



***“Spirituality, Religions, and Happiness: Identifying the Nexus”***

(in English)



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**Abstract:**

This study uses data from 40 countries in wave 5 of the World Value Survey conducted during 2004 and 2008. A “spirituality” index is compiled using responses to selected questions in the survey. It was found that spirituality carries a statistically very significant positive coefficient in a regression with subjective well being (“Taking all things together, would you say you are very happy, rather happy, not very happy, or not at all happy”) as the dependent variable. However, this paper finds that the channel through which spirituality affects happiness is mainly via four key mental qualities Love, Insight, Fortitude, and Engagement, which can be considered as aspects of mental capital. In addition, social networking through religious affiliations, both active and passive, may also be a channel through which religious people gain happiness.

**Date: 12 November 2012(Monday)**  
**Time: 4:00pm – 5:30pm**  
**Venue: WYL110, Dorothy Y. L. Wong Building**

**Biography:**

Prof. Ho Lok Sang is Professor of Economics and Director of Centre for Public Policy Studies, Lingnan University. His research interests cover a broad area, spanning international economics to domestic public policy issues like social security, health policy, housing policy. His recent books include Public Policy and the Public Interest(Routledge), Health Policy and the Public Interest(Routledge), and Human Spirituality and Happiness(Authorhouse). His translated works include the Daodejing and the Buddhist poem Xin Xin Ming. The latter is available as a musical sung by two vocalists with music composed by Frankie Ho. Prof. Ho recently helped found the HK Buddhist Psychology and Mental Health Association. Prof. Ho is well known for his annual surveys on happiness in Hong Kong.

**All Are Welcome**

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