

HK Children Happiness Index 2022 2022 學年香港學童快樂指數 Sept 2022

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- We thank all the schools that supported our research.
- This series of surveys was initiated by the HK Early Childhood Development Research Foundation and has been conducted annually since 2012 with the exception of 2019-20.

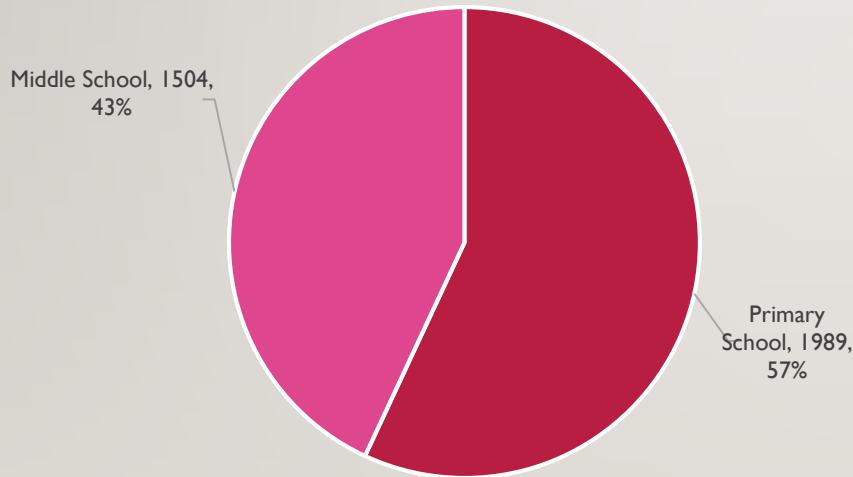
- We started contacting the schools in March 2022. Questionnaires were sent to participating schools in May and received in July and August.
- 2022年5月至2022年8月收集問卷
- Results for multiyear comparisons exclude direct subsidy schools and private schools. 取樣包括非直資本地中小學及一間私立小學。但跨年度數據只含非直資非私立學校。



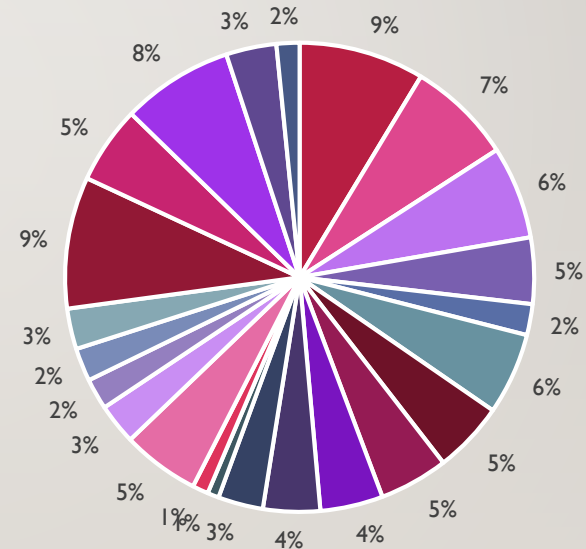
Sample Distribution (School)

學童樣本分佈 (學校)

Sample Distribution Students from Primary
V.S. those from Secondary Schools
(16 Primary and 9 Secondary)



Student Sample Distribution from
different School (n=25)



老師樣本共150位

Average Happiness Score since 2012

Average of Happiness Indices for Each Age Group Covering Grades P4 to S3

快樂指數水平略微降低 (average of all age groups)

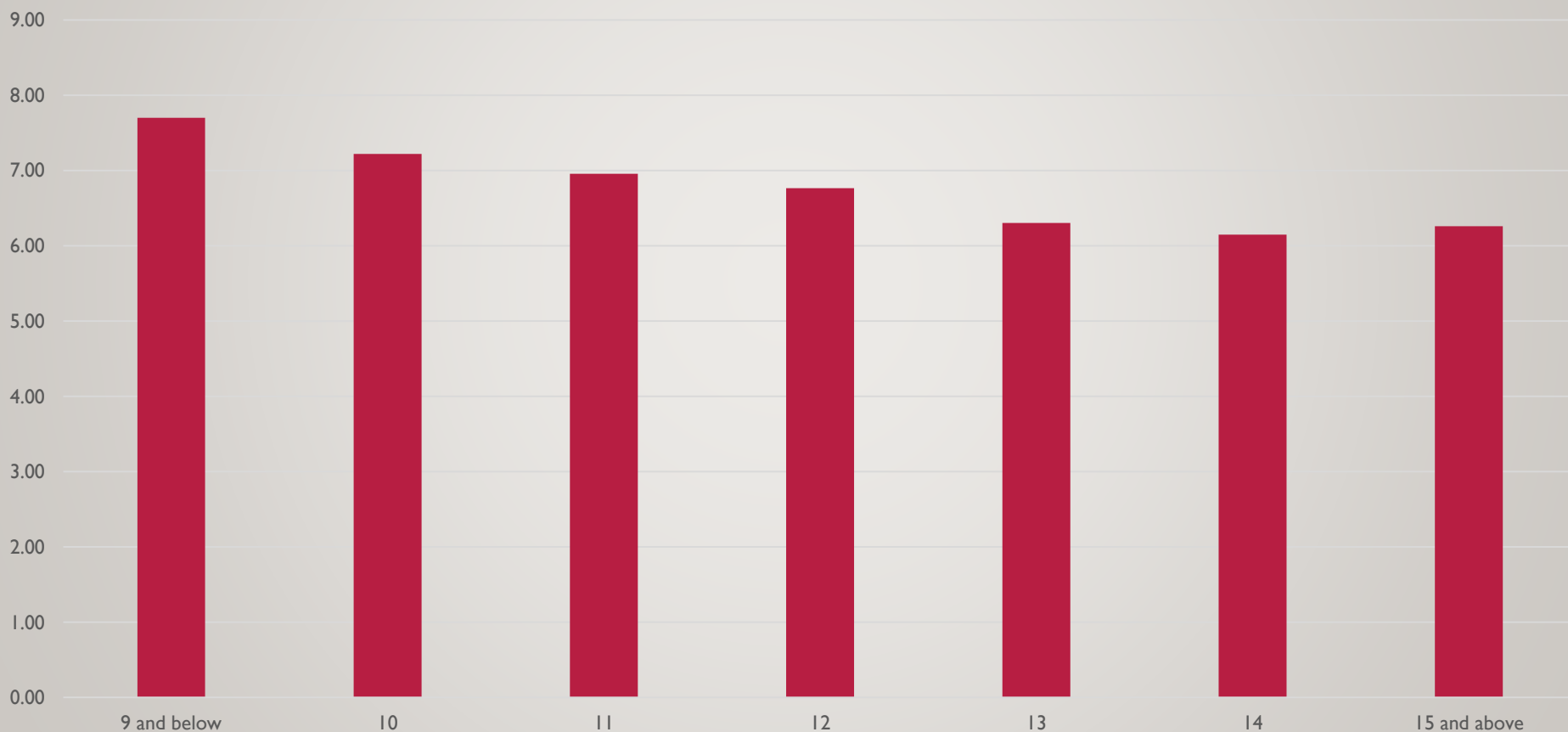


Happiness Score for Different Age in 2021/22

(Non-DSS/Private Schools Only)

不同年齡兒童的快樂指數 (2021/22年度)

(P4 to S3 only)



Non-(DSS/Private)Happiness by age

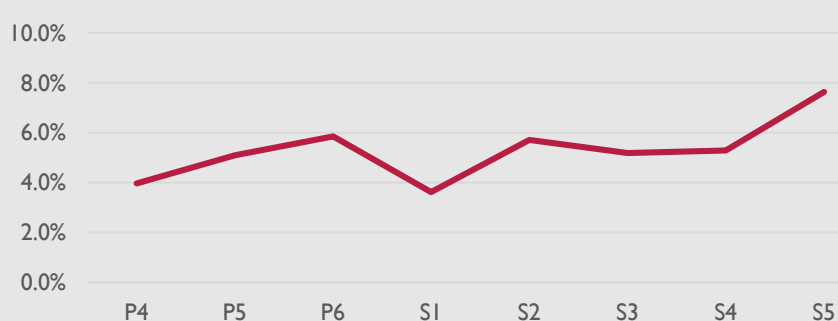
其他學校按年齡組別兒童快樂指數(6年比較)

Age	2021/22	2020/21	2018/19	2017/18	2016/17	2015/16	2021/22 變化百分比
9 or below	7.70	7.62	7.38	6.94	7.3	6.76	+1.1%
10	7.22	7.46	7.21	7.15	7.18	6.96	-3.2%
11	6.96	6.95	7.15	7.14	6.97	6.91	+0.1%
12	6.77	6.61	6.86	6.81	6.77	6.55	+2.4%
13	6.30	6.61	6.61	6.41	6.34	6.52	-4.6%
14	6.15	6.27	6.42	6.31	6.46	6.15	-1.9%
15 and above	6.26	6.46	6.03	6.34	6.51	5.79	-3.1%
Average	6.77	6.85	6.81	6.73	6.79	6.52	-1.3%

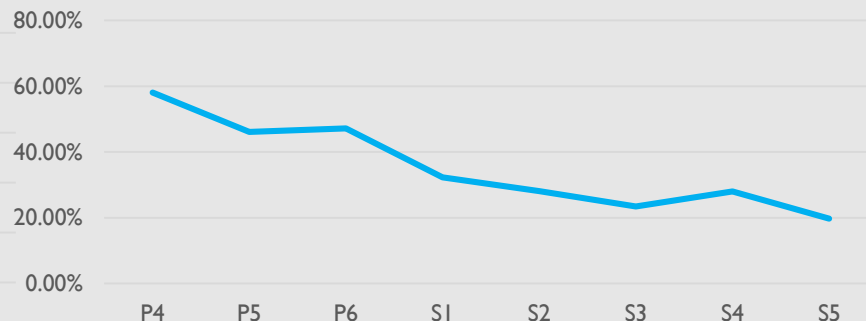
Percentage of Very Happy and Unhappy Children of different Grade in 2021/22

不同年級的非常快樂與非常不快樂兒童的百分比 (2021/22年度)

% of very unhappy children of different grade
不同年級非常不快樂兒童的百分比 (2021/22年度)



% of very happy children of different grade
不同年級非常快樂兒童的百分比 (2021/22年度)



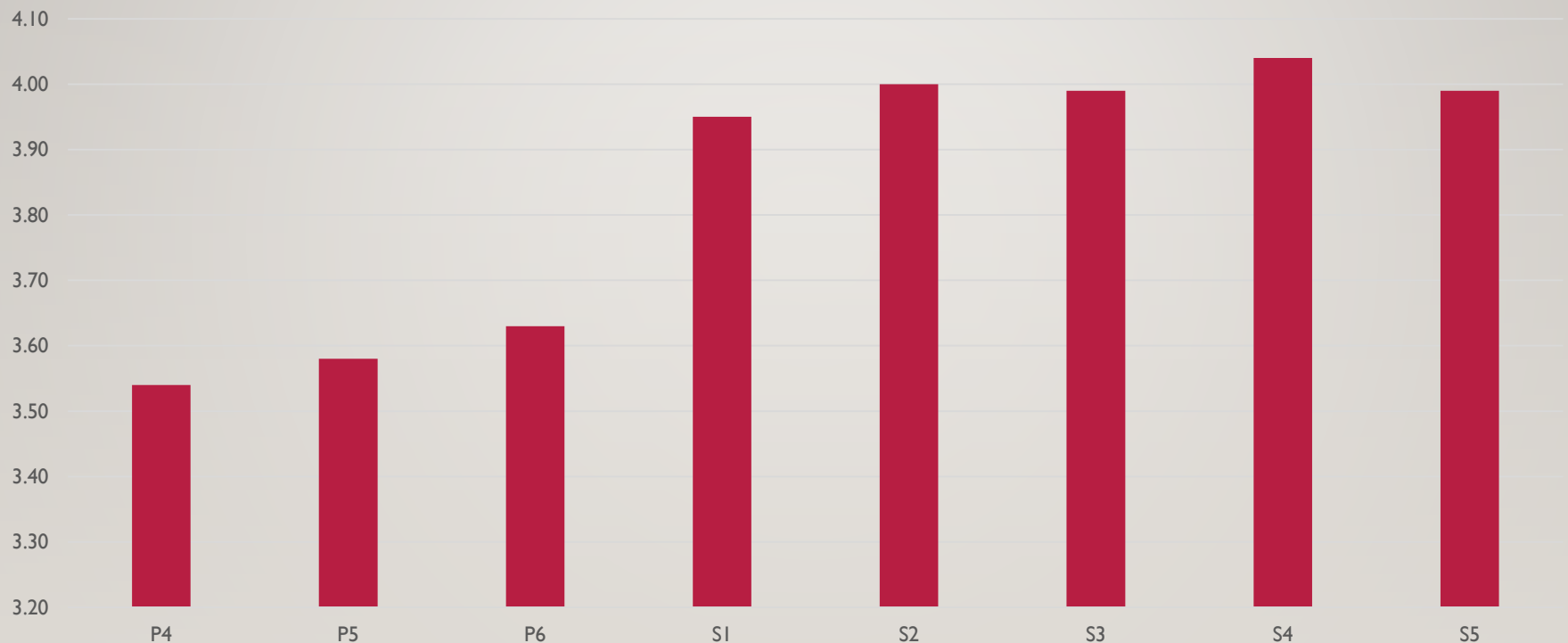
	P4	P5	P6	S1	S2	S3	S4	S5
Very unhappy (0-2)	27	34	34	13	21	21	10	12
Neutral (3-7)	262	334	281	230	243	289	126	114
Very happy (8-10)	403	311	276	116	103	95	53	31
Mean	7.49	6.9	6.87	6.41	6.25	6.11	6.2	5.75
% of very unhappy	3.9%	5.0%	5.8%	3.6%	5.7%	5.2%	5.3%	7.6%
% of very happy	58.24%	45.80%	46.70%	32.31%	28.07%	23.46%	28.04%	19.75%
obs	692	679	591	359	367	405	189	157

你過去一年內**沒有**感到被同學欺凌

You have **NOT** felt bullied by your classmates

in the past year(2021/22): 欺凌集中在低班

Scale: 1 to 5



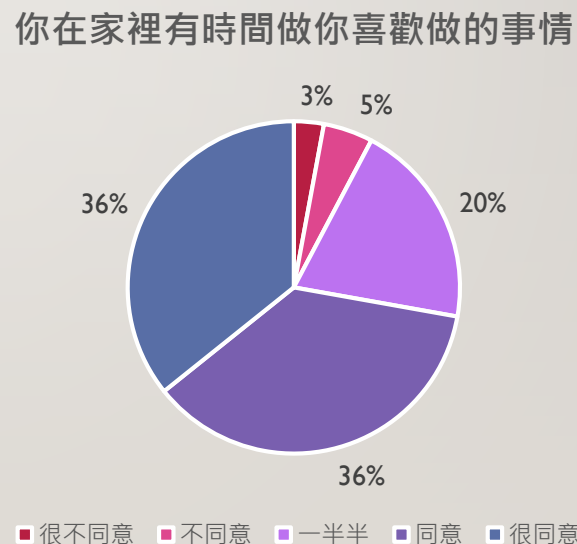
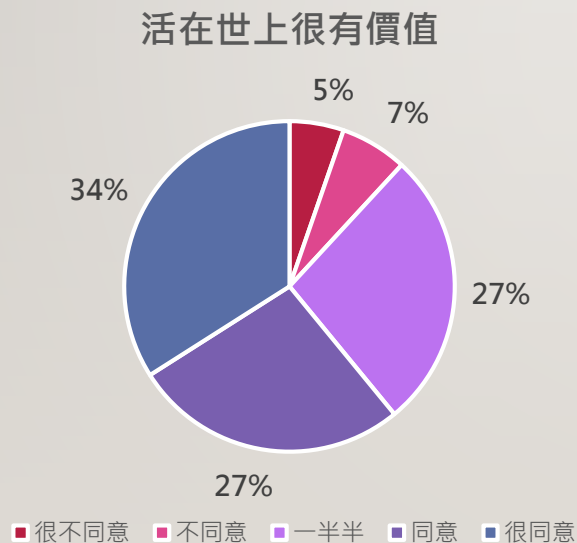
愈多空閒時間，愈同意活著有價值

12% 學童不同意或非常不同意活著有價值

8% 不同意或非常不同意有足夠的餘暇 (上年是7%)

Adj. R-square = 0.074, d.f. = 3440		Dep. Var: Life Worth Living 活在世上很有價值	
CONSTANT		2.843*** (.060)	
ENOUGH_LEISURE_TIME 在家有時間做自己喜歡做的事		0.235*** (0.014)	

***significant at 1% level (standard error in brackets)



CHILDREN HAPPINESS 學童快樂

心理資本與快樂 MENTAL CAPITAL AND HAPPINESS



MENTAL CAPITAL

心理資本: LIFE

LOVE 關愛

- 你會關心父母的健康和是否快樂
- 你會選擇健康的生活方式
- 你樂於為爸媽/監護人做些事情
- 你樂於幫助有需要的人

INSIGHT 智慧

- 接受別人批評並不難受
- 做事不一定要優勝於別人，但要做最好的自己
- 你在工作玩耍休息之間取得平衡
- 你經常會反思，從錯誤中學習

FORTITUDE 堅毅

- 你有勇氣面對困難
- 當你決定要做一件事時，你不會輕易放棄

ENGAGEMENT 行動

- 你會全心全意努力做好一些事情
- 你主動尋找興趣發揮所長

心理資本使學童更快樂

Adj. R-square = 0.268 d.f. = 3185		Dep. Var: HAPPINESS 快樂指數
LOVE 關愛	0.714*** (0.065)	
INSIGHT 智慧	0.453*** (0.056)	
FORTITUDE 堅毅	0.472*** (0.064)	
ENGAGEMENT 行動	0.189*** (0.062)	
CONSTANT	-2.229*** (0.212)	

***significant at 1% level (standard error in brackets)

心理資本隨年級而下降: 愈高班煩惱愈多考驗愈大

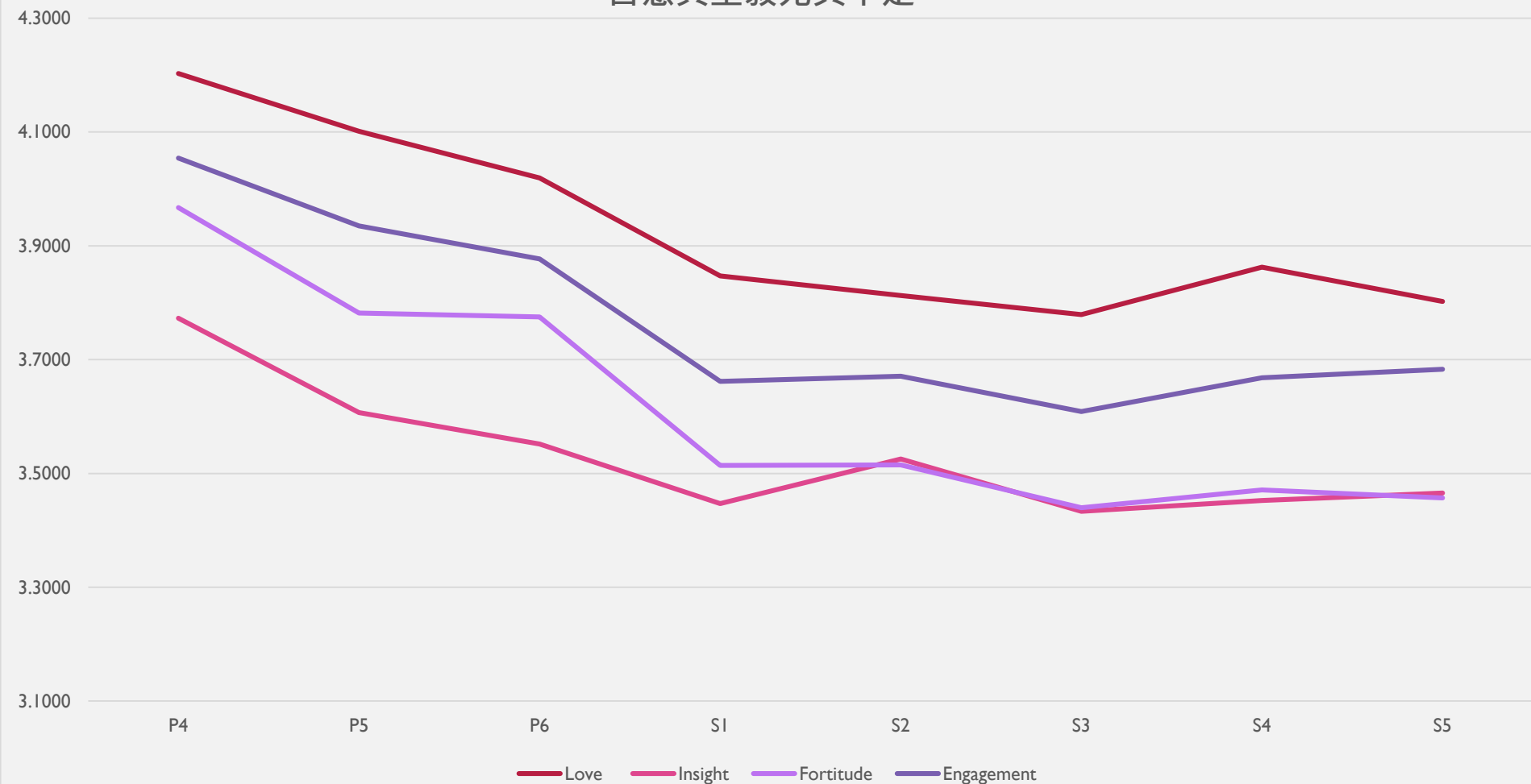
Dependent Variable	Coefficient on Grade (P4-S5)
LOVE 愛 (adj R-square = 0.039, d.f. = 3232)	-0.069*** (0.006)
INSIGHT 智 (adj R-square = 0.013, d.f. = 3228)	-0.047*** (0.007)
FORTITUDE 毅 (adj R-square = 0.040, d.f. = 3447)	-0.086*** (0.007)
ENGAGEMENT 行 (adj R-square = 0.031, d.f. = 3447)	-0.071*** (0.007)

***significant at 1% level (standard error in brackets)

LIFE Score of different grades in 2021/22

不同年級的LIFE指數(2021/22年度)

智慧與堅毅尤其不足



各級心理資本與上年比較 Mental Capital 2022 vs. 2021

Grade	Love		Insight		Fortitude		Engagement	
	2022	2021	2022	2021	2022	2021	2022	2021
P4	4.20	4.21	3.77	3.70	3.97	3.88	4.05	4.03
P5	4.10	4.17	3.61	3.68	3.78	3.87	3.94	4.04
P6	4.02	4.11	3.55	3.67	3.78	3.86	3.88	3.97
S1	3.85	3.76	3.45	3.47	3.51	3.63	3.66	3.74
S2	3.81	3.86	3.53	3.50	3.52	3.53	3.67	3.71
S3	3.78	3.77	3.43	3.39	3.44	3.43	3.61	3.54
S4	3.86	3.77	3.45	3.48	3.47	3.48	3.67	3.68
S5	3.80	3.78	3.47	3.51	3.46	3.51	3.68	3.63
Average	3.93	3.93	3.53	3.55	3.62	3.65	3.77	3.79



SCHOOL AND HAPPINESS

學校與快樂

校園快樂 與 校園生命教育
School Happiness and
School-based LIFE Education



School Life Education and Happiness (2021/22 P4~S3)

快樂指數略微下降但學校生命教育指數提升

	Grades P4 to S3 only	2017/18	2018/19	2020/21	2021/22	變化 Change
Happiness	Primary Schools	7.07	7.21	7.24	7.10	-0.14
School LIFE Education	Primary Schools	4.43	4.48	3.93	4.07	+0.14
Happiness	Secondary Schools	6.39	6.47	6.49	6.25	-0.24
School LIFE Education	Secondary Schools	3.93	4.02	3.62	3.63	+0.01
Happiness	Average for Primary and Secondary	6.73	6.84	6.87	6.79	-0.08
School LIFE Education	Average for Primary and Secondary	4.18	4.25	3.78	3.85	+0.07

School Life Education and Happiness (2021/22)

學校LIFE教育指數及快樂指數

	Count of Very Happy in School	Count of Very Unhappy in School	Ratio of Very Unhappy to Very Happy	School Based LIFE Education Index (1-5)	Happiness (0-10)	Life Worth of living (1-5)		Count of Very Happy in School	Count of Very Unhappy in School	Ratio of Very Unhappy to Very Happy	School Based LIFE Education Index(1-5)	Happiness (0-10)	Life Worth Living(1-5)
Primary	66	2	0.03	4.43	7.55	4.07	Secondary	94	10	0.11	4.13	7.50	4.14
	62	3	0.05	4.34	7.67	4.32		8	0	0	3.97	6.63	3.74
	12	1	0.08	4.22	6.76	3.84		34	4	0.12	3.81	6.15	3.34
	44	1	0.02	4.19	7.42	4.16		20	4	0.2	3.77	6.44	3.49
	78	4	0.05	4.15	7.48	4.01		46	6	0.13	3.70	6.31	3.61
	67	13	0.19	4.15	6.60	3.89		33	13	0.39	3.61	5.78	3.41
	27	1	0.04	4.14	7.18	4.10		48	5	0.1	3.56	6.33	3.56
	30	4	0.13	4.06	6.68	3.91		72	14	0.19	3.55	6.28	3.56
	156	14	0.09	4.03	7.18	3.93		48	6	0.13	3.49	6.53	3.58
	79	9	0.11	3.96	6.92	3.87				Average	3.73	6.44	3.60
	73	3	0.04	3.96	7.18	3.92				Min	3.49	5.78	3.34
	88	17	0.19	3.93	6.91	4.00				Max	4.13	7.50	4.14
	46	1	0.02	3.88	7.05	4.01				Rank Correlation with School Life Education Index	/	0.37(1.04)	0.24(0.64)
	31	10	0.32	3.76	6.23	3.58							
	23	2	0.09	3.71	6.87	3.82							
			Average	4.06	7.05	3.96							
			Min	3.71	6.23	3.58							
			Max	4.43	7.67	4.32							
			Rank Correlation with School Life Education Index	/	0.57**(2.51)	0.54**(2.41)							

**significant at 5% level (t statistics in brackets)



Primary School Life Education and Happiness (2021/22)

小學學校LIFE教育指數及快樂指數

	Count of Very Happy in School	Count of Very Unhappy in School	Ratio of Very Unhappy to Very Happy	School Based LIFE Education Index (1-5)	Happiness (0-10)	Life Worth living (1-5)
Primary	66	2	0.03	4.43	7.55	4.07
	62	3	0.05	4.34	7.67	4.32
	12	1	0.08	4.22	6.76	3.84
	44	1	0.02	4.19	7.42	4.16
	78	4	0.05	4.15	7.48	4.01
	67	13	0.19	4.15	6.60	3.89
	27	1	0.04	4.14	7.18	4.10
	30	4	0.13	4.06	6.68	3.91
	15	0	N/A	4.05	6.78	4.11
	156	14	0.09	4.03	7.18	3.93
	79	9	0.11	3.96	6.92	3.87
	73	3	0.04	3.96	7.18	3.92
	88	17	0.19	3.93	6.91	4.00
	46	1	0.02	3.88	7.05	4.01
	31	10	0.32	3.76	6.23	3.58
	23	2	0.09	3.71	6.87	3.82
			Average	4.06	7.03	3.97
			Min	3.71	6.23	3.58
			Max	4.43	7.67	4.32
			Rank Correlation with School Life Education Index	/	0.45*(1.87)	0.51**(2.16)

*significant at 1% level

**significant at 5% level (t statistics in brackets)



21 學校LIFE教育指數對學生有顯著正面影響，但升入中學學業壓力增加，令快樂指數下降 (校本分析)

中學(Secondary Schools): Adj. R-square = 0.762, d.f. = 7	Dep. Var: HAPPINESS 快樂指數
LIFE Education of School	1.092** (0.422)
Academic Pressure	-1.273** (0.421)

小學(Primary Schools): Adj. R-square = 0.294, d.f. = 14	Dep. Var: HAPPINESS 快樂指數
LIFE Education of School	1.260** (0.452)
Academic Pressure	-0.38(0.022)

** significant at 5% level (standard errors in brackets)



SCHOOL AND HAPPINESS

學校與快樂

LIFE EDUCATION INDEX

生命教育指數



Key Life Education Questions and Compilation of the Life Education Index

學童評估的學校生命教育指數的計算

學校生命教育指數 = 活動評分最高兩項之平均數

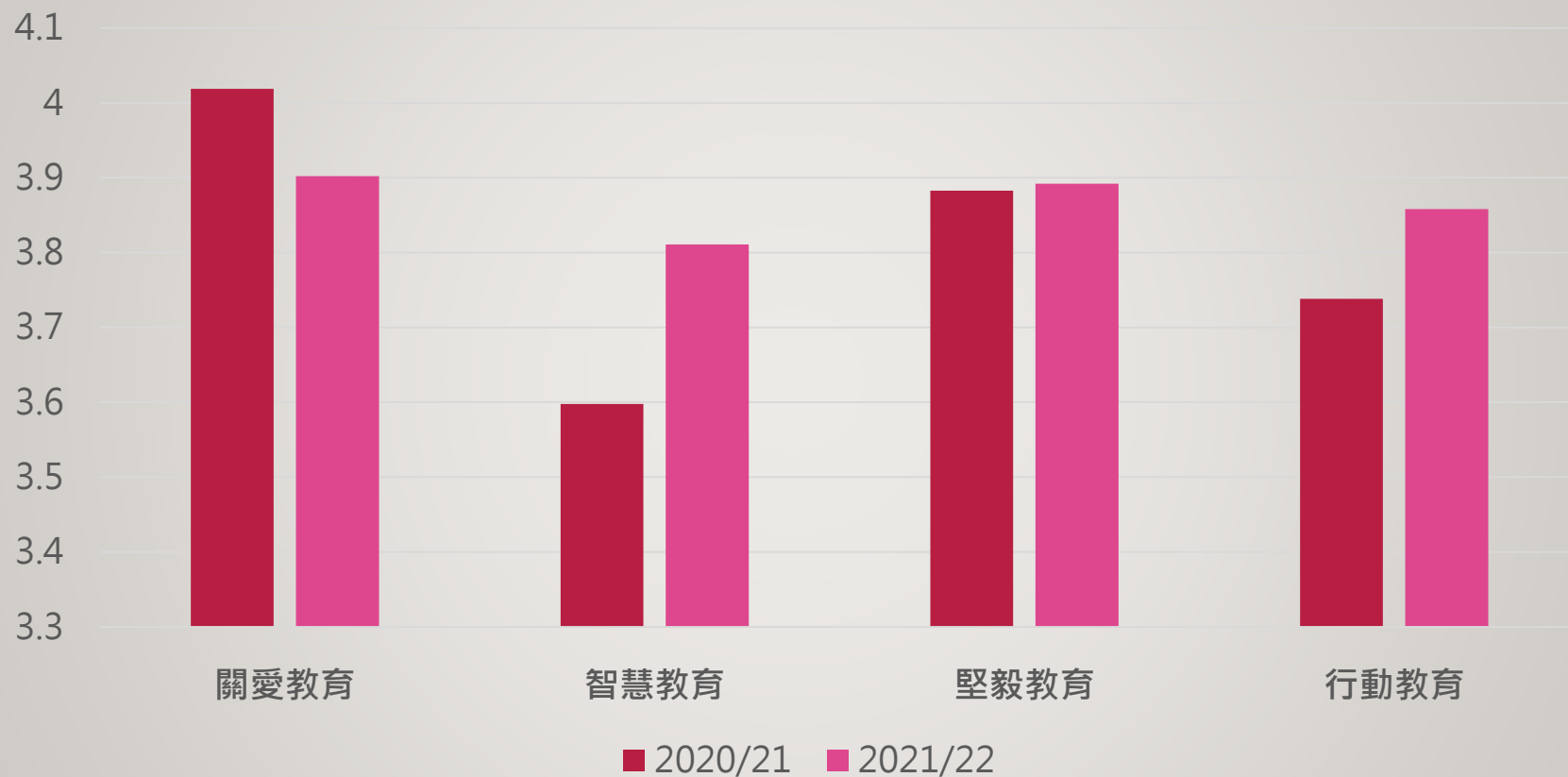
學校生命教育深廣度 = 愛智毅行教育 4 或 5 所佔比率

- 學校有透過以下活動，啟發同學易地而處、關愛他人、愛護生命
- 學校有透過以下活動，啟發同學了解和把握輕重緩急的道理
- 學校有透過以下活動，鼓勵奮發自強不怕困難
- 學校有透過以下活動，鼓勵同學尋找興趣發揮所長尋找生命的目標

1=很不同意 5 =很同意

課堂授課或討論	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
探訪或其他活動	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
歌唱	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
其他藝術或創作	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
角色扮演或話劇	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐

學校關愛教育較去年下降，其他三項略微提升



(Primary) Individual School Life Education index

小學生在校生命教育對快樂指數效果顯著,但學業壓力負面影響明顯
(人本分析)

Adj. R-square = 0.155, d.f. = 1932	Dep. Var: HAPPINESS 快樂指數
LIFE Education Index	0.923*** (0.059)
Academic Pressure	-0.402***(0.051)
Activity Pressure	-0.155***(0.051)
Constant	5.365*** (0.317)

(***significant at 1% level ,
standard errors in brackets)



(Secondary) Individual School Life Education index

中學生生命教育效果亦顯著，學業壓力的負面影響更大 (人本分析)

Adj. R-square = 0.201, d.f. = 1467	Dep. Var: HAPPINESS 快樂指數
LIFE Education Index	0.792*** (0.060)
Academic Pressure	-0.572***(0.059)
Activity Pressure	-0.127***(0.038)
Constant	5.606*** (0.323)

(***significant at 1% level ,
standard errors in brackets)



Talk/Seminar and Art/Creativity are common for LIFE education, while singing is the least popular ones.

授課/研討及藝術/創作是小學最常用的生命教育方式：
歌唱最少

Primary Schools 小學	Talk/Seminar	Visit/Other	Singing	Art/Creativity	Drama/Roleplay
	授課/研討	探訪/其他	歌唱	藝術/創作	戲劇/角色扮演
LOVE 關愛教育	1217	1130	922	1215	942
INSIGHT 智慧教育	1146	1059	856	1098	924
FORTITUDE 堅毅教育	1176	1079	965	1131	1105
ENGAGEMENT 行動教育	1134	1030	953	1129	998
LIFE 生命教育	4673	4298	3696	4573	3969

**表格列示了學童“同意”或“非常同意”有在學堂上有採用的生命教育方式

Talk/Seminar and Art/Creativity are common for LIFE education, while singing is the least popular ones.

授課/研討及藝術/創作是中學最常用的生命教育方式：
歌唱最少

Secondary Schools 中學	Talk/Seminar	Visit/Other	Singing	Art/Creativity	Drama/Roleplay
	授課/研討	探訪/其他	歌唱	藝術/創作	戲劇/角色扮演
LOVE 關愛教育	755	609	526	655	556
INSIGHT 智慧教育	696	525	438	540	489
FORTITUDE 堅毅教育	726	585	511	595	626
ENGAGEMENT 行動教育	734	615	516	620	572
LIFE 生命教育	2911	2334	1991	2410	2243

**表格列示了學童“同意”或“非常同意”有在學堂上有採用的生命教育方式



智慧教育及行動教育對小學生(P4-P6)快樂最見效，其他教育（關愛及堅毅）有潛移默化的長期影響

Adj. R-square = 0.132, d.f. = 1883	HAPPINESS 快樂指數
LOVE_Education 關愛教育	0.148*** (0.059)
INSIGHT_Education 智慧教育	0.445*** (0.081)
FORTITUDE_Education 堅毅教育	0.090* (0.062)
ENGAGEMENT_Education 行動教育	0.272*** (0.079)
AGE 年齡	-0.191** (0.050)
CONSTANT	5.283*** (0.612)

***significant at 1% level, **significant at 5% level,
(standard error in brackets)

關愛教育及行動教育對中學生(S1-S5)快樂最見效，其他教育（智慧及堅毅）有潛移默化的長期影響

Adj. R-square = 0.137, d.f. = 1451	HAPPINESS 快樂指數
LOVE_Education 關愛教育	0.389*** (0.558)
INSIGHT_Education 智慧教育	0.170*** (0.057)
FORTITUDE_Education 堅毅教育	0.107** (0.057)
ENGAGEMENT_Education 行動教育	0.275*** (0.067)
AGE 年齡	-0.043*** (0.034)
CONSTANT	3.407*** (0.558)

***significant at 1% level, **significant at 5% level,
(standard error in brackets)



在生命教育之中，授課/研討和探訪的方式對小學生(P4-P5) 快樂非常見效

Adj. R-square = 0.168, d.f. = 1857	HAPPINESS 快樂指數
LIFE_Talk_Seminar 授課/研討	0.197*** (0.022)
LIFE_Visit_Other探訪/其他	0.049** (0.024)
LIFE_Singing 歌唱	-0.033(0.017)
LIFE_Art_Creativity 藝術/創作	0.022 (0.018)
LIFE_Drama_Roleplay 戲劇/角色扮演	0.029(0.018)
CONSTANT	2.745*** (0.233)

***significant at 1% level , **significant at 5% level,
(standard error in brackets)



在生命教育之中， 授課/研討與探訪對中學生(S1-S5)快樂都很見效

Adj. R-square = 0.177, d.f. = 1453	HAPPINESS 快樂指數
LIFE_Talk_Seminar 授課/研討	0.162*** (0.022)
LIFE_Visit_Other探訪/其他	0.096***(0.029)
LIFE_Singing 歌唱	0.015(0.02)
LIFE_Art_Creativity 藝術/創作	0.007 (0.023)
LIFE_Drama_Roleplay 戲劇/角色扮演	0.018(0.026)
CONSTANT	2.159*** (0.233)

***significant at 1% level
(standard error in brackets)



SCHOOL AND HAPPINESS

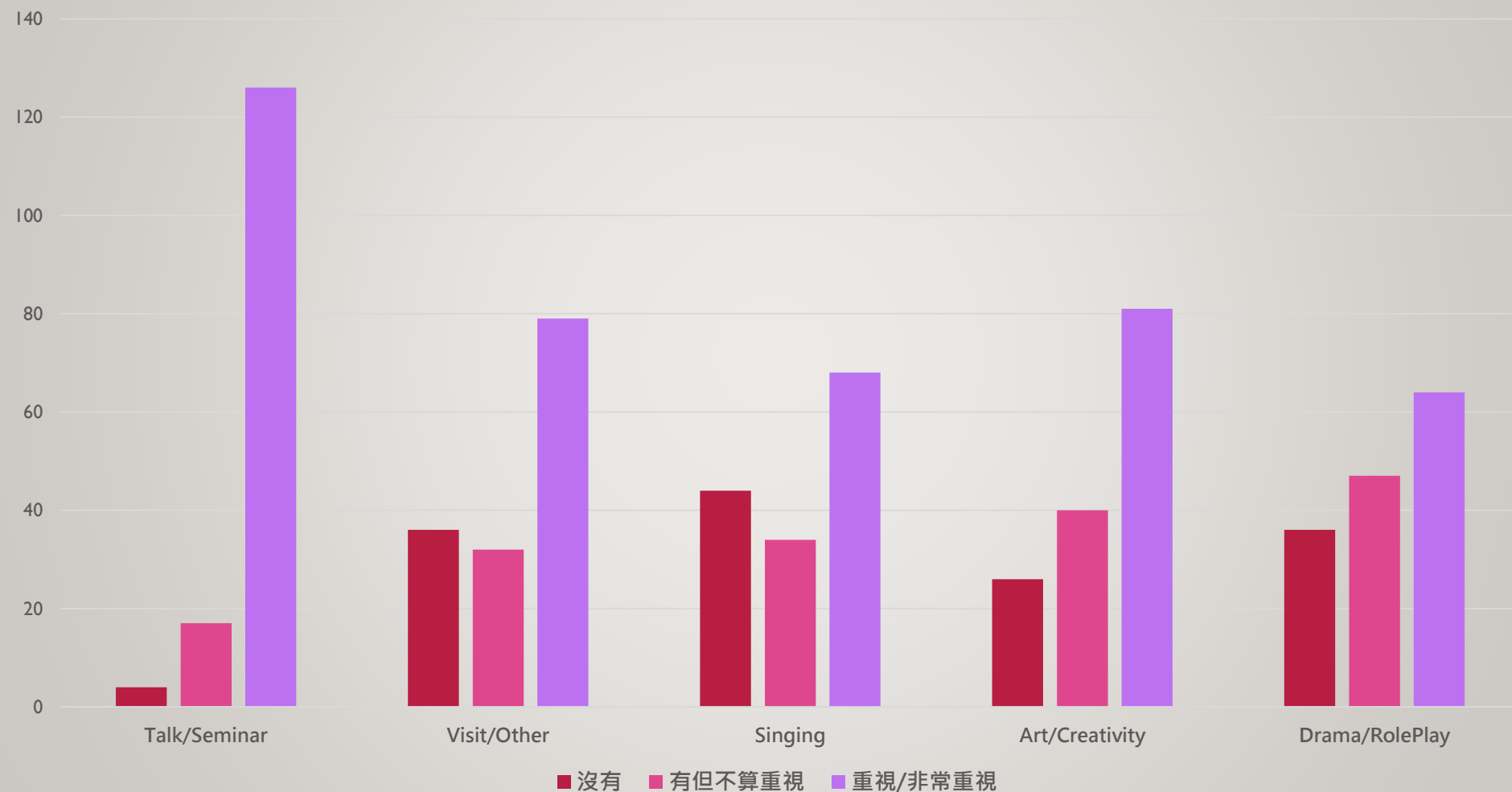
學校與快樂

TEACHER AND LIFE EDUCATION

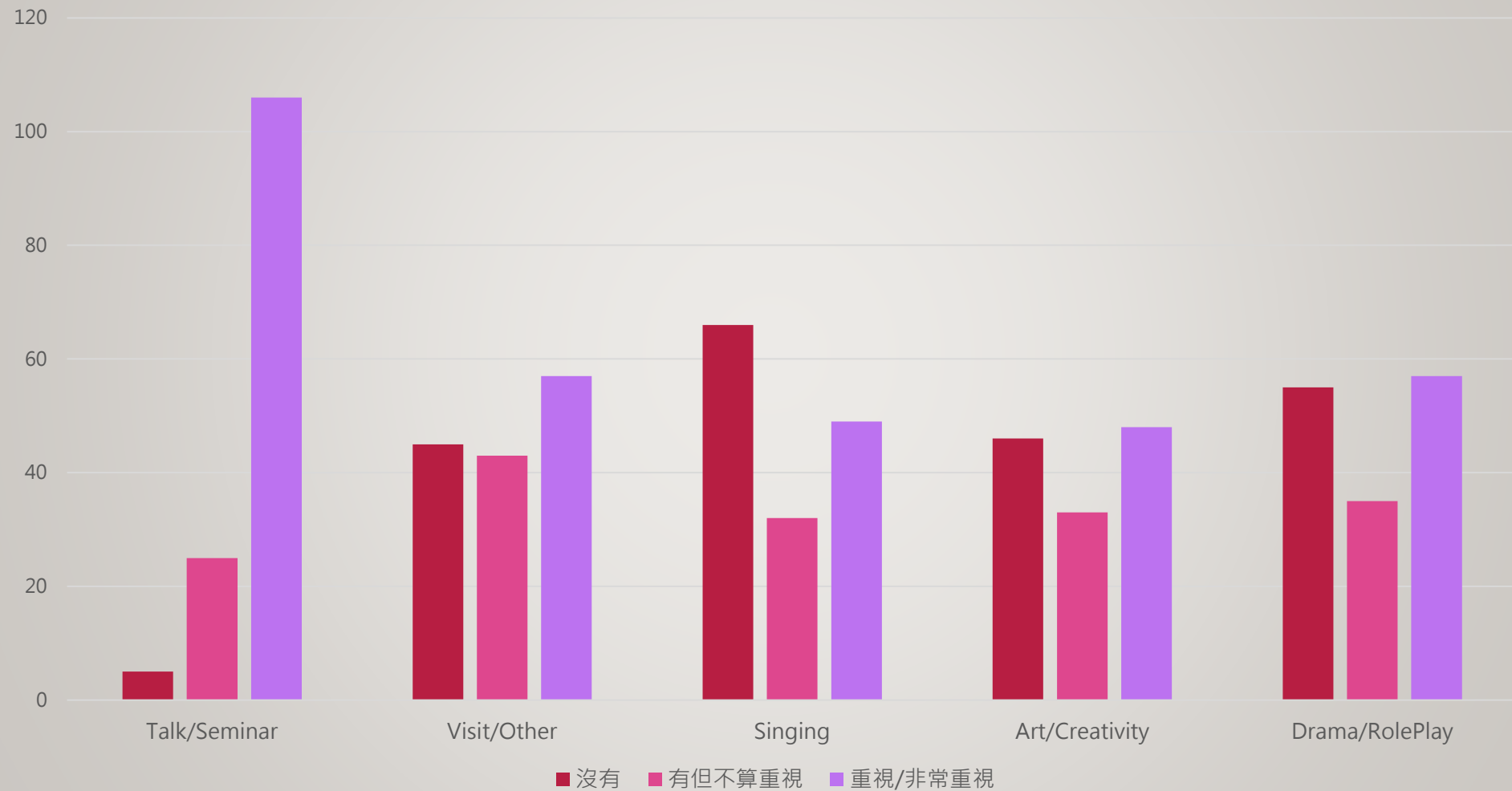
教師與生命教育



你或校內其他老師有沒有進行下列活動
啟發同學易地而處、關愛他人、愛護生命
(老師數目為150)



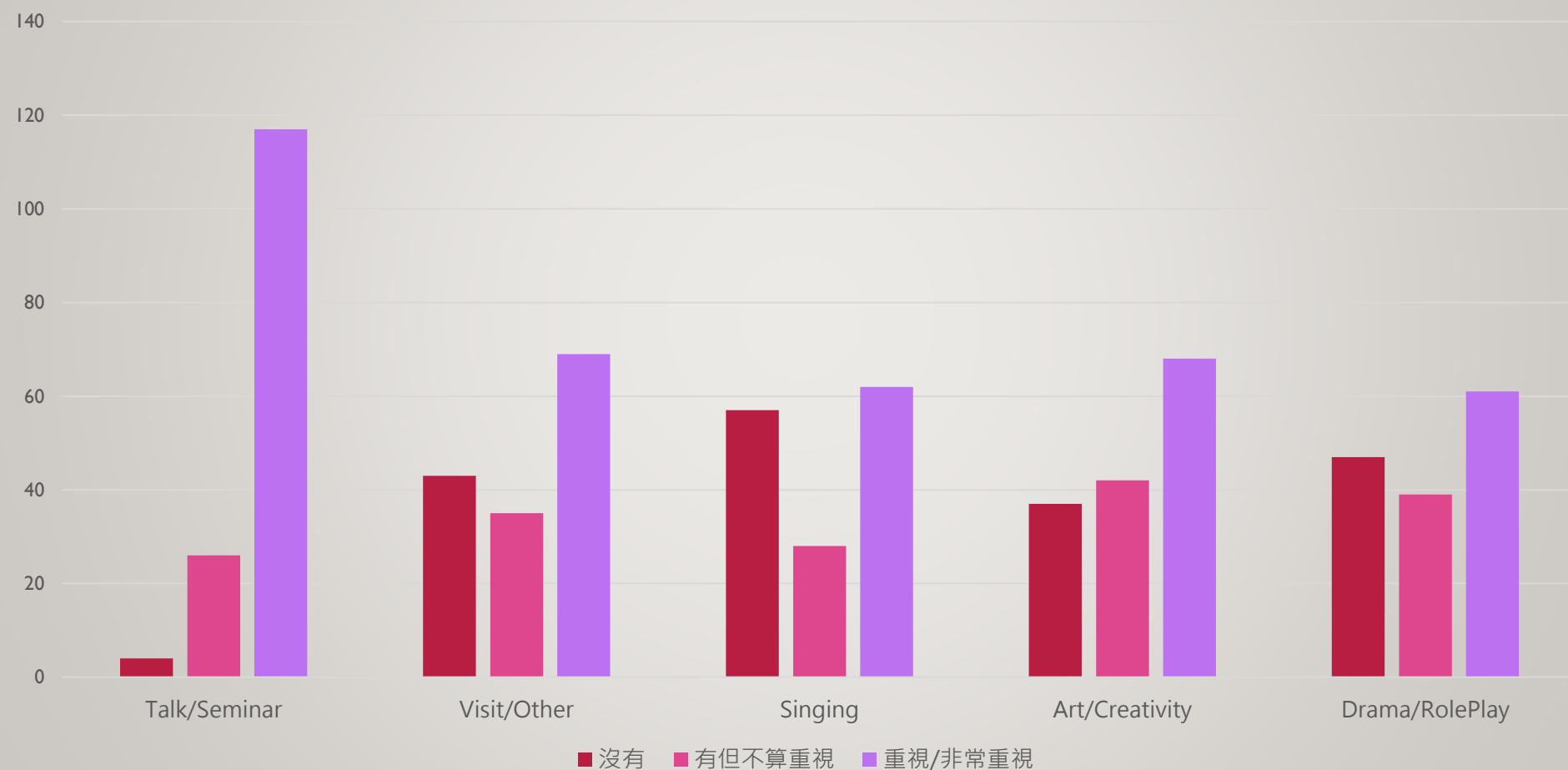
你或校內其他老師有沒有進行下列活動
啟發同學了解和把握輕重緩急的道理
(Total Count = 702)



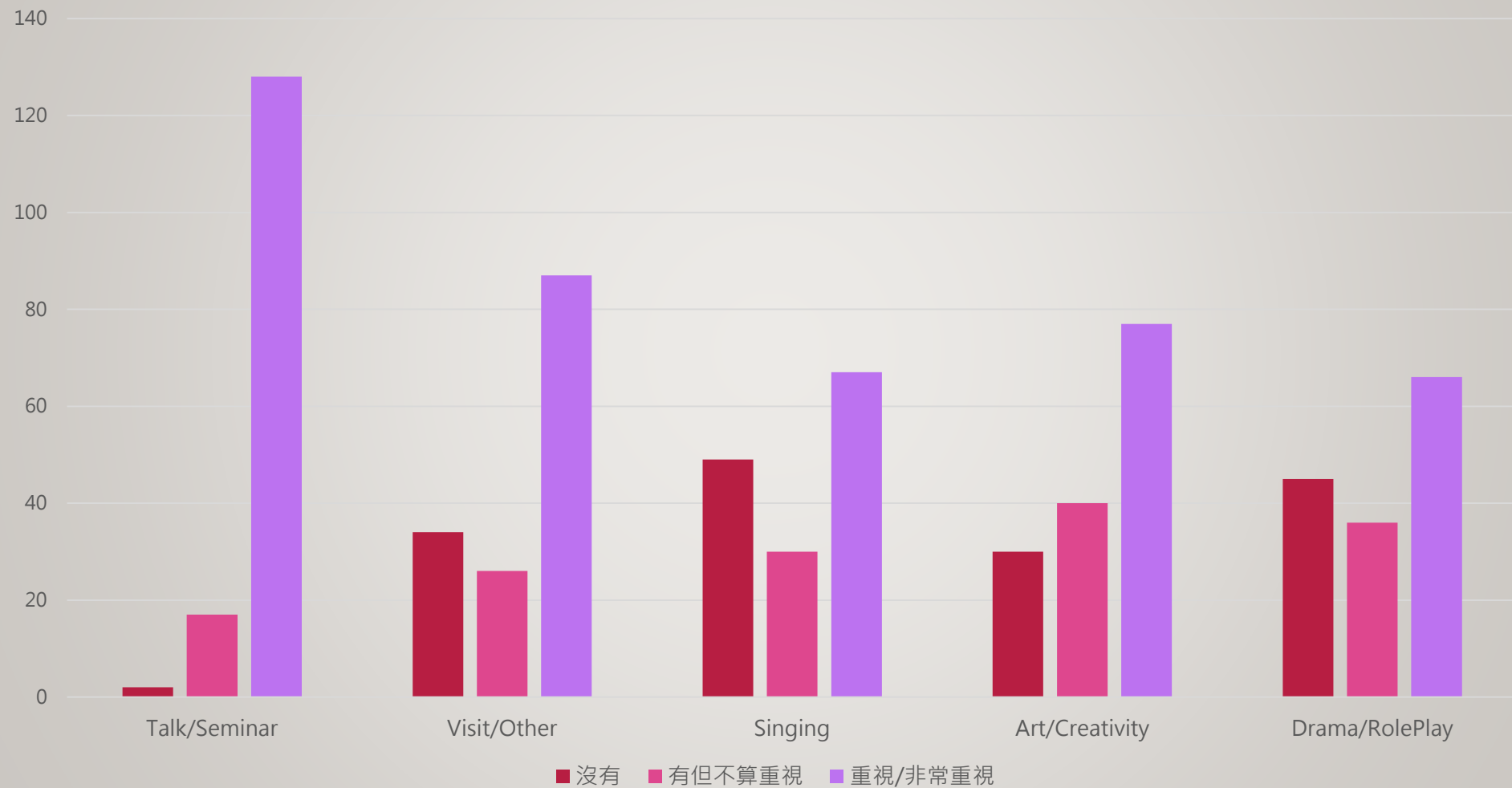
你或校內其他老師有沒有進行下列活動

向同學推介堅忍這美德

(Total Count=735)



你或校內其他老師有沒有進行下列活動
鼓勵同學發揮所長尋找生命的目標
(Total Count=734)



教師愈推行生命教育愈落力

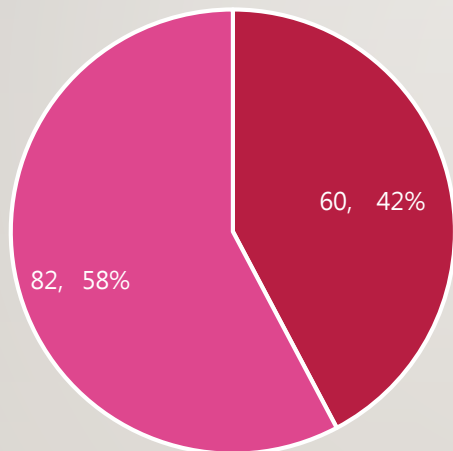
學生報上的生命教育深廣度比率也愈高

Explanatory Variables	生命教育深廣度比率 (dependent variable)
LOVE_Education_Teacher Adj. R-square = 0.018, d.f.=2993	0.132*** (0.018)
INSIGHT_Education_Teacher Adj. R-square = 0.007, d.f.=2993	0.095*** (0.007)
FORTITUDE_Education_Teacher Adj. R-square = 0.012, d.f.=2993	0.107*** (0.017)
ENGAGEMENT_Education_Teacher Adj. R-square = 0.019, d.f.=2933	0.124*** (0.016)
LIFE_Education_Teacher Adj. R-square = 0.016, d.f.=2993	0.130*** (0.019)

***significant at 1% level , (standard errors in brackets)

約72%的教師對生命教育感興趣， 但只有42%的教師曾受過相關培訓

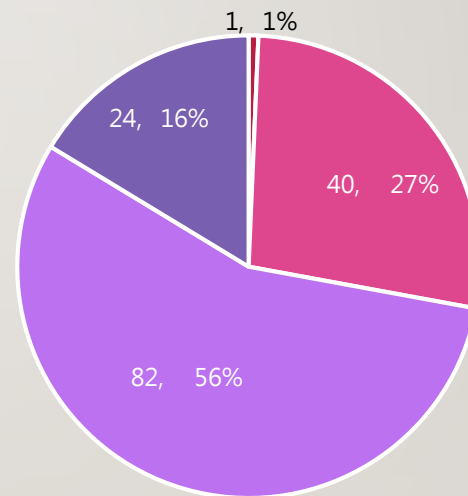
The percentage of teacher obtained
LIFE education training
教師受過生命教育培訓的比率不高



■ 有 ■ 沒有

The degree of interest of teachers in LIFE
education

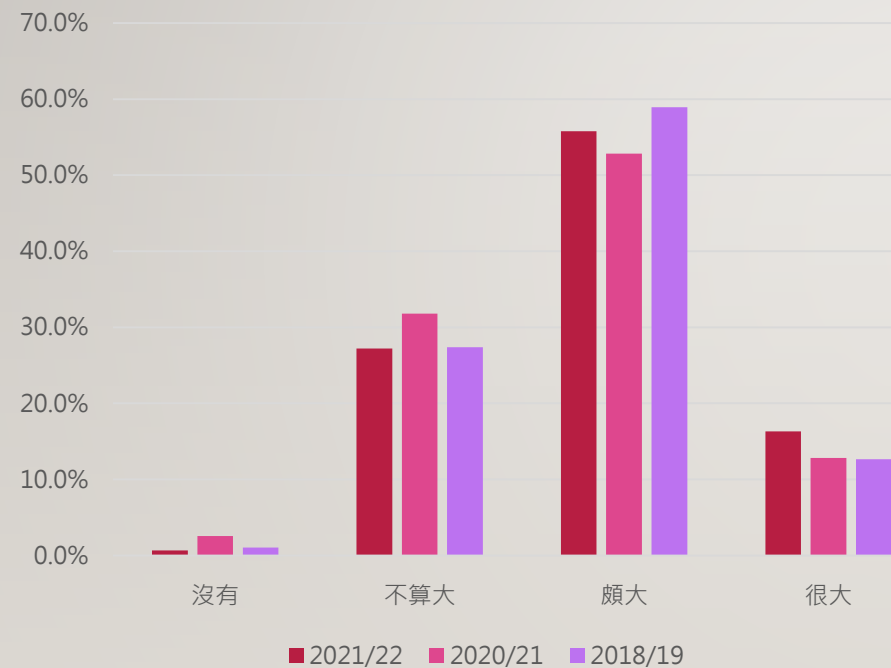
教師對生命教育的興趣



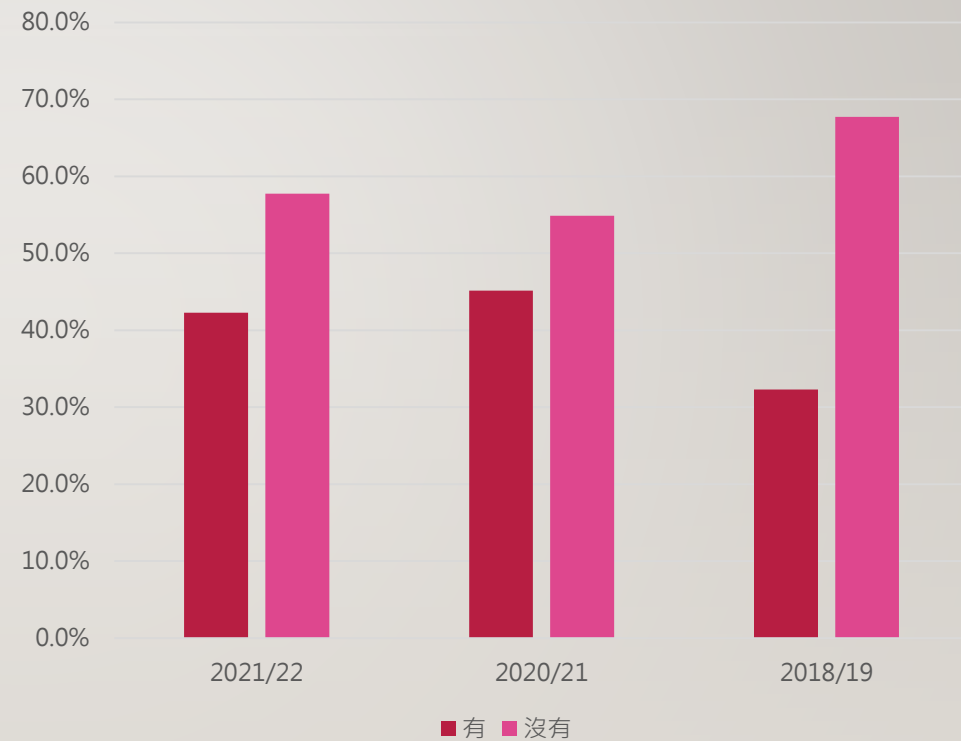
■ 沒有 ■ 不算大 ■ 頗大 ■ 很大

教師對生命教育的興趣較上年略升， 但受過培訓的教師比率有所下降

教師對生命教育有多大的興趣比率
(三年度比較)



教師受過生命教育培訓比率(三年度比較)



SCHOOL AND HAPPINESS

學校與快樂

SCHOOL HAPPINESS

校園幸福感



校園幸福感

校園幸福感 School Happiness= average of scores on Q1a, Q1b, Q1c, and Q1e

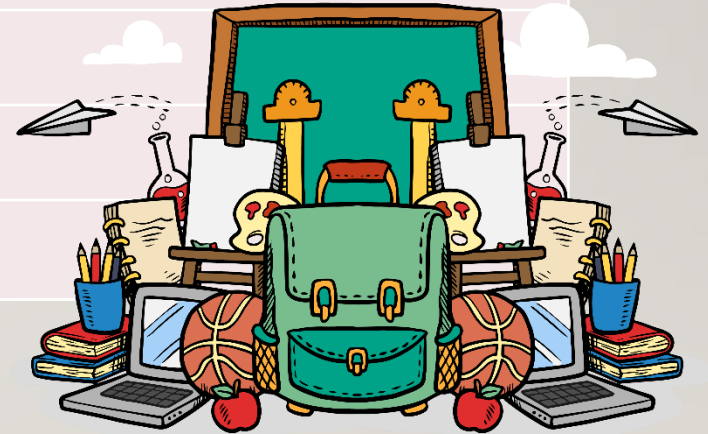
校園幸福感由計算Q1a和Q1b至Q1e的平均數所得

1a. 你很喜歡校園生活

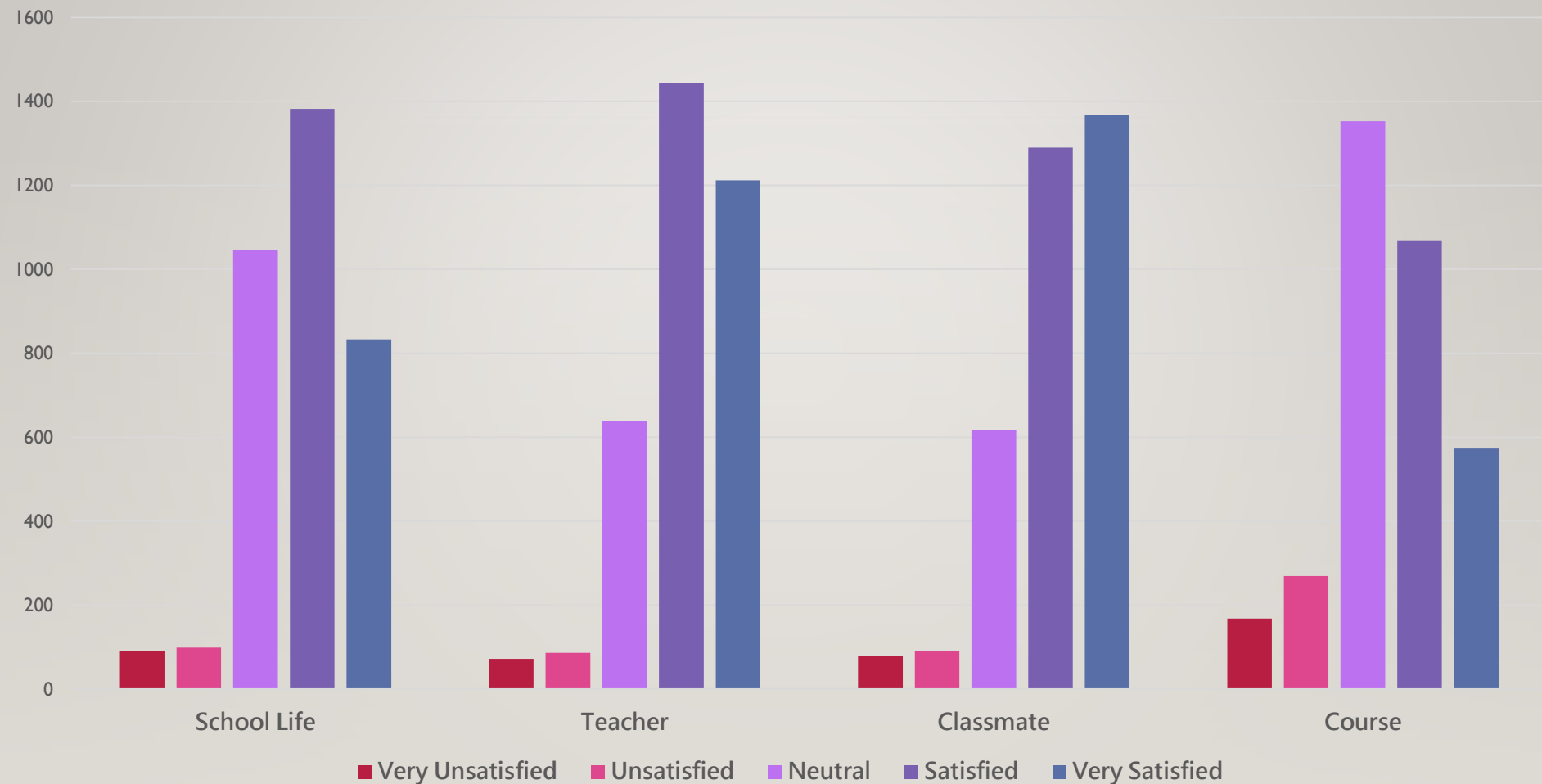
1b. 你有很好的老師

1c. 你有很好的同學

1e. 上課學習內容很有趣味



% of Students Satisfied with school life, Teachers,
Schoolmates and School Curriculum vs those who aren't
對校園生活、老師、同學、課程內容滿意否



課程有趣味對快樂貢獻最大 (人本數據)

Adj. R-square = 0.191, d.f.=3368	HAPPINESS 快樂指數
GOOD_TEACHER 好老師	0.317*** (0.052)
GOOD_CLASSMATE 好同學	0.492*** (0.045)
INTERESTING_COURSE 課程有趣味	0.553*** (0.045)
CONSTANT	1.489*** (0.2)

***significant at 1% level ,
(standard errors in brackets)



SCHOOL AND HAPPINESS

學校與快樂

ACADEMIC PRESSURE & ACTIVITY PRESSURE

學業壓力及活動壓力

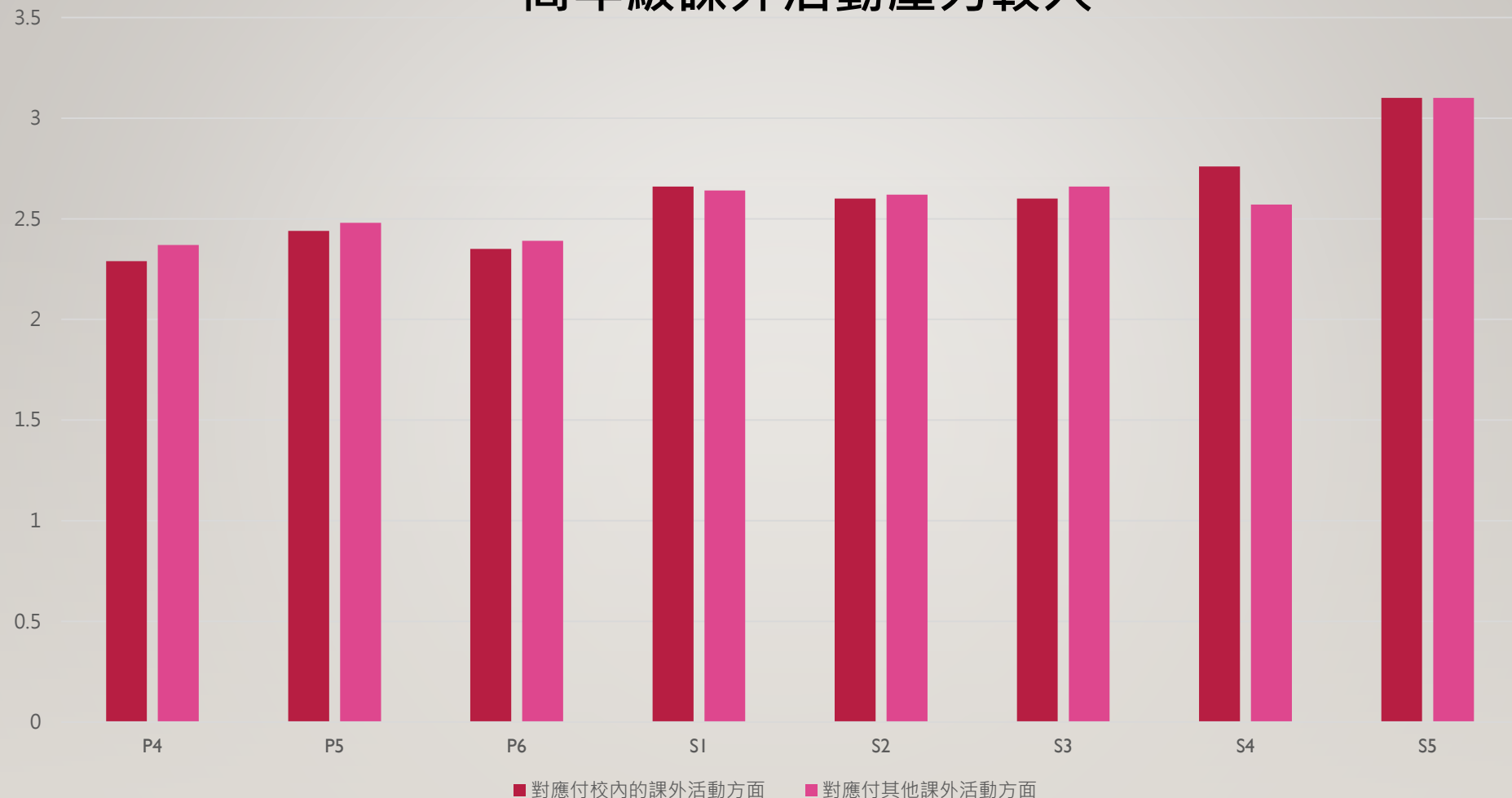


Pressure Definition 壓力計算方法

- Academic Pressure = average score of the following questions (scale from 1 to 5)
- 學業壓力= 以下一題分數的平均值
 1. 對應付學業方面感到吃力？
- Activity Pressure = average score of the following questions (scale from 1 to 5)
- 活動壓力= 以下兩題分數的平均值
 1. 對應付校內的課外活動方面感到吃力？
 2. 對應付其他課外活動方面感到吃力？



對應付校內&其他課外活動方面是否感到吃力： 高年級課外活動壓力較大



壓力使學童不快樂

學業壓力比活動壓力影響更大

Adj. R-square = 0.298, d.f. = 3178	HAPPINESS 快樂指數
LOVE 關愛	0.712*** (0.064)
INSIGHT 智慧	0.418*** (0.055)
FORTITUDE 堅毅	0.370*** (0.063)
ENGAGEMENT 行動	0.151** (0.067)
ACADEMIC_PRESSURE 學業壓力	-0.346** (0.038)
ACTIVITY_PRESSURE 活動壓力	-0.140*** (0.038)
CONSTANT	1.881*** (0.275)

***significant at 1% level, **significant at 5% level,
(standard error in brackets)

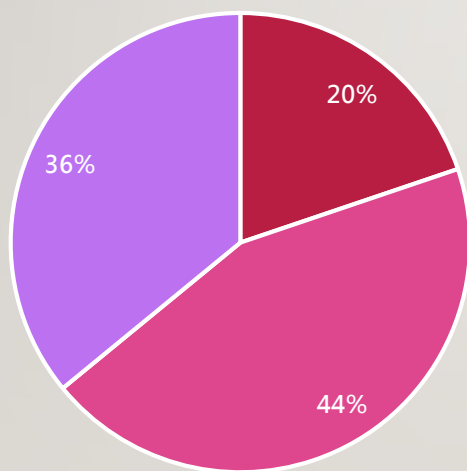


School Work Pressure > Activity Pressure

學業壓力遠比活動壓力大

Academic Pressure Distribution

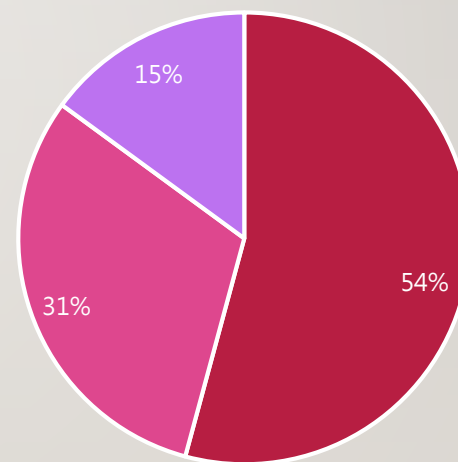
Percentages 2021/22 學業壓力的分佈百分比



■ Low ■ Middle ■ High

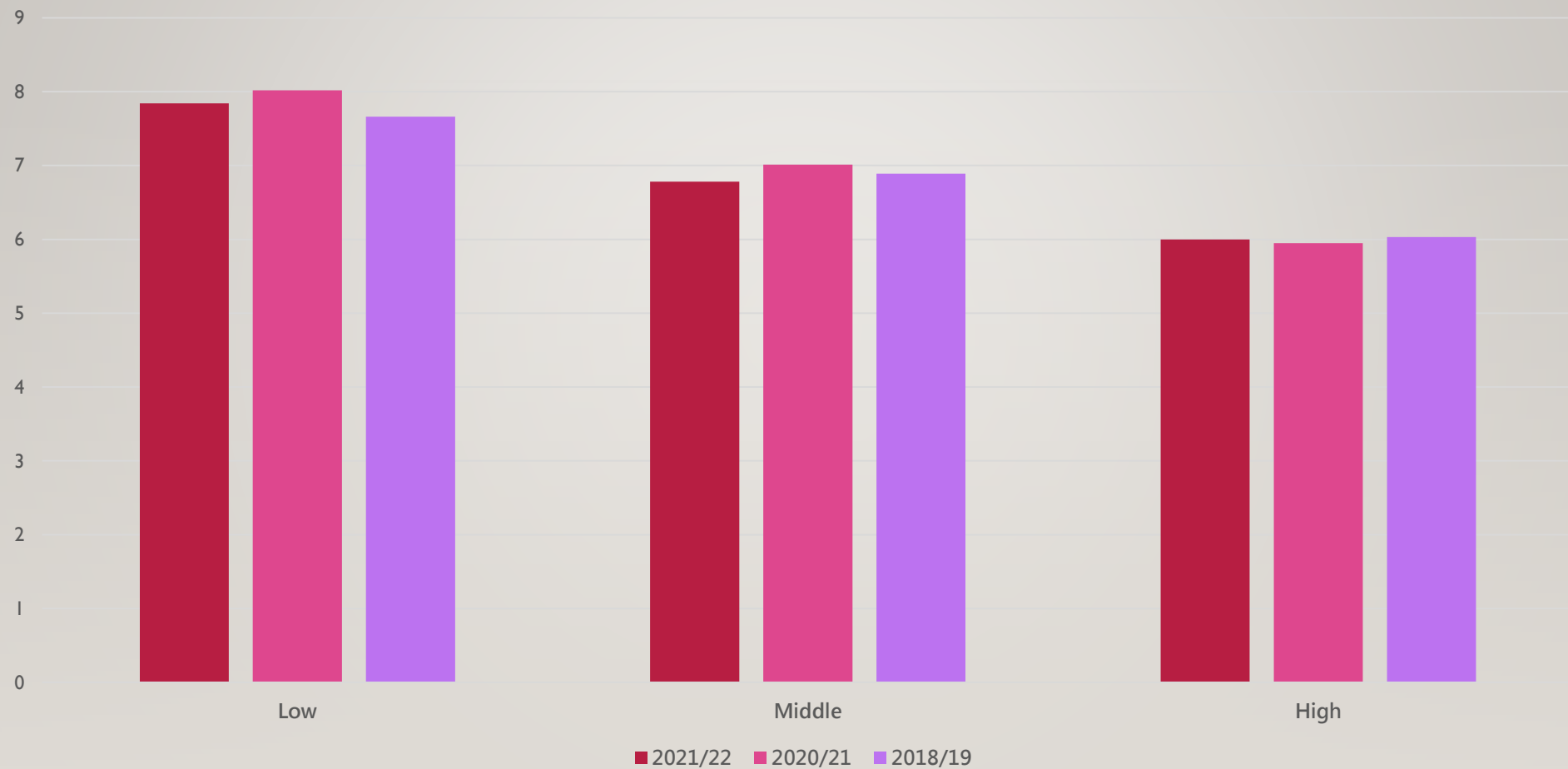
Activity Pressure Distribution Percentages

2021/22 活動壓力的分佈百分比

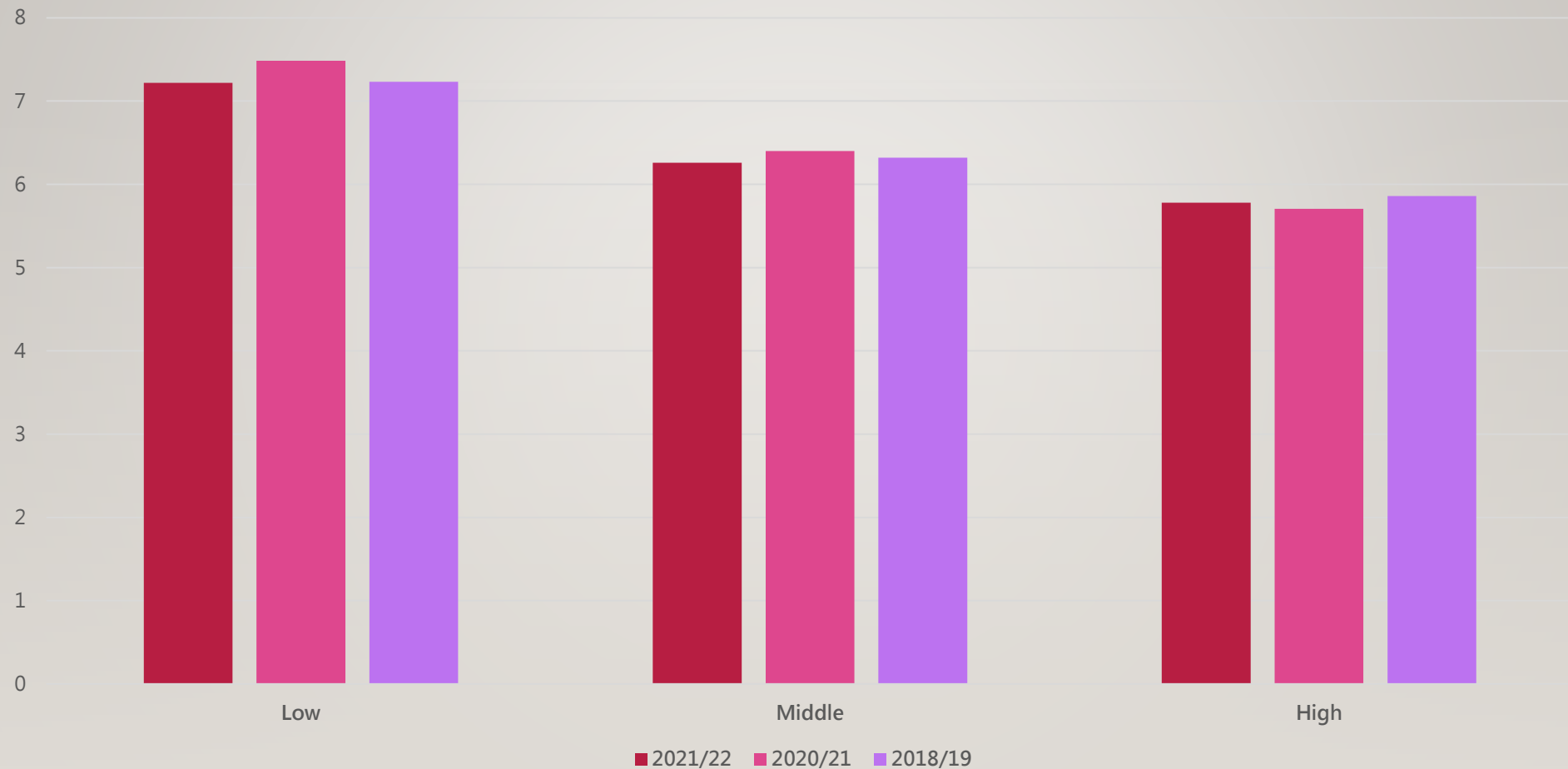


■ Low ■ Middle ■ High

Comparison of Happiness Score falls with
Academic pressures in 2021/22 & 2020/21 & 2018/19, 2021/22與
2020/21, 2018/19年度的快樂指數
在不同程度的學業壓力比較

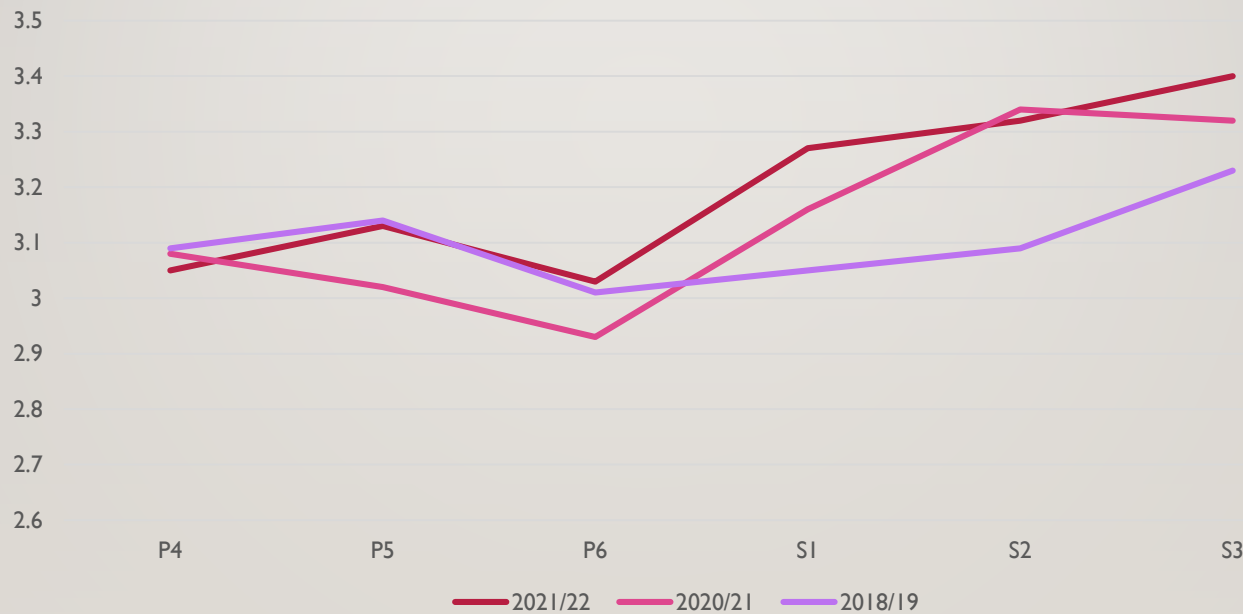


Comparison of Happiness Score falls with
Activity Pressures in 2021/22 & 2020/21 & 2018/19, 2021/22與 2020/21,
2018/19年度的快樂指數
在不同程度的活動壓力比較



Increase in Academic Pressures especially
notable for S2 & S3 in 2021/22
中二、中三的學業壓力增長尤為明顯；
中三學業壓力達三年內最高

Academic Pressure by School Grade, 3 year
comparison

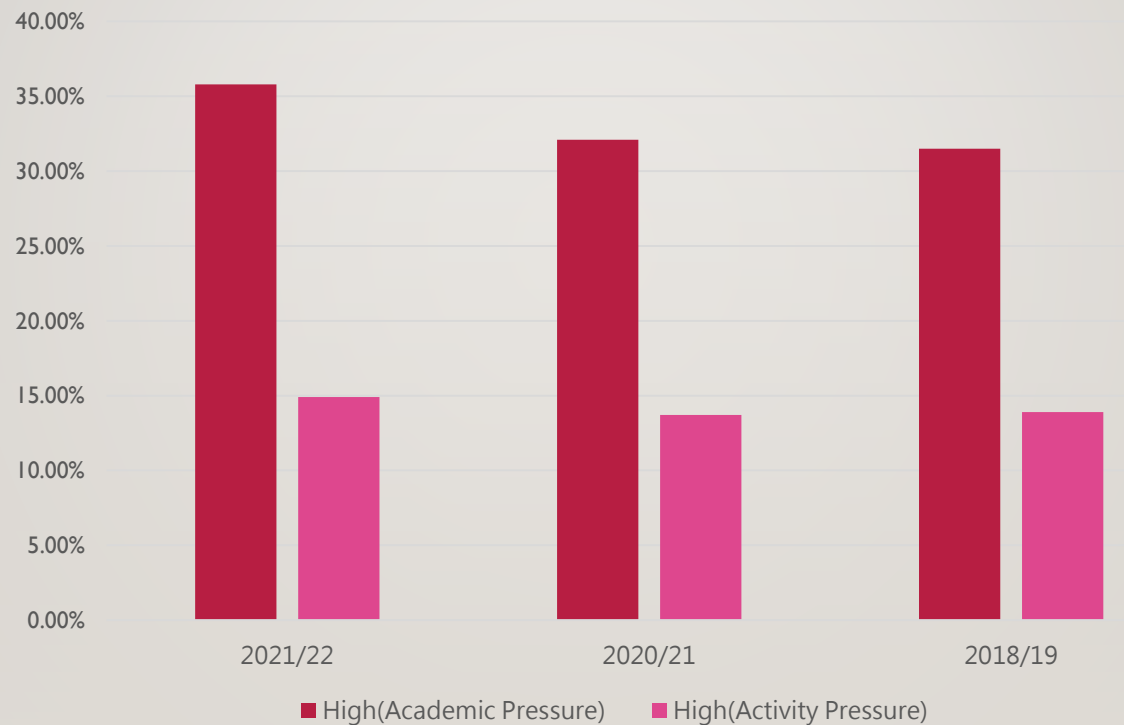


Percentages Show that both Academic Pressure and Activity Pressure are increasing slightly in 2021/22

壓力百分比顯示2021/22年雙壓略微上升

Percentage of High Pressure since 2018/19

壓力大的百分比(自2018/19年度)



FAMILY AND HAPPINESS

家庭與快樂

FAMILY HAPPINESS

家庭幸福感



Happy Family Definition 家庭幸福感計算方法

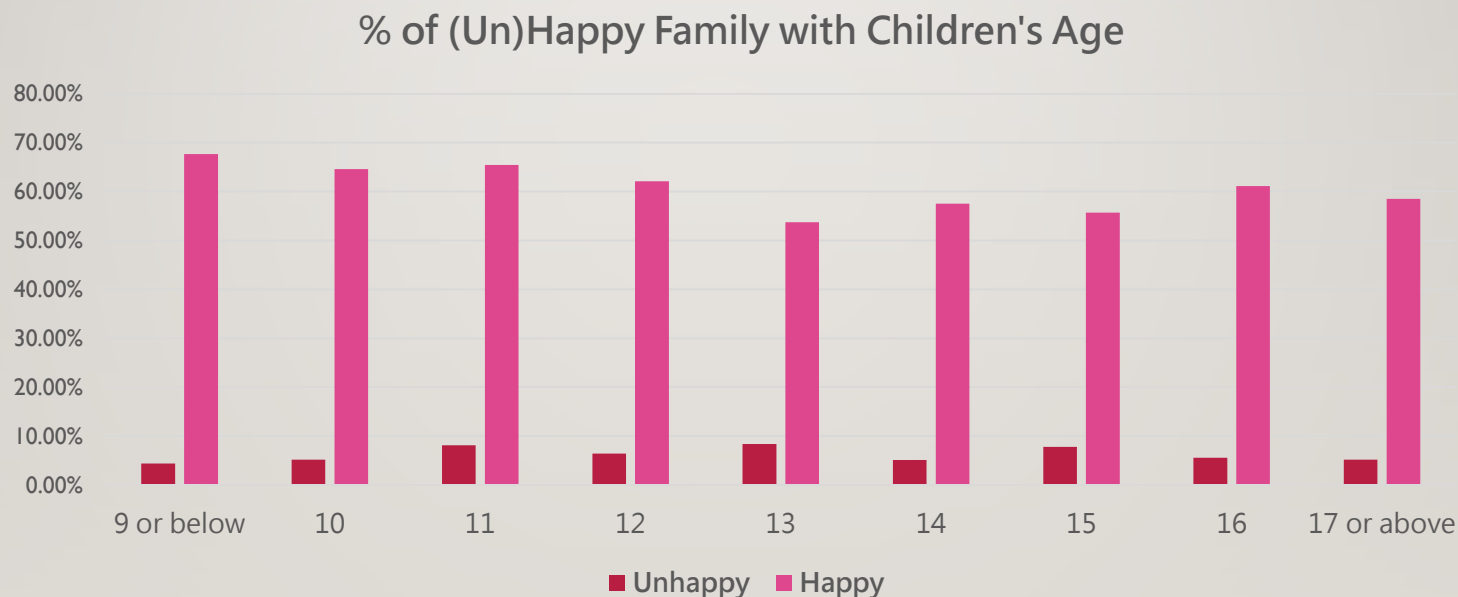
- Happy Family Score = average score of the following questions (scale from 1 to 5)
- 家庭幸福感指數 = 以下兩題分數的平均值
 1. Your mom has a good relationship with your dad
父母之間的關係非常融洽
 2. You have a warm, loving family
你有一個美滿家庭

家庭幸福感普及程度				
		Range	Freq.	%
Hapfam 家庭幸福感	Happy高	4 - 5	2114	61.2%
	Neutral中	>2 - <4	1114	32.3%
	Unhappy低	1 - 2	224	6.5%

家庭幸福感隨學童年齡上升區別變小

Adj. R-square = 0.017, d.f.=3383	Happy Family 家庭幸福感
Age	-0.056*** (0.007)
CONSTANT	4.554*** (0.091)

***significant at 1% level (standard error in brackets)



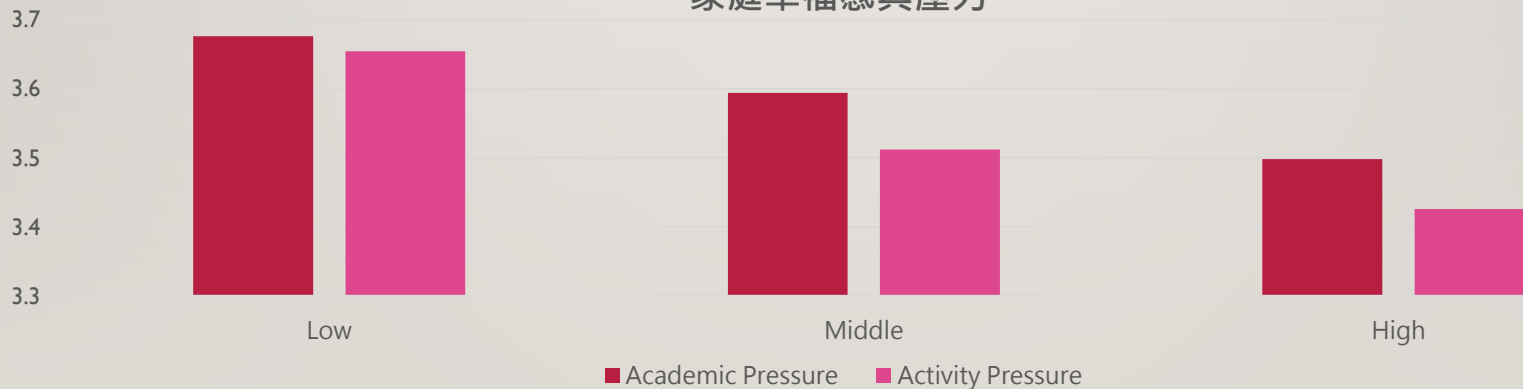
家庭幸福感隨學童壓力上升而下降 活動壓力破壞家庭幸福感更值得關注

Adj. R-square = 0.035, d.f.=3446	Happy Family 家庭幸福感
Academic Pressure 學業壓力	-0.126*** (0.017)
Activity Pressure 活動壓力	-0.075*** (0.014)
CONSTANT	4.454*** (0.056)

***significant at 1% level (standard error in brackets)

Family Happiness and Pressure

家庭幸福感與壓力



父母關係融洽與對子女意見的尊重最能促使快樂， 但有沒有兄弟姊妹與快樂無顯著關係

Adj. R-square = 0.266, d.f.=3311	HAPPINESS 快樂指數
EFFECTIVE_COMMUNICATION 有效溝通	0.218*** (0.035)
PARENT_RELATIONSHIP 父母關係	0.531*** (0.044)
PARENT_CARE 父母對成績的重視	0.136*** (0.036)
RESPECT_OPINION 父母對意見的尊重	0.339*** (0.048)
RESPECT_PRIVACY 父母對私隱的尊重	0.287*** (0.046)
SIBLING(S) 有兄弟姊妹	-0.102 (0.078)
CONSTANT	0.175*** (0.205)

***significant at 1% level , (standard error in brackets)

Living Environment and Happiness

居住環境與快樂指數

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居住環境寧靜、居住附近有空曠地方及在家有時間做喜歡做的事情對學童快樂尤為重要

Adj. R-square = 0.220, d.f.=3372	HAPPINESS
LIVING_SPACE 居住空間	0.082*** (0.027)
ABSENCE_NOISE 居住環境寧靜	0.414*** (0.040)
OPEN_SPACE 居所附近有空曠地方	0.190*** (0.035)
ACCESS_TRANSPORT 居所交通便利	0.354*** (0.041)
ENOUGH_LEISURE_TIME 有時間在家中做喜歡做的事情	0.342*** (0.028)
CONSTANT	1.389*** (0.184)

***significant at 1% level, (standard error in brackets)



School, family and Happiness 學校、家庭與快樂

學校生命教育 與 家庭生命教育
School-based LIFE Education and Family-based LIFE
Education

校園幸福感 與 家庭幸福感
School Happiness Index and Family Happiness Index



學校生命教育之計算方法

- School-based LIFE education = average of two highest scores

- 學校有透過以下活動，啟發同學易地而處、關愛他人、愛護生命
- 學校有透過以下活動，啟發同學了解和把握輕重緩急的道理
- 學校有透過以下活動，鼓勵奮發自強不怕困難
- 學校有透過以下活動，鼓勵同學尋找興趣發揮所長尋找生命的目標

1=很不同意 5 =很同意

課堂授課或討論	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
探訪或其他活動	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
歌唱	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
其他藝術或創作	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐
角色扮演或話劇	1. ☐	2. ☐	3. ☐	4. ☐	5. ☐

家庭生命教育之計算方法

Family-based LIFE education = average of scores on Q3i, Q9b, Q9c, and Q9d

家庭生命教育計算方法按下面4題

家庭生命教育是問題Q3i和Q9b至Q9d的平均數

3i. 你有一個美滿家庭

9b. 家人鼓勵你發揮潛能, 減少攀比

9c. 家人鼓勵你奮發自強不怕困難

9d. 家人鼓勵你尋找興趣, 發揮所長

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學校及家庭生命教育與上年比較

School and Family Based LIFE 2022 vs. 2021

(out of 5)
(based on ALL students) (student-based)
(average across age groups)

	School-LIFE Education 學校生命教育		Family-LIFE Education 家庭生命教育	
	2022	2021	2022	2021
Very Happy	4.23	4.31	4.38	4.42
In-between	3.66	3.55	3.61	3.61
Very Unhappy	3.22	2.99	2.94	2.89
Overall	3.87	3.81	3.89	3.95



School Life Education and School Happiness (2021/22 P4~S3)

快樂指數及學校生命教育指數略微下降 (school-based)
(based on average of primary schools; then average of secondary schools; then average of secondary and primary schools)

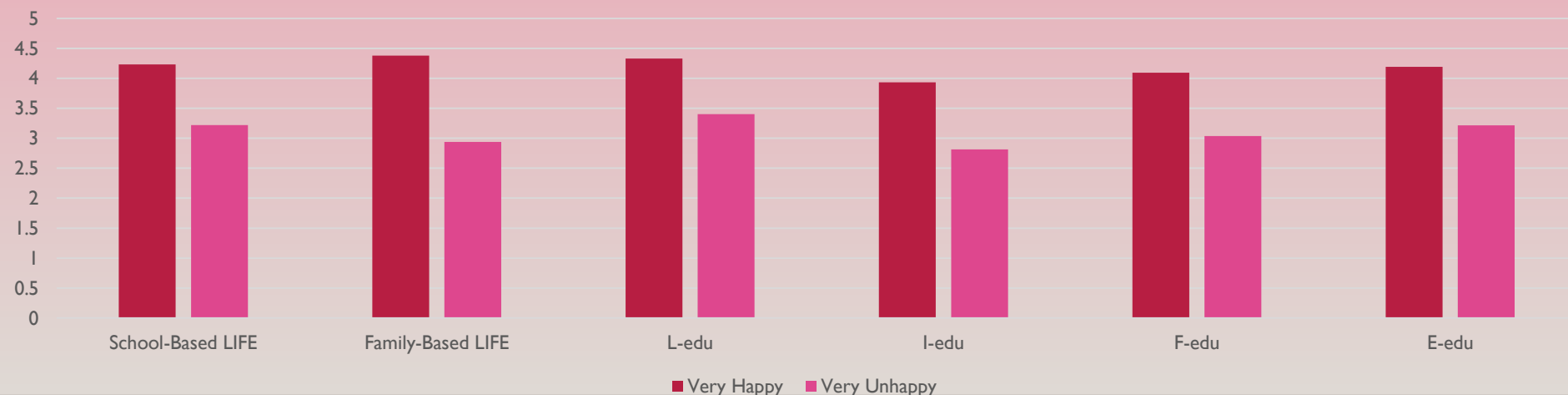
	Grades P4 to S3 only	2017/18	2018/19	2020/21	2021/22	變化 Change
Happiness	Primary Schools	7.07	7.21	7.26	7.10	-0.16
School LIFE Education Index	Primary Schools	4.43	4.48	4.14	4.07	-0.07
Happiness Index	Secondary Schools	6.39	6.47	6.68	6.25	-0.43
School LIFE Education Index	Secondary Schools	3.93	4.02	3.63	3.63	-
Happiness	Average for Primary and Secondary	6.73	6.84	6.97	6.68	-0.29
School LIFE Education Index	Average for Primary and Secondary	4.18	4.25	3.88	3.85	-0.03

「非常快樂」學童的學校教育指數與 家庭生命教育指數均比「非常不快樂」學童高得多

	School-Based LIFE	Family-Based LIFE	L-edu	I-edu	F-edu	E-edu
Very Happy	4.23	4.38	4.33	3.93	4.10	4.19
Very Unhappy	3.22	2.94	3.40	2.81	3.04	3.22
t-statistics	t(1528)=14.61***	t(1544)=23.75 ***	t(1423)=15.79***	t(1422)=17.91***	t(1543)=15.32***	t(1543)=14.83***

***significant(two-tailed) at 1% level

Life Education Indices and Average LIFE Scores (scale 1 to 5)



家庭生命教育比校內生命教育更高效

Adj. R-square = 0.378, d.f.=3307	HAPPINESS 快樂指數
LIFE_EDUCATION_SCHOOL	0.347*** (0.042)
LIFE_EDUCATION_FAMILY	0.959*** (0.053)
PARENTS_RELATIONSHIP	0.352*** (0.041)
PARENT_CARE	0.047(0.029)
FINANCIAL_WELL_OFF	0.042(0.027)
ACADEMIC_PRESSURE	-0.348** (0.035)
ACTIVITY_PRESSURE	-0.091*** (0.028)
FEMALE	-0.210***(0.067)
CONSTANT	1.400*** (0.256)

***significant at 1% level (standard error in brackets)

LIFE_EDUCATION_SCHOOL compiled by averaging the education indices on Love, Insight, Fortitude, and Engagement.

LIFE_EDUCATION_FAMILY: Life education index for home as perceived by student

Insight and Recommendations

洞悉及建議



家校合作

校園方面

- 快樂孩子的前題是一個快樂校園
- 提供快樂校園的有利條件：美好校園生活、好同學、好老師、有趣的課程
- 加強支援家長 (例如通過家教會)
- 加強生命教育

家庭方面

- 家庭教育的重要性
- 支援學校教學
- 進行身教 (留意家庭成員行為)
- 進行生命教育



加強教師培訓

- 加強教師生命教育的培訓
- 教師亦宜加強推動生命教育
- 推動行動教育（鼓勵同學尋找興趣發揮所長及生命目標）
成效最為顯著



加強生命教育的深廣度

- 除授課、研討及探訪等常見形式，更宜活用不同教學方法進行生命教育。包括：**唱歌、藝術/創作、話劇 / 角色扮演** 形式。
- 例如：關愛教育：可多利用**藝術 / 創作**形式

智慧及堅毅教育：可多利用**藝術 / 創作** 及 **話劇** 形式

行動教育：可多利用 **歌唱** 及 **話劇** 形式



但歌唱效益不應忽視

- [The Neuroscience of Singing By Cassandra Sheppard on Sunday December 11th, 2016](#)
- <https://www.psychologytoday.com/us/blog/the-athletes-way/201212/the-neuroscience-music-mindset-and-motivation>

愛：Secret Garden: [Your Raise Me Up](#) ; (譚詠麟) [朋友](#)

智：Armstrong: [What a wonderful world](#); 許冠傑 [快樂人](#)

毅：Row your boat 變成 努力幹 ; Sia: [Never Give Up](#)

行：蔡國權: (徐小鳳) [順流逆流](#) ; Scorpion: [Follow your heart](#); 黃霑: [問我](#)



努力幹

(詞：何樂生)

努 努 努力幹

Row Row Row your boat

堅定地 堅定地 堅定地 堅定地

Merrily Merrily Merrily Merrily

自闢 光明路

Gently down the stream

永遠不放棄

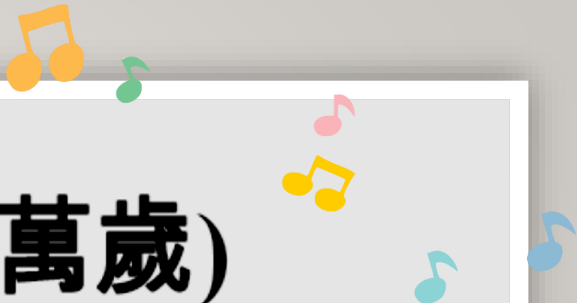
Life is but a dream

English lyrics:

Do Do Do you Best, Make your dream come true

Persevere, Persevere, Persevere, Persevere

Make your dream come true!



EQ三力 (調寄友誼萬歲)

EQ三力必須銘記 親情更要珍惜
自利利他憑自制力平衡力以及定力
今天辛勞奮力向前明天自得成果
康莊大道你我共闖彼此守望相助

「生命之歌」

(曲、詞：何樂生)

| 1 5 - | 4 3 - | 1 5 - |
我們 快樂 高歌
| 2 3 4 | 7 - 6 | 5 0 5 |
歌唱生命 之 歌 不
| 3 - 2 | 4 - 3 | 6 - 0 |
畏 暴 雨 狂 風
| 7 6 5 | 2 - 3 | 1 - 0 |
只知苦 盡 甘 來
| 2 3 2 | 4 - 3 | 4 - 0 |
生命是 一 幅畫
| 2 3 2 | 1 - 5 | (5) - 0 |
又是永恒 之 歌
| (5)(7) 2 | 4 - 3 | 1 - 1 |
本 身 就 是 光 明 我
| 5 - 4 | 3 - 1 | 5 - 0 |
們 快 樂 高 歌
| 2 3 4 | 5 - 4# | 5 - 0 |
磨練才會 堅 強
| 5 3 2 | 4 - 3 | 4 - |
我們快 樂 高 歌
| 4 3 2 | (6) - (7) | 1 - - |
歌唱生 命 之 歌

Song of Life

We sing in happiness.
We sing the Song of Life,
Fearless of rain and storm,
Remember spring is near.
Life is a painting.
Life is eternal song.
Li--fe itself is Light.
We sing in happiness.
Through trials we gain in
strength.
We sing in happiness.
We sing the Song of Life.



Videos, Films, Drama

- 五個孩子的校長
- 點五步
- 阿信的故事
- 殷兆基的故事 (Adrian Anatawan)
- Sound of Music
- Three Idiots "Today my respect for that idiot shot up. Most of us went to college just for a degree. No degree meant no plum job, no pretty wife, no credit card, no social status. But none of this mattered to him, he was in college for the joy of learning, he never cared if he was first or last. " (a quote from Indian movie)



FORTITUDE : 人的潛力不分國界

Human potential is universal and transcends nationalities

原來要放下的是那不存在的杯中水；
Put down the water that is not in the glass

Four-finger Korean concert pianist

要掌握的是那存在的杯中水，
Grasp the water that is in the glass

A Chinese Girl With No Fingers Plays Piano Beautifully

休管杯是半空或七成空。
Forget if the glass is half full or half empty

Romanian Girl With No Arms Sings & Plays Piano With Her Feet

原來只要珍惜所有，
Work with what you have

生命給我們的潛力仍屬無限。
You can still achieve greatness



POEMS 詩歌誦讀或創作 永遠 Always and Ever So

(二零零二年五月十九日晨早五時於秘魯利馬)

永遠都要那麼從容不迫，
Always and ever so relaxed and composed
永遠都不要跟自己過不去。
Always and ever so not to torment yourself
永遠都要朝著那光明，
Always and ever so facing the bright side
永遠都不要墮入那泥淖。
Always and ever so not to fall into a pool of mud
永遠都要抱著信心，
Always and ever so confident
永遠都不要失去希望，
Always and ever so not to lose hope
永遠都要尋找真正的自己。
Always and ever so to discover your real self.



珍重 Zhen Zhong

If there are two words
I have to tell anyone,
They would be zhen zhong.
Zhen is to treasure Life like the
rarest treasure.
Zhong is to take Life like the
most important thing ever
known.

要是我只得兩個字
可告訴別人，
這兩個字必就是珍重。
珍就是視生命如世間奇珍異寶，
重就是視生命如重中之重。

Treasure Life,
For Life works wonders
Beyond the wildest imagination:
Art, music, drama, and the web!
The door will open up, to
whoever knocks!

珍惜生命，
因為生命奇妙能創奇蹟。
完全超乎一切想像：
藝術、音樂、戲劇、互聯網！
只要叩門，門即為你打開。



Take Life like the most
important thing ever known,
For that is really what we only
have.
Can we rely on anything
Other than Life itself
To achieve our dreams?

視生命如重中之重，
因為生命已是我們擁有的一切。
除了生命，
我們實在別無倚靠。
沒有生命，一切夢想只能是空想。

So zhen zhong my friend,
Bon voyage my friend.
Let the tears run,
The tears of loss, the tears of
love,
No more in vain.

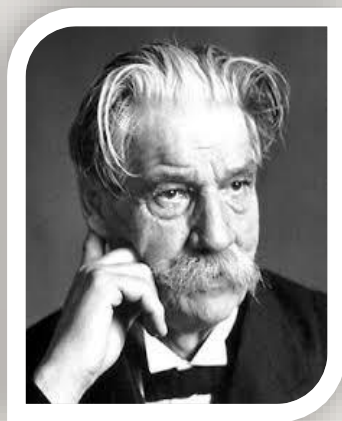
是故珍重朋友。
一路順風朋友！
眼淚就讓它流，
不管是愛之淚還是失之淚。
就是勿要讓它白流！



名人事蹟



- 田家炳博士



- 史懷哲



- Salman Khan of Khan Academy



- 陳蒨校長

散文/詩歌

- 紙船——寄母親 冰心
- 少年筆耕 亞米契斯
- 習慣說 劉蓉
- 大學 禮記
- 禿的梧桐 蘇雪林
- 海龜 何樂生



Sea Turtles (August 16, 2002) 海龜

數以千計的小睛眼朝天仰望。
天上佈滿繁星、是一個恬靜的夜晚。
沒有一點風，
皎潔的明月照在地上。

微弱的波濤聲從遠處傳來。
這是小海龜此生第一次聽到的聲音。
是從大海洋送來的聲音
似近在咫尺的家等候的呼喚。

小海龜鼓起勇氣，
開始它們不可知不可料的生命之旅。
大力把泥土推向後面，身軀則投向前方。
跌跌撞撞全心全意只管衝前。

扒呀扒，衝呀衝。
忘掉了疲勞。
只記著家的呼喚。
它們奮力前進。

就讓浪拍打沙灘吧，
就讓鳥從空中飛來獵食吧。
再沒有時間多想，
當然也不去理會生存有多艱難。



**THANK
YOU**

