)
○ 專上教育：學位課程 (包括學士學位／研究院)
○ 拒答

[DM4] 你嘅就業狀況係？(讀出首五項答案)

○ 在職 (包括全職／兼職／半工讀)
○ 學生
○ 料理家務者／家庭主婦
○ 退休
○ 失業／待業／其他非在職
○ 其他：＿＿＿＿＿＿＿＿＿＿＿＿
○ 拒答

[DM5a] 你住緊嘅單位係買定係租？

○ 買 　　　　　　　　→ DM6
○ 租 　　　　　　　　→ DM5b
○ 免交租金／由僱主提供　→ DM6
○ 唔知／難講 　　　　→ DM6
○ 拒答 　　　　　　　→ DM6

[DM5b] 你租緊嘅係公屋定私樓？

○ 公屋 (包括長者安居樂計劃、其他公營租住房屋單位)
○ 私樓 (包括已補地價居屋／其他資助房屋、村屋、工廈、酒店等所有非公營租住房屋單位)
○ 唔知／難講
○ 拒答

[DM6] 你嘅婚姻狀況係未婚、同居、已婚、分居、離婚定喪偶？

○ 未婚
○ 同居 (但未婚)
○ 已婚
○ 分居
○ 離婚
○ 喪偶
○ 拒答

[DM7a] 你屋企有冇工人喺度住？

○ 有
○ 沒有
○ 拒答

[DM7b] 唔計工人，你而家同幾多個人一齊住？

○ ＿＿＿ 個
○ 拒答

[DM7c] 咁佢(哋)係你邊個？(不讀答案；可答多項；為適用的每項追問人數)

| | |
|---|---|
| 孫仔／孫女 | ：＿＿＿ 位 |
| 子／女 | ：＿＿＿ 位 |
| 女婿／新抱 | ：＿＿＿ 位 |
| 先生／太太／伴侶／前夫／前妻 (不論是否已經結婚) | |
| 兄／弟／姊／妹 | ：＿＿＿ 位 |
| 爸爸／媽媽 | ：＿＿＿ 位 |
| 外父／外母／老爺／奶奶 (伴侶的父母) | ：＿＿＿ 位 |
| 爺爺／嫲嫲／公公／婆婆 (祖父母) | ：＿＿＿ 位 |
| 其他親戚 | ：＿＿＿ 位 |
| 其他：＿＿＿＿＿＿＿＿＿＿ | ：＿＿＿ 位 |
| 拒答 | |

[DM8] 你屋企有幾多位成員因為年紀大、疾病或者殘障，而需要人特別照顧佢嘅生活起居？
(註：可以是被訪者自己)

○ ＿＿＿ 位
○ 拒答

[DM9] 又有幾多位由內地移居香港未滿七年？(註：可以是被訪者自己)

○ ＿＿＿ 位
○ 拒答

[DM10] 喺過去一年，你屋企有冇發生重大嘅事故，例如家人去世、重病、意外住院、失業、嚴重嘅經濟困難或者感情衝突？

○ 有
○ 沒有
○ 拒答

[DM11]　　　　你全屋人每月收入加埋大概係幾多？請包括所有收入來源，例如薪金、雙糧、花紅、房屋津貼、政府津貼、家用、退休金、租金收入、投資回報等等。(按需要讀出範圍)

○ 沒有收入
○ 少於$4,000
○ $4,000 – $9,999
○ $10,000 – $14,999
○ $15,000 – $19,999
○ $20,000 – $24,999
○ $25,000 – $29,999
○ $30,000 – $39,999
○ $40,000 – $59,999
○ $60,000 – $79,999
○ $80,000 – $99,999
○ $100,000 或以上
○ 唔知／難講
○ 拒答

# Appendix 2:
# Contact Information

**Table 12:** Detailed contact information

|  | Count | Percentage |
|---|---|---|
| **Confirmed to be ineligible** | **5,348** | **5.8%** |
| *Fax / data line* | *594* | *0.6%* |
| *Invalid number* | *1,934* | *2.1%* |
| *Call-forwarding / Pager* | *371* | *0.4%* |
| *Non-residential number / Not personal mobile number* | *1,033* | *1.1%* |
| *Language problem* | *762* | *0.8%* |
| *No eligible respondent* | *622* | *0.7%* |
| *Others* | *32* | *<0.1%* |
| **Unsure if eligible or not** | **84,144** | **91.5%** |
| *Line busy* | *9,590* | *10.4%* |
| *No answer* | *25,393* | *27.6%* |
| *Answering device* | *23,520* | *25.6%* |
| *Call-blocking* | *33* | *<0.1%* |
| *Interview terminated before screening question* | *313* | *0.3%* |
| *Appointment date beyond the end of fieldwork period* | *25,291* | *27.5%* |
| *Others* | *4* | *<0.1%* |
| **Confirmed to be eligible, but failed to complete the interview** | **450** | **0.5%** |
| *Household-level refusal* | *33* | *<0.1%* |
| *Known respondent refusal* | *54* | *0.1%* |
| *Appointment date beyond the end of fieldwork period* | *217* | *0.2%* |
| *Partial interview* | *106* | *0.1%* |
| *Others* | *40* | *<0.1%* |
| **Successful case** | **2,002** | **2.2%** |
| **Total** | **91,944** | **100.0%** |

**Table 13:** Calculation of effective response rate

Effective response rate

$$= \frac{\text{Successful cases}}{\text{Successful cases + Partial interviews + Refusal cases by eligible respondents}^{\wedge} + \text{Projected refusal cases by eligible respondents}^{\#}}$$

$$= \frac{2,002}{2,002 + 106 + (33 + 54) + 1,875}$$

$$= 49.2\%$$

^ Including "household-level refusal" and "known respondent refusal"

# Figure obtained by prorata

# Appendix 3:
# Other Frequency Tables

**Table 14:** Mean scores of 26 key questions

| Domain | Subdomain | Question | 2019 | 2022 | Change | |
|---|---|---|---|---|---|---|
| Family solidarity | Family time | Sufficient family time (Q6) | 6.46 | 6.71 | +0.24 | ** |
| | | Enjoy family time (Q7) | 7.49 | 7.17 | -0.32 | ** |
| | Family atmosphere | Trust (Q8) | 7.86 | 7.99 | +0.13 | |
| | | Give and take (Q9) | 7.46 | 7.45 | -0.01 | |
| | | Appreciation (Q10) | 7.85 | 7.84 | -0.01 | |
| | | Harmony (Q11) | 7.65 | 7.49 | -0.16 | ** |
| | Family responsibilities | Role fulfilment (Q12) | 7.46 | 7.23 | -0.23 | ** |
| | | Warmth (Q13) | 7.71 | 7.76 | +0.05 | |
| | | Discipline (Q14) | 7.31 | 7.39 | +0.08 | |
| | Care and support | Financial support (Q15) | 7.98 | 7.92 | -0.06 | |
| | | Manual labour support (Q16) | 7.57 | 7.74 | +0.17 | ** |
| | | Information sharing (Q17) | 7.69 | 7.65 | -0.04 | |
| | | Emotional support (Q18) | 7.24 | 7.07 | -0.17 | * |
| Family resources | Family income | Economic situation (Q3) | 7.50 | 7.02 | -0.47 | ** |
| | | Social justice (Q21) | 6.49 | 6.81 | +0.31 | ** |
| | Psychological capital | Family safety (Q2) | 8.64 | 8.26 | -0.39 | ** |
| | | Living environment (Q4) | 7.05 | 7.14 | +0.09 | |
| | | Life skill (Q5) | 7.61 | 7.13 | -0.47 | ** |
| Family health | | Physical health condition (Q26) | 7.00 | 7.04 | +0.04 | |
| | | Mental health condition (Q27) | 7.19 | 7.12 | -0.08 | |
| Social connection | | Social involvement (Q22) | 3.85 | 2.69 | -1.16 | ** |
| | | Contribution to society (Q23) | 4.41 | 3.84 | -0.57 | ** |
| Social resources | | Accessibility of informal help (Q24) | 6.09 | 5.40 | -0.69 | ** |
| | | Accessibility of formal help (Q25) | 4.36 | 4.15 | -0.22 | * |
| Work-life balance | | Work interferes with home ^ (Q19) | 4.01 | 4.16 | +0.15 | |
| | | Home interferes with work ^ (Q20) | 5.04 | 5.18 | +0.14 | |

^ denotes reversed item

**Table 15:** Demographic profile of respondents

| | Raw sample | | Weighted sample | |
|---|---|---|---|---|
| | Frequency | Percentage | Frequency | Percentage |
| **Gender** | | | | |
| Male | 864 | 43% | 949 | 47% |
| Female | 1,138 | 57% | 1,053 | 53% |
| **Age** | | | | |
| 18 - 29 | 220 | 11% | 312 | 16% |
| 30 - 39 | 286 | 14% | 334 | 17% |
| 40 - 49 | 298 | 15% | 351 | 18% |
| 50 - 59 | 306 | 15% | 376 | 19% |
| 60 - 69 | 379 | 19% | 342 | 17% |
| 70 or above | 494 | 25% | 268 | 14% |
| Refused to answer | 19 | | 19 | |
| **Education level** | | | | |
| Primary or below | 362 | 18% | 350 | 18% |
| Lower secondary | 381 | 19% | 346 | 17% |
| Upper secondary | 546 | 27% | 580 | 29% |
| Tertiary: non-degree | 166 | 8% | 152 | 8% |
| Tertiary: degree | 536 | 27% | 563 | 28% |
| Refused to answer | 11 | | 11 | |
| **Economic activity status** | | | | |
| Working | 819 | 41% | 1,102 | 55% |
| Student | 71 | 4% | 78 | 4% |
| Homemaker | 408 | 20% | 234 | 12% |
| Retired | 585 | 29% | 420 | 21% |
| Unemployed / between jobs / other non-employed | 112 | 6% | 161 | 8% |
| Refused to answer | 7 | | 7 | |
| **Housing status** | | | | |
| Rented public housing | 680 | 34% | 715 | 36% |
| Rented private housing | 266 | 13% | 315 | 16% |
| Bought | 1,000 | 51% | 914 | 46% |
| Rent free / provided by employer | 12 | 1% | 14 | 1% |
| Don't know / hard to say | 14 | 1% | 14 | 1% |
| Refused to answer | 30 | | 31 | |
| **Marital status** | | | | |
| Never married | 334 | 17% | 435 | 22% |
| Cohabited | 35 | 2% | 45 | 2% |
| Married | 1,398 | 71% | 1,305 | 66% |
| Separated | 18 | 1% | 22 | 1% |
| Divorced | 67 | 3% | 87 | 4% |
| Widowed | 127 | 6% | 89 | 5% |
| Refused to answer | 23 | | 19 | |
| **Whether a domestic worker lived with the family** | | | | |
| Yes | 270 | 14% | 248 | 12% |
| No | 1,720 | 86% | 1,743 | 88% |
| Refused to answer | 12 | | 11 | |

| | Raw sample | | Weighted sample | |
|---|---|---|---|---|
| | **Frequency** | **Percentage** | **Frequency** | **Percentage** |
| **Household size** | | | | |
| 2 | 587 | 30% | 567 | 29% |
| 3 | 560 | 28% | 630 | 32% |
| 4 | 528 | 27% | 535 | 27% |
| 5 | 194 | 10% | 158 | 8% |
| 6 or above | 100 | 5% | 80 | 4% |
| Refused to answer | 33 | | 33 | |
| **Family structure** | | | | |
| A couple only | 419 | 22% | 380 | 20% |
| Both parents + unmarried offspring | 896 | 47% | 934 | 49% |
| One of parents + unmarried offspring | 232 | 12% | 275 | 14% |
| Parent(s) + married offspring without children | 66 | 3% | 62 | 3% |
| Three-generation family | 212 | 11% | 174 | 9% |
| Grandparents + grandchildren | 15 | 1% | 13 | 1% |
| Siblings only | 17 | 1% | 18 | 1% |
| Others | 48 | 3% | 48 | 3% |
| Refused to answer | 97 | | 98 | |
| **Number of family members who needed special care** | | | | |
| 0 | 1,701 | 87% | 1,722 | 88% |
| 1 | 220 | 11% | 204 | 10% |
| 2 | 38 | 2% | 37 | 2% |
| 3 or above | 2 | <1% | 2 | <1% |
| Refused to answer | 41 | | 36 | |
| **Number of new immigrants in the family** | | | | |
| 0 | 1,835 | 94% | 1,828 | 93% |
| 1 | 82 | 4% | 86 | 4% |
| 2 | 26 | 1% | 30 | 2% |
| 3 or above | 17 | 1% | 21 | 1% |
| Refused to answer | 42 | | 36 | |
| **Whether family crisis occurred in the previous year** | | | | |
| Yes | 416 | 21% | 444 | 23% |
| No | 1,542 | 79% | 1,516 | 77% |
| Refused to answer | 44 | | 42 | |
| **Family monthly income** | | | | |
| No income | 46 | 3% | 37 | 2% |
| Below $4,000 | 36 | 2% | 26 | 1% |
| $4,000 – $9,999 | 175 | 10% | 143 | 8% |
| $10,000 – $14,999 | 156 | 9% | 151 | 8% |
| $15,000 – $19,999 | 136 | 8% | 152 | 8% |
| $20,000 – $24,999 | 146 | 8% | 152 | 8% |
| $25,000 – $29,999 | 109 | 6% | 119 | 7% |
| $30,000 – $39,999 | 198 | 11% | 211 | 12% |
| $40,000 – $59,999 | 220 | 12% | 258 | 14% |
| $60,000 – $79,999 | 108 | 6% | 116 | 6% |
| $80,000 – $99,999 | 70 | 4% | 77 | 4% |
| $100,000 or above | 125 | 7% | 133 | 7% |
| Don't know / hard to say | 276 | 15% | 237 | 13% |
| Refused to answer | 201 | | 191 | |
| **Relative poverty** | | | | |
| Below poverty line | 394 | 26% | 339 | 22% |
| Above poverty line | 1,129 | 74% | 1,233 | 78% |
| Undetermined | 479 | | 431 | |

以家為本 **Family Matters**