



# Work Life Balance Survey of the Hong Kong Working Population 2014

## 香港在職人士的生活及工作平衡調查 2014

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### Questionnaire (Fourth draft) 問卷 (第四稿)

September 4, 2014

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## Part 1 Introduction 第一部分 自我介紹

Good evening, sir/madam, my name is X, an interviewer from the Public Opinion Programme (POP) of The University of Hong Kong. We are conducting a survey on people's opinions on work life issue. I would like to invite you to participate in an interview which will take only a few minutes, and you can choose to terminate the interview any time. I would like to stress that your telephone number was randomly selected by our computer and all information you provide will be kept strictly confidential and used for aggregate analysis only. If you have any questions about the research, you can call xxxx-xxxx to talk to our supervisor. If you want to know more about the rights as a participant, please contact the Human Research Ethics Committee for Non-Clinical Faculties of the University of Hong Kong at xxxx-xxxx during office hours. For quality control purpose, our conversation may be recorded but will be destroyed within 6 months after our quality control process is complete. Is it okay for us to start this survey?

喂，先生/小姐/太太你好，我姓 X，我係香港大學民意研究計劃既訪問員黎既，我地宜家做緊一項有關個人生活及工作問題既調查，想訪問下你既意見，我地只會阻你幾分鐘時間，期間你亦可以隨時終止訪問。請你放心，你既電話號碼係經由我地既電腦隨機抽樣抽中既，而你提供既資料係會絕對保密既，並只會用作綜合分析。如果你對今次既調查有任何疑問，你可以打 xxxx-xxxx 同我地既督導員聯絡。如果你想知多 D 關於參與研究既權利，你可以喺辦公時間致電 xxxx-xxxx 向香港大學非臨床研究操守委員會查詢。為左保障數據既真確性，我地既訪問可能會被錄音，但只會用作內部參考，並會係六個月內銷毀。請問可唔可以開始訪問呢？

Yes

No (skip to end)

可以

唔可以 (skip to end)

The target of this interview is **full time worker of age 15 or above who speak Cantonese, English or Mandarin.**

呢個調查既訪問對象係 15 歲或以上操粵語、國語或英語既香港全職人士。

## Part 2 Selection of Respondents 第二部分 選出被訪者

[S1] Is there any full time worker in your household of age 15 or above? Since we need to conduct random sampling, if there is more than one available, I would like to speak to the one who will have his / her birthday next. (If the target is not available at the moment, make an appointment to recall.)

請問你屋企有冇 15 歲或以上既全職人士係度，因為我地要隨機抽樣，如果多過一位，請你叫即將生日果位黎聽電話。（如被訪者暫未能接受訪問，訪問員另約時間再致電。）

Yes

No

Refuse to answer

→ Terminate interview, skip to end.

有

冇

拒答

→ 訪問完成，多謝合作，拜拜。（結束訪問）

[S2] Are you currently working full time? (Interviewers read out: “Full time workers” can be defined as those who work at least 5 days a week, or total working time not less than 40 hours a week.)

請問閣下宜家係唔係全職工作人士？【訪員讀出：全職的定義為每星期最少工作 5 天，或一星期總工作時間不少於 40 小時】

Yes

No

Refuse to answer

→ Terminate interview, skip to end.

係

唔係

拒答

→ Terminate interview, skip to end.  
訪問完成，多謝合作，拜拜。（結束訪問）

## Part 3 Opinion Questions 第三部分 意見部分

[Tracking question from 2006]

[Q1] On a scale of 0-10, how much have YOU achieved in terms of an ideal work-life balance? 0 represents the worst case possible, 10 represents already ideal, and 5 being half-half. 請用 0-10 分評價一下你自己，達到最理想生活及工作平衡方面既邊個階段？0 分代表現時情況非常差，10 分代表已達到非常理想階段，5 分代表一半半。

1. \_\_\_\_\_ (Exact figure from 0-10)
2. Don't know / Hard to say
3. Refuse to answer
1. \_\_\_\_\_ [入實數]
2. 唔知／難講
3. 拒答

[Q2] Do you think your pursuit for work-life balance makes an impact to your work happiness? If yes, positively or negatively?

你對生活及工作平衡既追求有冇影響到你係工作上得到既快樂？如果有，係正面定係負面影響？

1. Yes, positively
2. Yes, negatively
3. No impact at all
4. Don't know / Hard to say
5. Refuse to answer
1. 有，正面影響
2. 有，負面影響
3. 冇影響
4. 唔知／難講
5. 拒答

[Q3] Please tell me which of the following statements on work fulfillment best describes your current situation: [Interviewer to read out statements 1-4, order to be randomized by computer, ONE answer is allowed]

請你話俾我知以下邊一句有關工作成就感既講法最能夠形容你既現況：[訪員讀出 1-4 項，次序由電腦隨機排列，只選一項]

1. My work-life balance gives me sufficient time to enjoy the work that I do and get a sense of fulfillment from it.
  2. My work-life balance does not give me sufficient time to enjoy the work that I do and get a sense of fulfillment from it.
  3. My work-life balance does not impact my fulfillment at work, I do not enjoy my work anyway.
  4. My work-life balance does not impact my fulfillment at work, I enjoy my work anyway.
  5. None of the above
  6. Don't know / hard to say
  7. Refuse to answer
1. 我既工作及生活平衡俾到我足夠時間享受我既工作，從而得到成就感。
  2. 我既工作及生活平衡俾唔到足夠時間我享受我既工作，從而得到成就感。
  3. 我既工作及生活平衡冇影響到我係工作上得到既成就感，我根本唔享受我既工作。
  4. 我既工作及生活平衡冇影響到我係工作上得到既成就感，我點都享受我既工作。
  5. 以上皆否
  6. 唔知／難講
  7. 拒答

[Q4] Please tell me which of the below statements on life outside work best describes your current situation: [Interviewer to read out statements 1-4, order to be randomized by computer, ONE answer is allowed]

請你話俾我知以下邊一句有關工餘生活既講法最能夠形容你既現況：[訪員讀出 1-4 項，次序由電腦隨機排列，只選一項]

1. My work-life balance allows me to enjoy my life outside of work where I am able to pursue my personal goals.
2. My work-life balance does not allow me to enjoy my life outside of work and I am not able to pursue my personal goals.
3. My work-life balance does not impact my life outside of work, I do not enjoy my personal time and have no personal goal anyway.
4. My work-life balance does not impact my life outside of work, I enjoy my personal time anyway.

5. None of the above
6. Don't know / hard to say
7. Refuse to answer
1. 我既工作及生活平衡容許我係工作以外享受生活，追求自己既個人目標。
2. 我既工作及生活平衡唔容許我係工作以外享受生活，追求自己既個人目標。
3. 我既工作及生活平衡有影響到我係工作以外既生活，我根本唔享受生活亦有個人目標。
4. 我既工作及生活平衡有影響到我係工作以外既生活，我無論點都會享受生活。
5. 以上皆否
6. 唔知／難講
7. 拒答

[Q5] How important to you think the following aspects are to your work happiness? Please rate on a scale of 0 to 10, where 0 means not important at all, 10 means very important and 5 means half-half. [Interviewer to read out statements 1 - 6, order to be randomized by computer]

你認為以下既因素對你係工作上得到快樂有幾重要？請你以 0 至 10 分表示，0 分代表完全唔重要，10 分代表非常重要，5 分代表一半半。[訪員讀出 1 - 6 項，次序由電腦隨機排列]

	[0-10 marks]	Don't know / hard to say	Refuse to answer
a) Convenient to go to work from home			
b) 24/7 where I can go shopping or dining after overtime work			
c) Diverse and full of variety of shops, restaurants and entertainment at affordable price / different price points			
d) Convenient to go to sports facilities like gym, swimming pools, etc.			
e) Office equips with good leisure room/facilities like decent pantry, quiet room for tea break, massage chairs, etc.			
f) Office equips with good family friendly facilities like nursing room, etc.			

	[0-10 分]	唔知／難講	拒答
a) 方便由屋企往返工作地點			
b) 任何時候加班工作後都可以去購物或飲食			
c) 有不同價格兼多元化既商店、餐聽同娛樂設施可供選擇			
d) 方便由工作地點去運動設施如健身室、泳池等			
e) 工作地點提供好既休息室／設備如得體既茶水間、可以用黎休息既寧靜房間、按摩椅等			
f) 工作地點提供家庭友善設施如哺乳室等			

[Q6] Is your current district the most ideal working district for you? If yes, which is it? / If not, which is?

對你黎講，你現時既工作地區係唔係最理想？如果係，係邊區？ / 如果唔係，邊區係？

Yes 係                      No, and my ideal district is: 唔係，而我心目中最理想既地區係:

Wanchai / Causeway Bay (HKI)	灣仔 / 銅鑼灣(香港島)
Eastern (HKI)	東區(香港島)
Central and Western (HKI)	中西區(香港島)
Southern (HKI)	南區(香港島)
Kwun Tong (KLE)	觀塘(九龍東)
Kowloon City (KLW)	九龍城(九龍西)
Wong Tai Sin (KLE)	黃大仙(九龍東)
Mong Kok (KLW)	旺角(九龍西)
Sham Shui Po (KLW)	深水步(九龍西)
Yau Tsim (KLW)	油尖(九龍西)
Sai Kung (NTE)	西貢(新界東)
Sha Tin (NTE)	沙田(新界東)
Islands (NTW)	離島(新界西)
Tsuen Wan (NTW)	荃灣(新界西)
Kwai Tsing (NTW)	葵青(新界西)
Tuen Mun (NTW)	屯門(新界西)
Yuen Long (NTW)	元朗(新界西)
Northern (NTE)	北區(新界東)
Tai Po (NTE)	大埔(新界東)
Others (Please specify).....	其他(請註明)
Don't know / hard to say	唔知／難講
Refuse to answer	拒答

[Q7] Why this working district is ideal? [Do not read out answers, multiple answers allowed]

點解呢個工作地區最理想? [不讀答案，可選多項]

Near home	近屋企
Near banks / other service facilities	近銀行／其他服務機構
Near sports facilities	近運動設施
Near friends / family members	近朋友／家人
Convenient to shops / restaurants / beauty salon, etc.	方便去購物／餐聽／美容院等
Nice neighborhood	附近環境好
Good air quality	空氣好
Low cost of living (e.g. lunch, travel)	生活物價低 (午餐／交通等)
Others (Please specify)	其他(請註明)
Don't know / hard to say	唔知／難講
Refuse to answer	拒答

[Previously asked in 2010]

[Q8] Lastly, would you consider leaving your current job for better work-life balance?

最後，你會唔會考慮辭職或者轉工以達到更好既生活及工作平衡？

1. Yes
  2. No
  3. Don't know / Hard to say
  4. Refuse to answer
- 
1. 會
  2. 唔會
  3. 唔知/難講
  4. 拒答



## Part 4 Demographics 第四部分 個人資料

We would like to ask you some personal information for further analyses.  
我想問你些少個人資料，方便分析。

[DM1] Gender 性別

Male	男
Female	女

[DM2a] Age 年齡

_____ (Exact age)	_____ (準確數字)
Do not want to tell	唔肯講

[DM2b] 【For those who do not want to tell their exact age】Age interval (Interviewer can read out the intervals)

【只問不肯透露準確年齡被訪者】年齡 (範圍)[訪問員可讀出範圍]

15-20	15-20 歲
21-25	21-25 歲
26-30	26-30 歲
31-35	31-35 歲
36-40	36-40 歲
41-45	41-45 歲
46-50	46-50 歲
51-55	51-55 歲
56-60	56-60 歲
61 years old above	61 歲或以上
Do not want to tell	唔肯講

[DM3] Education Attainment 教育程度

Primary school or below	小學或以下
Secondary school	中學
Matriculated	預科
Tertiary, non-degree course	專上非學位
Tertiary, degree course	專上學位
Master's degree	碩士學位
Doctor's degree	博士學位
Refuse to answer	拒答

[DM4] Position 職位 (Pls refer to attached “occupation” sheet for detailed categorizations)

**White collar:**

Professional / Manager / Executive

Trader / Proprietor

Office: skilled

Office: unskilled

**Blue collar:**

Factory/Shop/Outdoor: skilled Manual worker

Factory/ Shop/Outdoor: unskilled Manual worker

Refuse to answer

**白領:**

專業人士／經理／行政人員

商人／東主

辦工室:技術白領人士

辦工室:非技術白領人士

**藍領:**

工廠/舖位/戶外:技術藍領人士

工廠/舖位/戶外:非技術藍領人士

拒答

[DM5] Industry 行業

Banks and Finance Sector

Commercial Service

Construction Industry

Education

Film / Entertainment Industry

Government / Public Affairs

Import / Export Trade

Information Technology (IT)

Insurance

Law, Accountancy, Professional Information Services

Manufacturing Industry

Media

Medical, Hygiene and Welfare Sector

Oil, Energy, Resources and Utilities

Other Personal Services

Property

Restaurants / Hotels

Telecommunication

Transportation Industry

Warehouse Duties

Wholesale / Retail

Others (Please specify)

Refuse to answer

銀行及金融

商業服務

建造業

教育

電影／娛樂事業

政府／公共事務

進出口貿易

資訊科技

保險

法律、會計、專業資訊服務

製造業

傳媒

醫療、衛生及福利

石油及能源

其他個人服務

房地產

食肆／酒店

通訊業

運輸

倉務

批發／零售

其他(請註明)

拒答

[DM6] Are you a carer of your child(ren) or other family member(s) during your non-working hours? [Interviewer to note: A carer is someone who provide unpaid care by looking after a family member. The family member may be a child, elderly, ill, disabled or need to be taken care of in their daily life for other reasons.] [Interviewer to read out answers, multiple answers allowed]

請問你係工餘時間需唔需要照顧你既子女或其他家庭成員？[訪員注意：照顧者是指任何人士無收取金錢報酬地照顧年幼、年老、長期病患、殘障或因為其他原因而需要照顧的家庭成員][訪員讀出答案，可選多項]

Yes, child(ren)

Yes, other family member(s)

No

Refuse to answer

有，需要照顧子女

有，需要照顧其他家庭成員

冇

拒答

*Thank you for your time. If you have any questions regarding this interview, you can call xxxx-xxxx to talk to our supervisor, or the Human Research Ethics Committee for Non-Clinical Faculties of the University of Hong Kong at xxxx-xxxx during office hours to verify this interview's authenticity and confirm my identity. Good-bye!*

問卷已經完成，多謝你接受訪問。如果你對呢個訪問有任何疑問，可以打熱線電話 xxxx-xxxx 同我地既督導員聯絡，或者係辦公時間打 xxxx-xxxx 向香港大學操守委員會查詢今次訪問既真確性同埋核對我既身分。拜拜！

\*\*\*\*\* **End of questionnaire** \*\*\*\*\*

\*\*\*\*\* **問卷完** \*\*\*\*\*