

THE UNIVERSITY OF HONG KONG 香港大學

PUBLIC OPINION PROGRAMME 民意研究計劃

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Public Opinion Programme, HKU

The Boys' and Girls' Clubs Association of Hong Kong

Jointly conduct

Hong Kong Family Happy Index Survey

Questionnaire (Final Draft)

6 May 2008

The Public Opinion Programme (POP) was established in June 1991 at the Social Sciences Research Centre under the Faculty of Social Sciences of the University of Hong Kong. It was transferred to the Journalism and Media Studies Centre of the University of Hong Kong in May 2000, and then back to the Faculty of Social Sciences in January 2002.

香港大學民意研究計劃在一九九一年六月成立，初時隸屬香港大學社會科學學院的社會科學研究中心，二零零零年五月轉往香港大學新聞及傳媒研究中心，二零零二年一月再轉回香港大學社會科學學院管轄。

Part 1 Self-Introduction

Good evening, sir/madam, this is Mr/Ms X, an interviewer from the Public Opinion Programme (POP) of the University of Hong Kong. We are conducting a survey on happy feelings and would like to invite you to participate in an interview which will take only a few minutes. Please be rest assured that your phone number is randomly selected by our computer and your information provided will be kept strictly confidential.

Is it okay for us to start this survey?

Yes

No (skip to end)

Part 2 Respondent Selection

[S1] Are there any HK residents of age 18 or above and with at least one child under the age of 18 at your home right now? Since we need to conduct random sampling, if there are more than one eligible persons, may I talk to the one who will have his/her birthday next?

- | | | |
|--------------------------------|----|---|
| Yes | —> | Part A |
| Yes, but not home/ unavailable | —> | Interviewer make an appointment for another phone interview |
| No | —> | [S2] |
| Refuse to take part | —> | (Interview ends) |

[S2] Are there any HK residents of age 18 to 34 and without children at your home right now? Again, since we need to conduct random sampling, if there is more than one eligible persons, may I talk to the one who will have his/her birthday next? [If no eligible respondents, interview can be terminated.]

- | | | |
|--------------------------------|----|---|
| Yes | —> | Part B |
| Yes, but not home/ unavailable | —> | Interviewer make an appointment for another phone interview |
| No | —> | (Interview ends) |
| Refuse to take part | —> | (Interview ends) |

Part 3 Main Questions

Part A) For parents of age 18 or above and with at least one child under the age of 18

D) Views on Happiness

[Q1] Have you been living happily for the past few months?

- Very happily
- Quite happily
- Half-half
- Quite unhappily
- Very unhappily
- Don't know/ hard to say
- Refuse to answer

[Q2] Please use a scale of 0 to 100 marks to rate your degree of happiness for the past few months, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give to yourself?

- _____ (exact number)
- Don't know/ hard to say
- Refuse to answer

[Q3] Please use a scale of 0 to 100 marks to rate the degree of happiness of your friends and family for the past few months, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give to them?

- _____ (exact number)
- Don't know/ hard to say
- Refuse to answer

[Q4-8] How much do you agree to the following? (Interviewers to probe degree. Order to be randomized by computer)

[Q4] Happiness depends on how I deal with my life.

[Q5] The richer I am, the happier I am.

[Q6] The happier my family is, the happier I am.

[Q7] The more happiness I can bring to the others, the happier I am.

[Q8] Hong Kong is a place full of happiness.

Very much agree

Quite agree

Half-half

Quite disagree

Totally disagree

Don't know/ hard to say

Refuse to answer

II) Being with children and relationship with happiness

[Q9] Whom do you think you are happiest to be with? (Interviewer not to read out the options. Single response only.)

Father

Mother

Siblings

Child/ children

Spouse/ lover

Friends/ colleagues

Other family members

Others (Please specify) _____

Don't know/ hard to say

Refuse to answer

[Q10] Who would you talk to when you feel unhappy? (Interviewer not to read out the options. Single response only.)

- Father
- Mother
- Siblings
- Child/ children
- Spouse/ lover
- Friends/ colleagues
- Other family members
- Social workers
- Others (Please specify) _____
- Don't know/ hard to say
- Refuse to answer

[Q11] Please use a scale of 0 to 100 marks to rate the degree of happiness of you living with your children, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give?

- _____ (exact number)
- Don't know/ hard to say
- Refuse to answer

[Q12] What kind of things would you usually do to make your children happy? (Read out items 1-6, in order randomized by computer, multiple answers allowed)

- Outdoor activities together, such as doing exercise, going to the park or beaches, etc.
- Having fun at home together, such as watching TV/videos, playing video games, etc.
- Buying gifts to children
- Chatting/story-telling
- Accompanying them when they're doing homework/studying
- As long as I'm with them, they'll be happy
- Others (Please specify) _____
- Nothing at all
- Don't know/ hard to say
- Refuse to answer

III) Being with other people and relationship with happiness

[Q13] Your relationship with whom do you think most affect whether you are happy or not?
(Interviewer not to read out the options. Single response only.)

- Relationship with child/ children
- Relationship with parents
- Relationship with spouse/ lover
- Relationship with friends
- Relationship with colleagues
- Relationship with other family members
- Others (please specify) _____
- Don't know/ hard to say
- Refuse to answer

[Q14] When someone next to you are not happy, what would you do to make him/her feel better? (Interviewer not to read out the options. Multiple responses allowed.)

- Keep him/ her company/ Do what he/ she likes with him/her
- Listen to his/her
- Talk to him/her/ Tell jokes
- Do sports activities with him/her, e.g. walking on the beach
- Do leisure activities with him/her, e.g. karaoke, eating, drinking
- Do/ make something for him/ her (e.g. cards, cakes, sing a song)
- Buy something he/ she likes to him/ her
- Let him/ her alone/ Not to bother him
- Hug/ kiss her
- Will not do anything
- Others (Please specify) _____
- Don't know/ hard to say
- Refuse to answer

IV) Activities/events associated with happiness

[Q15] What kind of activities/events would make you happy? (Interviewer not to read out the options. Multiple responses allowed.)

Leisure activities with friends

Talking to friends

Leisure activities with family

Talking to family

Personal leisure activities that I like (e.g. surfing the Internet, playing computer games, horse betting)

Sleeping

Earn lots of money/ win money

Helping others, e.g. volunteering for community service

Satisfaction at school/ work place/ Appreciation by others

Love/ support from people surrounding

Overcome difficulties successfully

Children behaving

Child to have good academic performance/ Child is smart

Others (Please specify)_____

Don't know/ hard to say

Refuse to answer

[Q16] When you are happy, how would you express your happiness? (Interviewer not to read out the options. Multiple responses allowed.)

By behaviors (e.g. laughing, singing, blowing whistle so that others can feel it)

Tell my family directly

Tell my friends directly

Not to express by any way as it is enough that I know it

Others (Please specify)_____

Don't know/ hard to say

Refuse to answer

[Q17] If you are to make Hong Kong people happier, what advice would you give them?
(Interviewer not to read out the options. Multiple responses allowed.)

- Smile/ laugh more
- Spend more time with loved ones
- Do more sports activities
- Eat more good food
- Go to play more often
- Travel more
- Not to be so materialistic
- Do more voluntary community services
- Reduce workload
- Take things easy/ not to be stubborn
- Not to demand too much/ be contented
- Treat oneself better/ enjoy life more
- Treat others better/ Try to please people around you more
- Learn about relieving stress/ negative emotion
- Others (Please specify)_____
- Don't know/ hard to say
- Refuse to answer

[Q18] Do you do volunteer work usually? If so, around how many hours did you spend on volunteer work in the past year?

_____ hours [exact number]

No (Skip to Q20)

Don't know/ hard to say (Skip to Q20)

Refuse to answer (Skip to Q20)

[Q19] Do you think you become happier or less happy after you have done volunteer work?

A lot happier

A little bit happier

No difference

Less happy

Very unhappy

Don't know/ hard to say

Refuse to answer

[Q20] Lastly, how many times on average do you smile or laugh each day?

_____ [exact number within the range of 0-50 times. For more than 50 times, choose “more than 50 times”]

More than 50 times

Don't know/ hard to say

Refuse to answer

[Skip to Section 4 on demographic profile]

Part B) For HK residents of age 19 to 34 and without children

D) Views on Happiness

[Q21] Have you been living happily for the past few months?

Very happily

Quite happily

Half-half

Quite unhappily

Very unhappily

Don't know/ hard to say

Refuse to answer

[Q22] Please use a scale of 0 to 100 marks to rate your degree of happiness for the past few months, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give to yourself?

_____ (exact number)

Don't know/ hard to say

Refuse to answer

[Q23] Please use a scale of 0 to 100marks to rate the degree of happiness of your friends and family for the past few months, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give to them?

_____ (exact number)

Don't know/ hard to say

Refuse to answer

[Q24-28] How much do you agree to the following? (Interviewers to probe degree. Order to be randomized by computer)

[Q24] Happiness depends on how I deal with my life.

[Q25] The richer I am, the happier I am.

[Q26] If my family is happy, the happier I am.

[Q27] The more happiness I can bring to others, the happier I become.

[Q28] Hong Kong is a place full of happiness.

Very much agree

Quite agree

Half-half

Quite disagree

Totally disagree

Don't know/ hard to say

Refuse to answer

II) Being with parents and relationship with happiness

[Q29] Whom do you think you are happiest to be with? (Interviewer not to read out the options. Single response only.)

Father

Mother

Siblings

Grandparents

Friends/ schoolmates/ colleagues

Other family members

Others (Please specify) _____

Don't know/ hard to say

Refuse to answer

[Q30] Who would you talk to when you feel unhappy? (Interviewer not to read out the options. Single response only.)

- Father
- Mother
- Siblings
- Grandparents
- Friends/ schoolmates/ colleagues
- Teachers/ social workers
- Other family members
- Others (Please specify) _____
- Don't know/ hard to say
- Refuse to answer

[Q31] Please use a scale of 0 to 100 marks to rate the degree of happiness of you living with your parents, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give?

- _____ (exact number)
- Don't know/ hard to say
- Refuse to answer

[Q32] What do you usually do to make your parents happy? (Read out items 1-5, in order randomized by computer, multiple answers allowed)

- Study hard/work hard
- Doing chores for them
- Paying family expenses/fulfilling their materialistic needs
- Spend more time with them, e.g. go hiking or eating out with them
- Just live a happy life myself
- Others (Please specify) _____
- Nothing at all
- Don't know/ hard to say
- Refuse to answer

III) Being with other people and relationship with happiness

[Q33] Your relationship with whom do you think most affect whether you are happy or not?
(Interviewer not to read out the options. Single response only.)

Relationship with parents

Relationship with spouses (including husband/ wife/ lover)

Relationship with friends

Relationship with co-workers

Relationship with other family members

Others (please specify) _____

Don't know/ hard to say

[Q34] When someone next to you is unhappy, what would you do make him/her feel better?
(Interviewer not to read out the options. Multiple responses allowed.)

Keep him/ her company/ Do what he/ she likes with him/her

Listen to his/her

Talk to him/her/ Tell jokes

Do sports activities with him/her, e.g. walking on the beach

Do leisure activities with him/her, e.g. karaoke, eating, drinking

Do/ make something for him/ her (e.g. cards, cakes, sing a song)

Buy something he/ she likes to him/ her

Let him/ her alone/ Not to bother him

Hug/ kiss her

Will not do anything

Others (Please specify) _____

Don't know/ hard to say

Refuse to answer

IV) Activities/events associated with happiness

[Q35] What kind of activities/events would make you very happy? (Interviewer not to read out the options. Multiple responses allowed.)

Leisure activities with friends

Talking to friends

Leisure activities with family

Talking to family

Do personal leisure activities that I like (e.g. surfing the Internet, playing computer games, horse betting)

Sleeping

Earn lots of money/ win money

Helping others, e.g. volunteering for community service

Satisfaction at school/ work place/ Appreciation by others

Love/ support from people surrounding

Overcome difficulties successfully

Others (Please specify)_____

Don't know/ hard to say

Refuse to answer

[Q36] When you are happy, how would you express your happiness? (Interviewer not to read out the options. Multiple responses allowed.)

By behaviors (e.g. laughing, singing, blowing whistle so that others can feel it)

Tell my family directly

Tell my friends directly

Not to express by any way as it is enough that I know it

Others (Please specify)_____

Don't know/ hard to say

Refuse to answer

[Q37] If you are to make Hong Kong people happier, what advice would you give them?
(Interviewer not to read out the options. Multiple responses allowed.)

Smile/ laugh more

Spend more time with loved ones

Do more sports activities

Eat more good food

Go to play more often

Travel more

Not to be so materialistic

Do more voluntary community services

Reduce workload

Take things easy/ do not be stubborn

Not to demand too much/ be contented

Treat oneself better/ enjoy life more

Treat people around you better/ Try to please people around you more

Learn about relieving stress/ negative emotion

Others (Please specify) _____

Don't know/ hard to say

Refuse to answer

[Q38] Do you do volunteer work usually? If so, around how many hours did you spend on
volunteer work in the past year?

_____ hours [exact number]

No (Skip to Q40)

Don't know/ hard to say (Skip to Q40)

Refuse to answer (Skip to Q40)

[Q39] Do you think you become happier or less happy after you have done volunteer work?
(Interviewers to probe degree)

A lot happier

A little bit happier

No difference

Less happy

Very unhappy

Don't know/ hard to say

Refuse to answer

[Q40] Lastly, how many times on average would you smile or laugh each day?

_____ [exact number within the range of 0-50times. For more than 50 times, choose “more than 50 times”]

More than 50 times

Don't know/ hard to say

Refuse to answer

[Skip to Section 4 on demographic profile]

Part C) For HK residents of age 9 to 17

D) Views on Happiness

[Q41] Have you been living happily for the past few months?

Very happily

Quite happily

Half-half

Quite unhappily

Very unhappily

Don't know/ hard to say

Refuse to answer

[Q42] Please use a scale of 0 to 100 marks to rate your degree of happiness for the past few months, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give to yourself?

_____ (exact number)

Don't know/ hard to say

Refuse to answer

[Q43] Please use a scale of 0 to 100marks to rate the degree of happiness of your friends and family for the past few months, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give to them?

_____ (exact number)

Don't know/ hard to say

Refuse to answer

[Q44-48] How much do you agree to the following? (Interviewers to probe degree. Order to be randomized by computer)

[Q44] Happiness depends on how I deal with my life.

[Q45] The richer I am, the happier I am.

[Q46] If my family is happy, the happier I am.

[Q47] The more happiness I can bring to others, the happier I become.

[Q48] Hong Kong is a place full of happiness.

Very much agree

Quite agree

Half-half

Quite disagree

Totally disagree

Don't know/ hard to say

Refuse to answer

II) Being with parents and relationship with happiness

[Q49] Whom do you think you are happiest to be with? (Interviewer not to read out the options. Single response only.)

Father

Mother

Siblings

Grandparents

Friends/ schoolmates/ colleagues

Other family members

Others (Please specify) _____

Don't know/ hard to say

Refuse to answer

[Q50] Who would you talk to when you feel unhappy? (Interviewer not to read out the options. Single response only.)

Father

Mother

Siblings

Grandparents

Friends/ schoolmates/ colleagues

Teachers/ social workers

Other family members

Others (Please specify) _____

Don't know/ hard to say

Refuse to answer

[Q51] Please use a scale of 0 to 100 marks to rate the degree of happiness of you living with your parents, in which 0 meaning extremely unhappy, 100 meaning extremely happy and 50 meaning half-half. How many marks would you give?

_____ (exact number)

Don't know/ hard to say

Refuse to answer

[Q52] What do you usually do to make your parents happy? (Read out items 1-5, in order randomized by computer, multiple answers allowed)

Study hard/work hard

Doing chores for them

Paying family expenses/fulfilling their materialistic needs

Spend more time with them, e.g. go hiking or eating out with them

Just live a happy life myself

Others (Please specify) _____

Nothing at all

Don't know/ hard to say

Refuse to answer

IV) Being with other people and relationship with happiness

[Q53] Your relationship with whom do you think most affect whether you are happy or not?
(Interviewer not to read out the options. Single response only.)

Relationship with parents

Relationship with spouses (including husband/ wife/ lover)

Relationship with friends

Relationship with co-workers

Relationship with other family members

Others (please specify) _____

Don't know/ hard to say

[Q54] When someone next to you is unhappy, what would you do make him/her feel better?
(Interviewer not to read out the options. Multiple responses allowed.)

Keep him/ her company/ Do what he/ she likes with him/her

Listen to his/her

Talk to him/her/ Tell jokes

Do sports activities with him/her, e.g. walking on the beach

Do leisure activities with him/her, e.g. karaoke, eating, drinking

Do/ make something for him/ her (e.g. cards, cakes, sing a song)

Buy something he/ she likes to him/ her

Let him/ her alone/ Not to bother him

Hug/ kiss her

Will not do anything

Others (Please specify) _____

Don't know/ hard to say

Refuse to answer

IV) Activities/events associated with happiness

[Q55] What kind of activities/events would make you very happy? (Interviewer not to read out the options. Multiple responses allowed.)

Leisure activities with friends

Talking to friends

Leisure activities with family

Talking to family

Do personal leisure activities that I like (e.g. surfing the Internet, playing computer games, horse betting)

Sleeping

Earn lots of money/ win money

Helping others, e.g. volunteering for community service

Satisfaction at school/ work place/ Appreciation by others

Love/ support from people surrounding

Overcome difficulties successfully

Others (Please specify)_____

Don't know/ hard to say

Refuse to answer

[Q56] When you are happy, how would you express your happiness? (Interviewer not to read out the options. Multiple responses allowed.)

By behaviors (e.g. laughing, singing, blowing whistle so that others can feel it)

Tell my family directly

Tell my friends directly

Not to express by any way as it is enough that I know it

Others (Please specify)_____

Don't know/ hard to say

Refuse to answer

[Q57] If you are to make Hong Kong people happier, what advice would you give them?
(Interviewer not to read out the options. Multiple responses allowed.)

Smile/ laugh more
Spend more time with loved ones
Do more sports activities
Eat more good food
Go to play more often
Travel more
Not to be so materialistic
Do more voluntary community services
Reduce workload
Take things easy/ do not be stubborn
Not to demand too much/ be contented
Treat oneself better/ enjoy life more
Treat people around you better/ Try to please people around you more
Learn about relieving stress/ negative emotion
Others (Please specify) _____
Don't know/ hard to say
Refuse to answer

[Q58] Do you do volunteer work usually? If so, around how many hours did you spend on
volunteer work in the past year?

_____ hours [exact number]
No (Skip to Q40)
Don't know/ hard to say (Skip to Q40)
Refuse to answer (Skip to Q40)

[Q59] Do you think you become happier or less happy after you have done volunteer work?
(Interviewers to probe degree)

A lot happier
A little bit happier
No difference
Less happy
Very unhappy
Don't know/ hard to say
Refuse to answer

[Q60] Lastly, how many times on average would you smile or laugh each day?

_____ [exact number within the range of 0-50times. For more than 50 times, choose “more than 50 times”]

More than 50 times

Don't know/ hard to say

Refuse to answer

[Skip to Section 4 (DM9) on demographic profile]

Part 4 Demographics

We would like to know some of your personal particulars in order to facilitate our analysis.

[DM1] Gender

Male

Female

[DM2a] Age

_____ (Exact age)

Refuse to answer

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

18-20

21-30

31-40

41-50

51-60

61 or above

Refuse to answer

[DM3] Education Attainment

Primary school or below

Secondary school

Matriculated

Tertiary, non-degree course

Tertiary, degree course

Post-graduate or above

Refuse to answer

[DM4] Occupation

Managers and executive

Professional

Associate professional

Clerk

Service workers and shop sales worker

Skilled agricultural and fishery worker

Craft and related worker

Plant and machine operators and assembler

Non-skilled worker

Student

Full-time housewife

Cannot be classified

Others (Please specify: _____)

Refuse to answer

[DM5] Were you born in Hong Kong, Mainland China or other places?

Hong Kong (Skip to DM7)

Mainland China

Others

Refuse to answer (Skip to DM7)

[DM6] How long have you been to Hong Kong?

_____ (exact number)

Refuse to answer

[DM7] Monthly personal income (including bonus)

No income

\$1-\$5,000

\$5,001-\$10,000

\$10,001-\$20,000

\$20,001-\$30,000

\$30,001-\$50,000

\$50,001 or above

Refuse to answer

[DM8] Monthly household income

No income

\$1-\$10,000

\$10,001-\$30,000

\$30,001-\$50,000

\$50,001-\$70,000

\$70,001-\$90,000

\$90,001 or above

Don't know

Refuse to answer

[S3] [For parents only] Do you have any child aged between 9-17?

Yes

No (Interview ends)

Refuse to answer (Interview ends)

[S4] [For parents only] We also want to conduct survey related to happy feelings with your children. Is it okay if I invite one of them for a simple interview? The questions will be quite similar with the one you have just finished. Please rest assured that the survey will also be conducted unanimously and all information provided will be used for aggregate analysis only. The results will be announced to public within three months. Is it okay?

Yes

No (interview ends)

[S5] [For parents only] Since we need to conduct random sampling, if you have more than one children of age 9 to 18, please ask the one who will have his/her birthday next to answer this call.

Yes

→ Invite kids to participate, start from Part B

Yes, but not home/ unavailable

→ Interviewer make an appointment for another phone interview

No

→ (Interview ends)

Refuse to take part

→ (Interview ends)

[Ask all questions in Part C]

[DM9] Gender (interviewer to confirm)

Male

Female

Refuse to answer

[DM10a] Age

_____ (Exact age)

Refuse to answer

[DM10b] **【For those who do not want to tell their exact age】** Age interval (Interviewer can read out the intervals)

9-12 years old

13-17 years old

Refuse to answer

[DM11] Education Attainment

Primary school or below

Secondary school

Matriculated

Tertiary, non-degree course

Tertiary, degree course

Refuse to answer

[DM12] Are you still doing studies at schools?

Yes

No

Refuse to answer

Thank you for your time. If you have any questions regarding this interview, you can call xxxx-xxxx to talk to our supervisor Ms XXX, 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!

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