

HK CHILDREN HAPPINESS INDEX 2018/19

2018/19 學年香港學童快樂指數

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- This series of surveys was initiated by the HK Early Childhood Development Research Foundation and has been conducted annually since 2012.

香港開心D (HK.WeCARE)

和富社會企業「香港開心D」平台由一群熱心人士及及伙伴機構共同策劃並於2015年成立

Launched in October 2015, HK.WeCARE is a platform that envisions to make Hong Kong a happier place to live in.

本著「推動積極樂觀、尊重互愛的價值觀，令香港開心D」的理念，呼籲香港人保持樂觀正面的思想，向社區傳播愛與笑的力量。

HK.WeCARE works to raise awareness of the effects of well-being advancement on human development, and to bring together game-changers and shapers to push forward happiness-promoting and socially innovative programmes in the city.



我們的使命

- 讓香港人可以「選擇」變得快樂，將快樂成為人生的一部份
- 為社區注入抗逆力，傳遞新希望

Our Mission

To equip Hongkongers to 'choose' and internalise happiness
To build resilience and positivity into the DNA of the city

香港 HONG KONG



珠海學院
CHU HAI COLLEGE
OF HIGHER EDUCATION



我們的工作 OUR WORKS



研究及倡導



知識分享及能力提升



計劃發展



宣傳及推廣



研究及倡導 Research Advocacy

- 開心指數調查及發佈會
- 對《2019施政報告》立場書 – 開心指數
- Surveys and Press Conference
- Position Paper to Government on Happiness Index



知識分享及 能力提升 Knowledge Sharing & Capacity Building

- 高峰會及研討會
- Summit and Conference



計劃發展 Program Development

- 外界資助之活動
- 主辦及協辦之活動
- 和富慈善基金資助之活動
- Externally Funded Programmes
- Partnership and Self-initiated Programmes
- Wofoo Foundation Donate Programmes



宣傳及推廣 Promotion and Media

- 網上活動平台
- 媒體報導
- Online Activities Portal

開心指數調查 HAPPINESS INDICES

與本地研究「快樂」的學者共同進行研究，包括「香港整體開心指數」、「兒童開心指數」、「青少年開心指數」、「上班族開心指數」、「長者開心指數」以及「家庭開心指數」，追蹤及量度香港市民整體以至不同階層的快乐程度，並作出具針對性的建議措施。

HK.WeCARE has been working on the Happiness Indices targeting at 'General Public', 'Children', 'Youth', 'Employees', 'The Elderly', and 'Family'. We will be able to have a greater understanding about the factors making Hong Kong people happy or unhappy, thus advocating possible ways to make them happier or less unhappy.



開心指數

量度受訪者的快樂狀況

以下是「開心指數」評估題目例子：

Q. 整體來說，你快樂嗎？(0-10分)



內在心理因素

量度受訪者「心理資本」(MENTAL CAPITAL)

- | | |
|----------------|-------------------|
| A. 關愛(LOVE) | C. 堅毅(FORTITUDE) |
| B. 智慧(INSIGHT) | D. 行動(ENGAGEMENT) |



外在環境因素

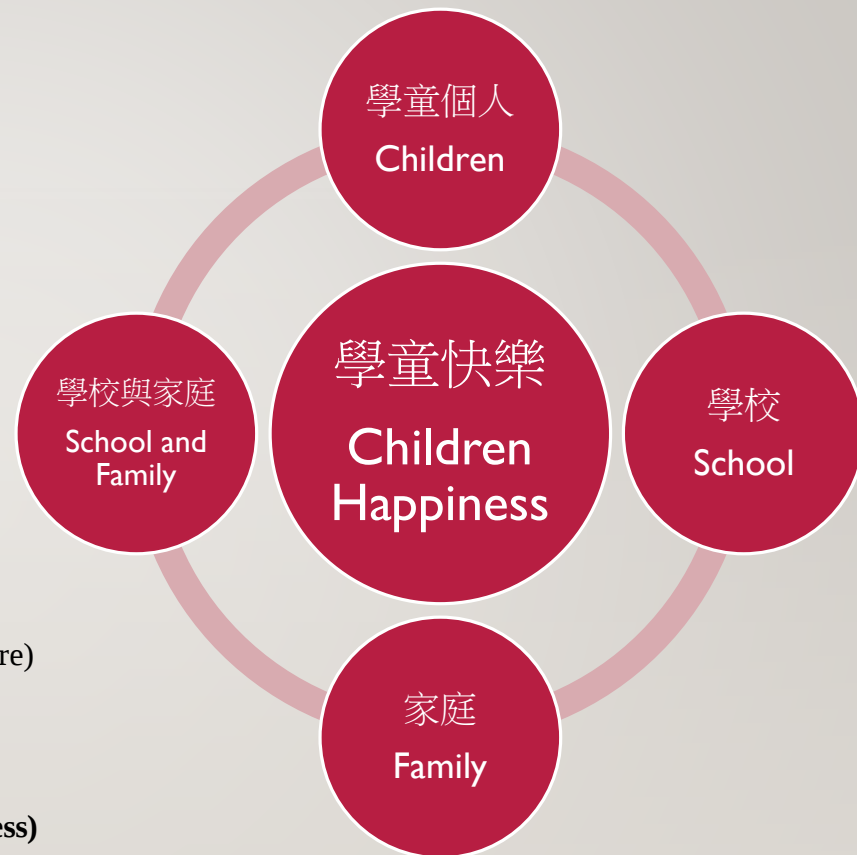
量度受訪者對生活上各項的滿意程度

自2015年開始，香港開心D已進行有關香港人快樂程度的研究。

內容大要

Flow of Contents

- 1. 背景 (Background)
- 2. 研究方法 (Methodology)
- 3. 學童快樂 (Children Happiness)
 - 學童開心指數 (Children Happiness Index)
 - 心理資本 (Mental Capital)
- 4. 學校與學童快樂 (School and Children Happiness)
 - 學校開心指數 及 校園生命教育 (School Happiness and School-based LIFE Education))
 - 生命教育的重要性 (Importance of LIFE Education)
 - 教師與生命教育 (Teacher and LIFE Education)
 - 校園幸福感 (School Happiness)
 - 學業壓力及活動壓力 (Academic Pressure & Activity Pressure)
- 5. 家庭與學童快樂 (Family and Children Happiness)
 - 家庭幸福感 (Family Happiness)
- 6. 學校、家庭與學童快樂 (School, Family and Children Happiness)
 - 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
- 7. 建議 (Recommendation)

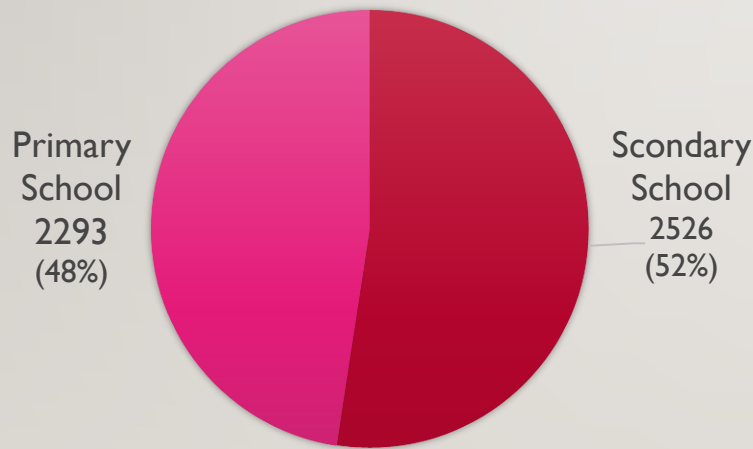


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- We started contacting the schools in February 2019. Questionnaires were sent to participating schools in March, and received in April 2019 to the first week of June 2019.
 - 2019年4月至2019年6月初完成
 - Only non-direct subsidy local schools are included 取樣限於非直資本地中小學

Sample Distribution (School)

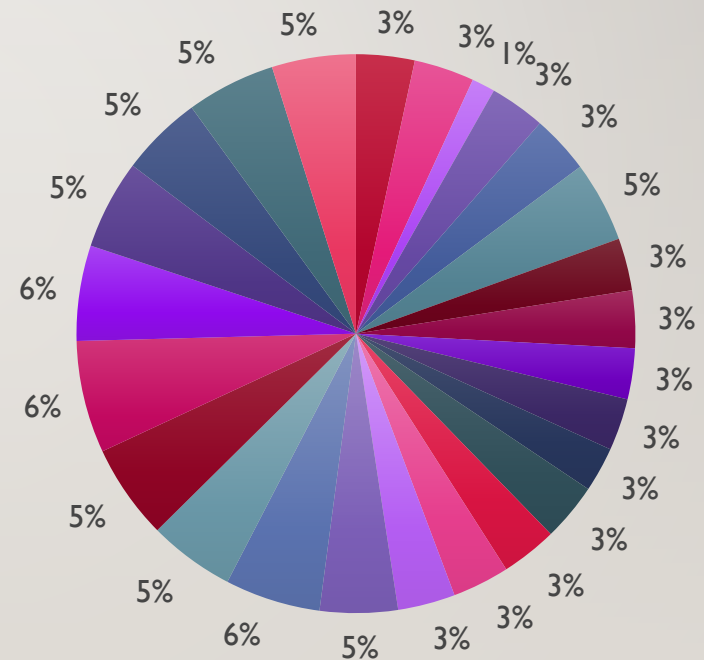
學童樣本分佈 (學校)

**Sample Distribution Students from Primary vs those from Secondary Schools
(15 Primary and 10 Secondary)**



老師樣本共197位

Sample Distribution from different School (n=25)



CHILDREN HAPPINESS

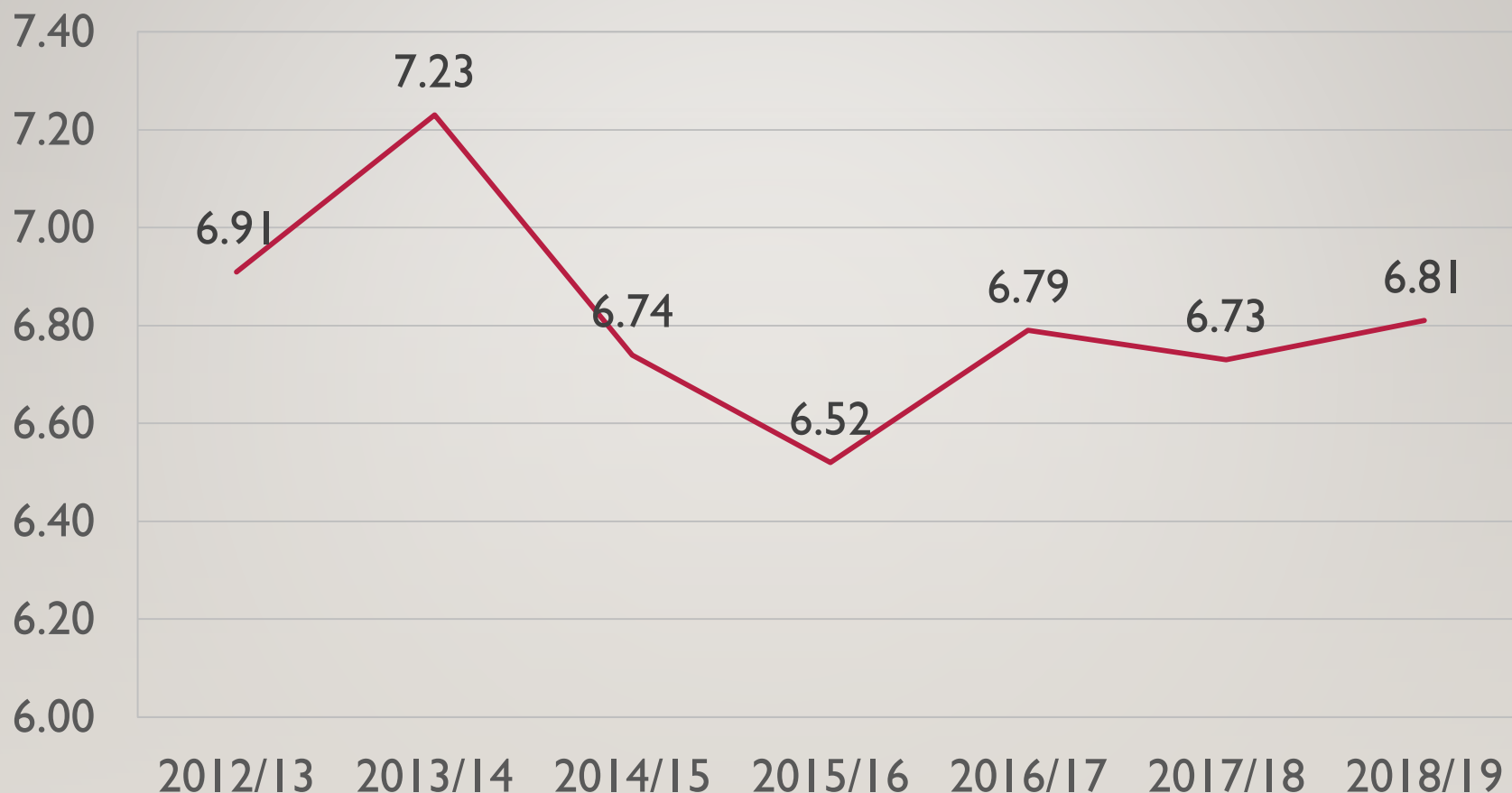
學童快樂

Children Happiness Index

學童快樂指數

Average Happiness Score since 2012

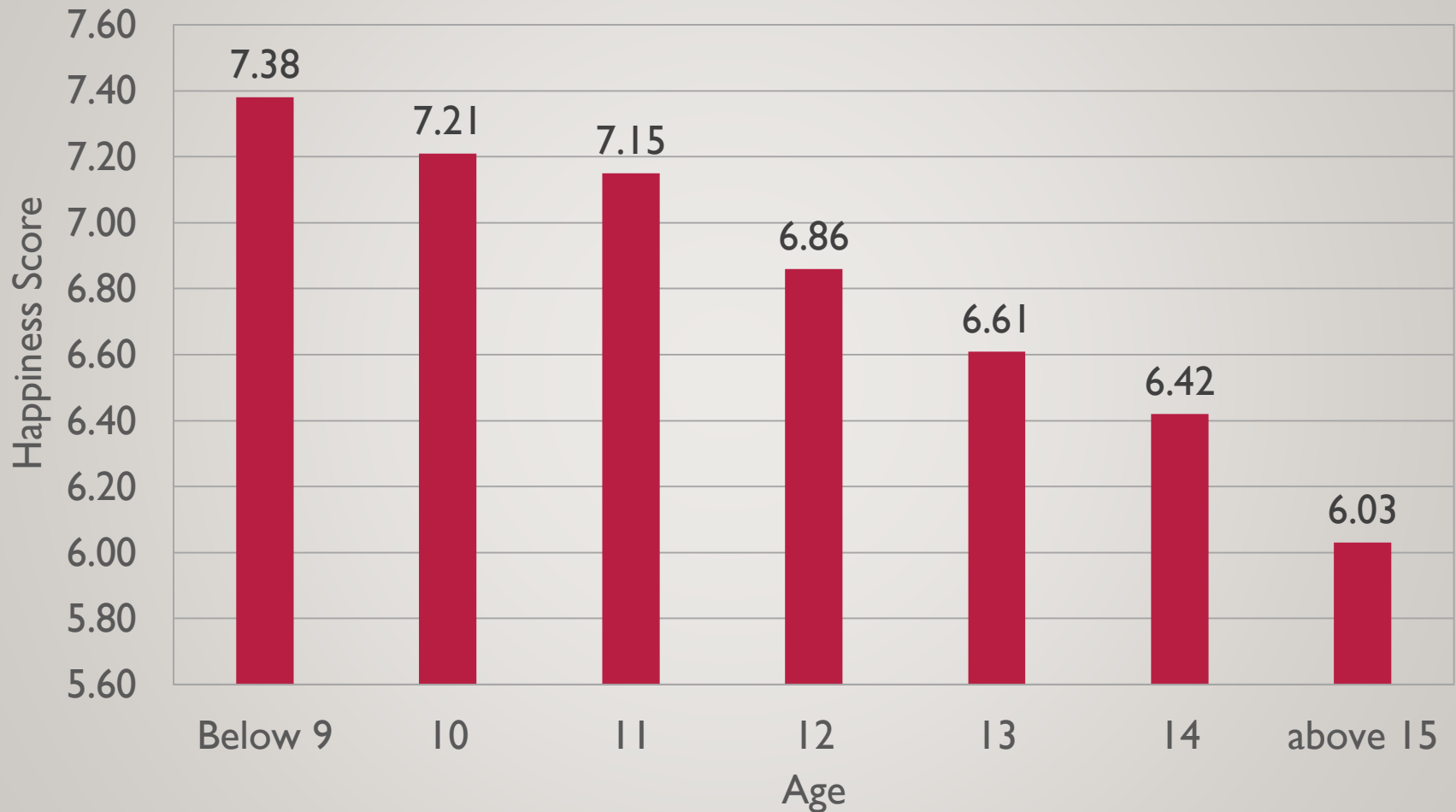
Average of Happiness Indices for Each Age Group Covering Grades P4 to S3



Happiness Score for different Age in 2018/19

不同年齡兒童的快樂指數 (2018/19年度)

(P4 to S3 ONLY)



Happiness by age

按年齡組別兒童快樂指數(4年比較)

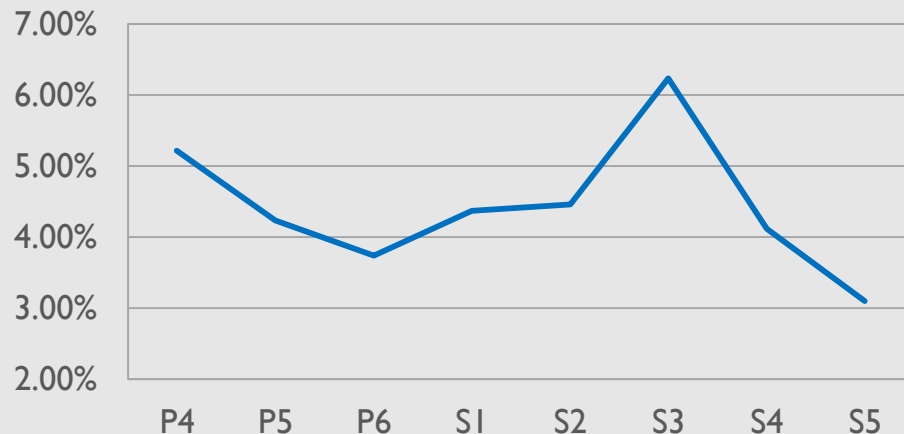
P4 to S3 only					2018/19年變化百分比
Age	2018/19	2017/18	2016/17	2015/16	2018 % change over 2017
9 or below	7.38	6.94	7.3	6.76	6.34
10	7.21	7.15	7.18	6.96	0.84
11	7.15	7.14	6.97	6.91	0.14
12	6.86	6.81	6.77	6.55	0.73
13	6.61	6.41	6.34	6.52	3.12
14	6.42	6.31	6.46	6.15	1.74
15-18	6.03	6.34	6.51	5.79	-4.89
Average by age groups	6.81	6.73	6.79	6.52	1.19

Percentage of Very Happy and Unhappy Children of different Grade in 2018/19 不同年級的非常快樂與非常不快樂兒童的百分比 (2018/19年度)

% of very happy children of different grade
不同年級非常快樂兒童的百分比
(2018/19年度)

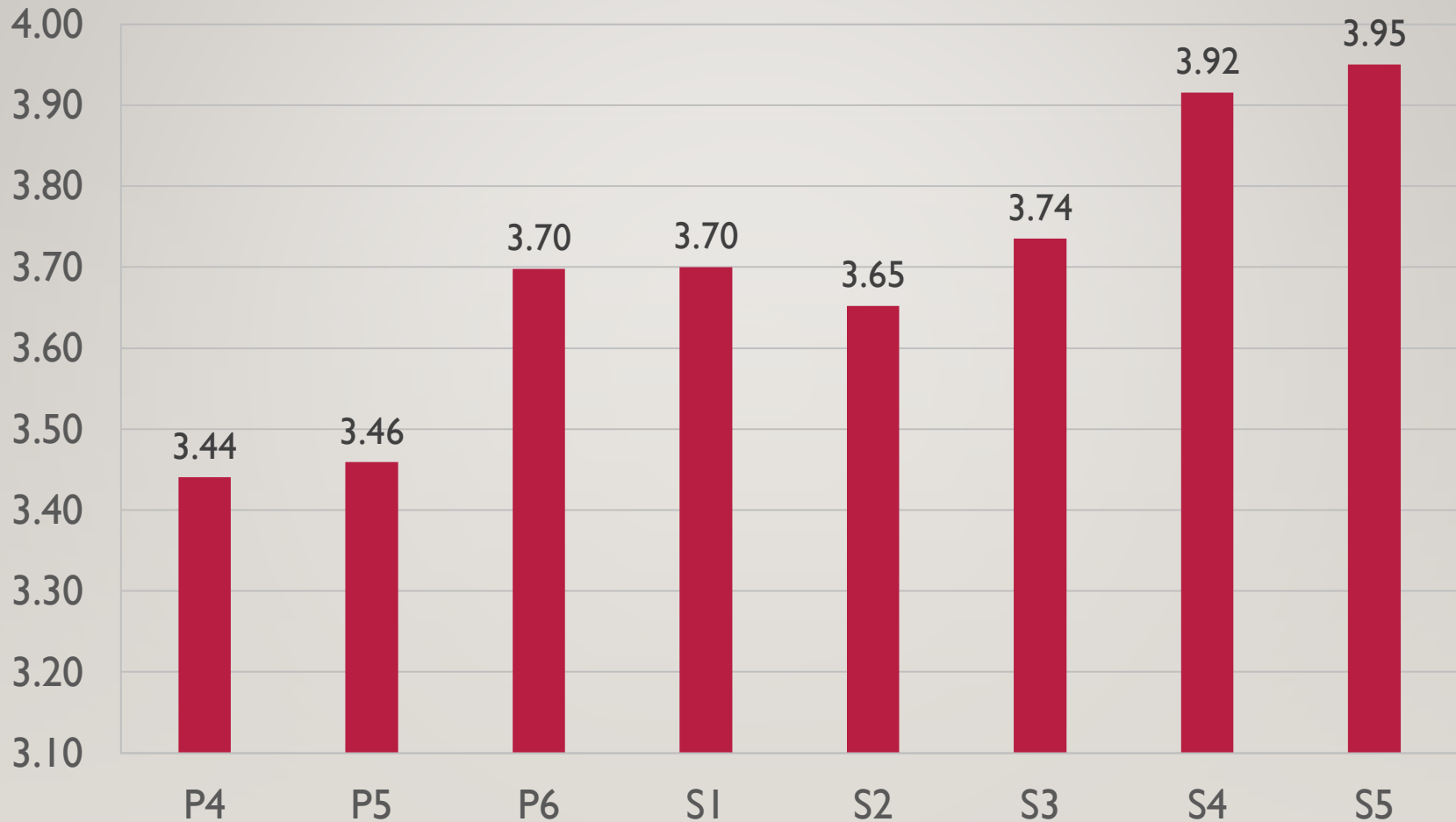


% of very unhappy children of different grade
不同年級非常不快樂兒童的百分比
(2018/19年度)



	P4	P5	P6	S1	S2	S3	S4	S5
Very unhappy (0-2)	39	33	27	27	30	32	14	11
Neutral (3-7)	299	347	316	342	415	344	235	261
Very happy (8-10)	410	400	380	249	228	137	91	83
Mean	7.33	7.08	7.15	6.75	6.49	6.11	6.23	6.23
% of very unhappy	5.21%	4.23%	3.73%	4.37%	4.46%	6.24%	4.12%	3.10%
% of very happy	54.81%	51.28%	52.56%	40.29%	33.88%	26.71%	26.76%	23.38%
Obs	748	780	723	618	673	513	340	355

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(2018/19): 欺凌集中在低班



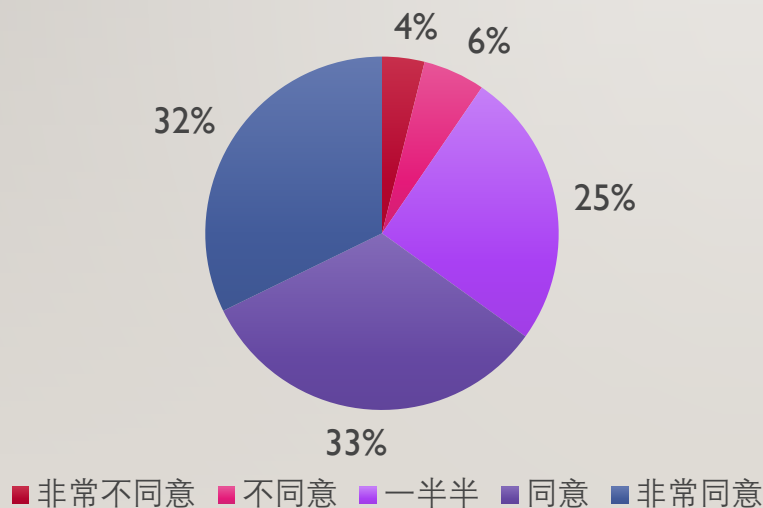
愈多空閒時間，愈同意活著有價值

9-10%學童不同意或非常不同意活著有價值和有足夠的餘暇

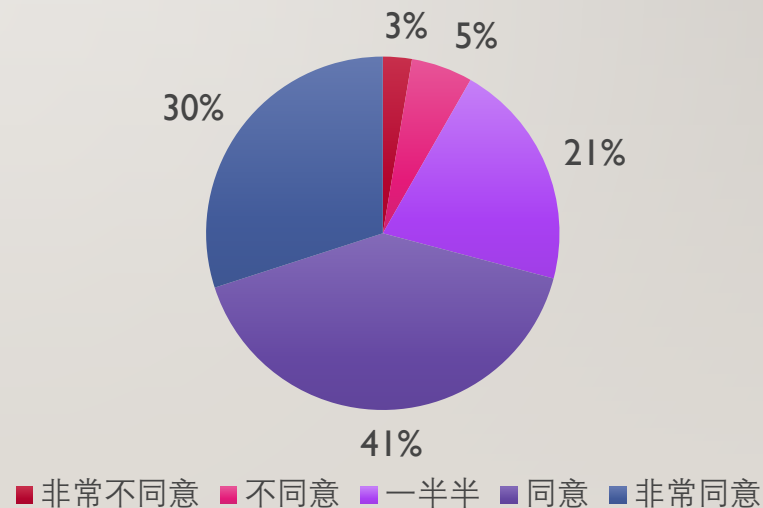
Adj. R-square = 0.109, d.f. = 4772		Dep. Var: LIFE worth living 活在世上很有價值	
CONSTANT		2.445*** (0.059)	
ENOUGH_LEISURE_TIME 在家有時間做自己喜歡做的事		0.358*** (0.015)	

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

活在世上很有價值



你在家裏有時間做你喜歡做的事情



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
- 你能在學習中尋找樂趣

心理資本使學童更快樂

Adj. R-square = 0.191 d.f. = 4712	Dep. Var: HAPPINESS 快樂指數
LOVE 關愛	0.637*** (0.068)
INSIGHT 智慧	0.169** (0.073)
FORTITUDE 堅毅	0.222*** (0.072)
ENGAGEMENT 行動	0.239*** (0.067)
CONSTANT	2.408*** (0.134)

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

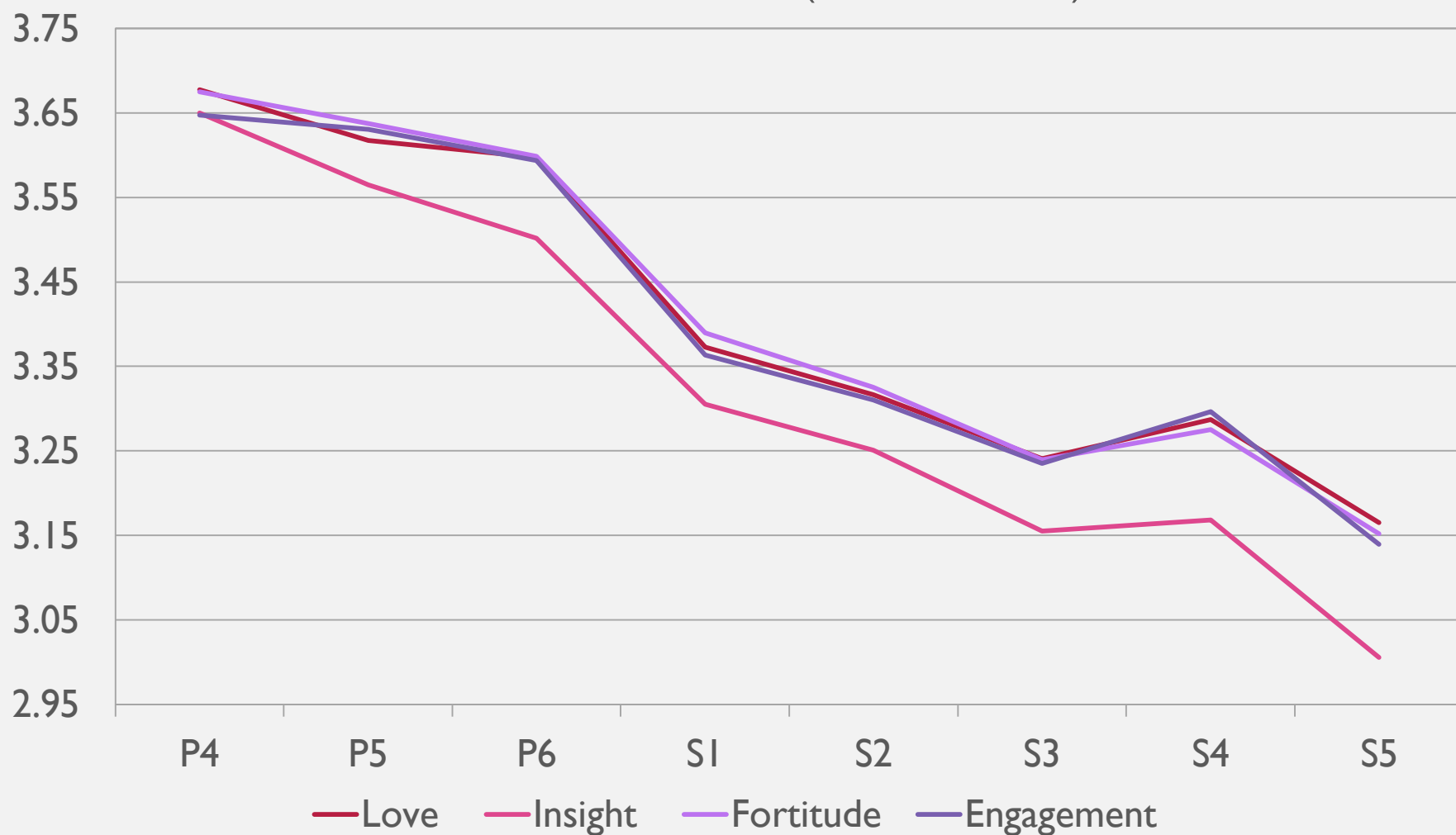
** significant at 5% level

心理資本隨年級而下降

Dependent Variable	Coefficients (Grade)
L OVE 愛 (adj R-square = 0.044, d.f. = 4774)	-0.080*** (0.005)
I NSIGHT 智 (adj R-square = 0.054, d.f. = 4766)	-0.093*** (0.006)
F ORTITUDE 毅 (adj R-square = 0.042, d.f. = 4761)	-0.082*** (0.006)
E NGAGEMENT 行 (adj R-square = 0.037, d.f. = 4744)	-0.079*** (0.006)

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

LIFE Score of different grades in 2018/19 不同年級的LIFE指數(2018/19年度)



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 School Happiness (2018/19 P4~S3)

	Grades P4 to S3 only	2016/17	2017/18	2018/19	
School Happiness	Primary Schools	7.12	7.07	7.21	Δ
School LIFE Education	Primary Schools	3.58	3.57	3.62	Δ
School Happiness	Secondary Schools	6.39	6.39	6.47	Δ
School LIFE Education	Secondary Schools	3.28	3.29	3.30	Δ
School Happiness	Average for Primary and Secondary	6.76	6.73	6.84	Δ
School LIFE Education	Average for Primary and Secondary	3.43 ↓	3.43	3.46	Δ

School Life Education and School Happiness (2018/19 P4~S3)

	Count of Very Happy in School	Count of Very Unhappy in School	Ratio of Very Unhappy to Very Happy	School Based LIFE Education Index	School Happiness
Primary	40	2	0.050	3.842	7.538
	102	4	0.039	3.833	7.923
	81	2	0.025	3.761	7.503
	75	7	0.093	3.734	7.252
	91	3	0.033	3.669	7.331
	95	2	0.021	3.663	7.688
	84	9	0.107	3.651	6.905
	96	4	0.042	3.634	7.352
	70	4	0.057	3.610	7.412
	103	19	0.184	3.592	6.738
	85	6	0.071	3.547	7.301
	76	12	0.158	3.528	6.789
	59	4	0.068	3.509	6.639
	76	12	0.158	3.432	6.987
	57	9	0.158	3.358	6.800
Average				3.624	7.211
Secondary	54	2	0.037	3.438	6.669
	59	12	0.203	3.431	6.410
	69	8	0.116	3.406	6.608
	54	17	0.315	3.339	6.144
	55	10	0.182	3.283	6.426
	90	9	0.100	3.262	6.596
	51	14	0.275	3.248	5.989
	50	5	0.100	3.246	6.572
	71	5	0.070	3.215	6.719
	61	7	0.115	3.128	6.556
Average				3.300	6.469
Total Min				3.128	5.989
Total Max				3.842	7.923
Average of P/S				3.462	6.840

School Life Education and School Happiness (2017/I8 P4~S3)

	Count of Very happy in School	Count of Very unhappy in School	Ratio of Very Unhappy to very Happy	School Based LIFE Education Index	School Happiness
Primary	87	6	0.069	3.752	7.017
	87	7	0.080	3.715	7.247
	94	5	0.053	3.646	7.700
	81	3	0.037	3.628	7.500
	88	8	0.091	3.590	7.000
	76	8	0.105	3.578	7.039
	55	5	0.091	3.548	7.098
	70	7	0.100	3.537	7.041
	77	19	0.247	3.446	6.511
	63	14	0.222	3.422	6.623
	67	6	0.090	3.376	6.952
		Average		3.567	7.066
Secondary	96	9	0.094	3.453	6.500
	48	4	0.083	3.366	6.516
	52	10	0.192	3.300	6.409
	41	6	0.146	3.299	6.475
	50	9	0.180	3.263	6.127
	25	5	0.200	3.224	6.333
	58	11	0.190	3.201	6.318
	62	7	0.113	3.184	6.430
		Average		3.286	6.389
		Total Min		3.184	6.127
		Total Max		3.752	7.700
		Avg of P & S		3.427	6.727

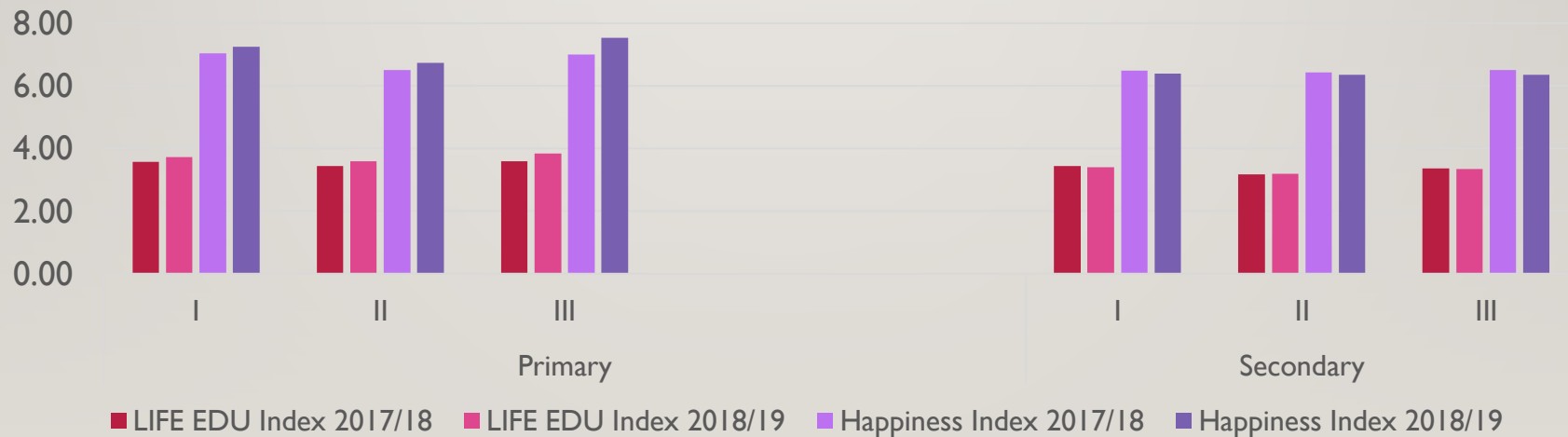
School Life Education and School Happiness (2016/17 P4~S3)

	Count of Very happy in school	Count of Very unhappy in school	Ratio of Very Unhappy to Uvery Happy	School Based LIFE Education Index	School Happiness
Primary	38	2	0.053	3.752	7.017
	28	4	0.143	3.715	7.247
	47	1	0.021	3.646	7.700
	42	7	0.167	3.628	7.500
	43	1	0.023	3.590	7.000
	25	4	0.160	3.578	7.039
	28	2	0.071	3.548	7.098
	46	4	0.087	3.537	7.041
	26	7	0.269	3.422	6.623
	42	3	0.071	3.376	6.952
		Average		3.579	7.122
Secondary	34	2	0.059	3.453	6.500
	53	5	0.094	3.366	6.516
	29	4	0.138	3.300	6.409
	43	2	0.047	3.299	6.475
	17	3	0.176	3.263	6.127
	19	6	0.316	3.224	6.333
	29	3	0.103	3.201	6.318
	18	6	0.333	3.184	6.430
	26	0	0.000	3.184	6.430
		Average		3.275	6.393
			Total Min	3.184	6.127
			Total Max	3.752	7.700
			Avg of P&S	3.427	6.758

Schools that participated in 2017/18 and 2018/19 life LIFE Education Index and Happiness Index Compared (P4~S3)

			LIFE EDU Index			Happiness Index		
			2017/18	2018/19	Δ	2017/18	2018/19	Δ
Primary	I	Anonymous	3.58	3.73	0.15	7.04	7.25	0.21
	II	Anonymous	3.45	3.59	0.14	6.51	6.74	0.23
	III	Anonymous	3.59	3.84	0.25	7.00	7.54	0.54
Secondary	I	Anonymous	3.45	3.40	-0.05	6.50	6.40	-0.10
	II	Anonymous	3.18	3.20	0.02	6.43	6.35	-0.08
	III	Anonymous	3.37	3.35	-0.02	6.52	6.35	-0.17

6 schools compared between two years



SCHOOL AND HAPPINESS

學校與快樂

IMPORTANCE OF LIFE EDUCATION

生命教育的重要性

2015/16 年調查的一個重要結果:
認同學校有提供生命教育的同學更快樂

Life Education 學校提供生命教育	Frequency 人次	Happiness 平均快樂指數
Very much agree 十分認同	252	7.33
Agree 認同	453	6.70
Half-half 一半半	314	5.94
Disagree 不認同	47	6.09
Very much disagree 非常不認同	23	3.91

Key Life Education Questions and Compilation of the Life Education Index

學童評估的生命教育指數的計算

生命教育深廣度 = 愛智毅行教育 4 或5 所佔比率

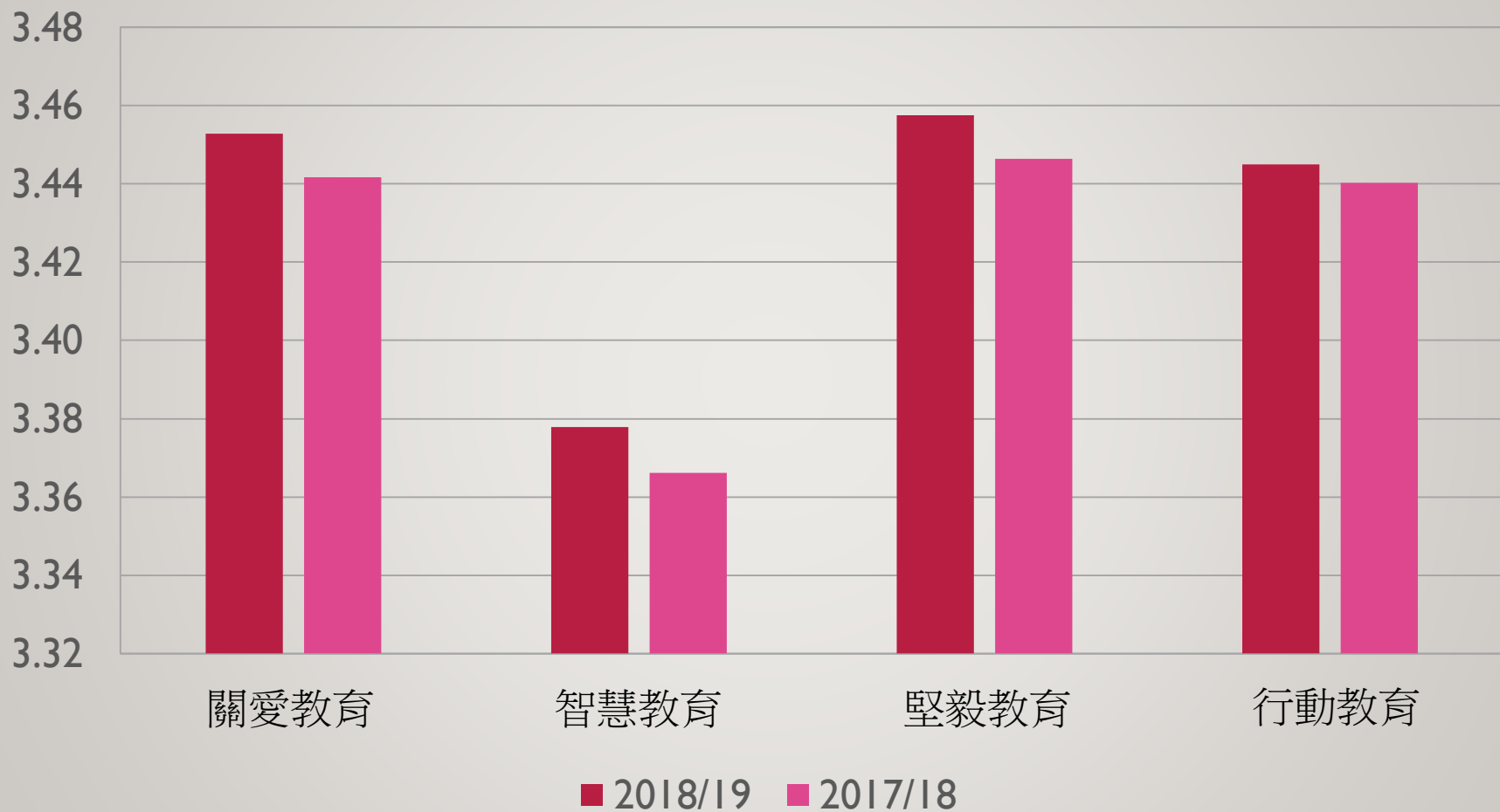
- 學校有透過以下活動，啟發同學易地而處、關愛他人、愛護生命
- 學校有透過以下活動，啟發同學了解和把握輕重緩急的道理
- 學校有透過以下活動，鼓勵奮發自強不怕困難
- 學校有透過以下活動，鼓勵同學尋找興趣發揮所長尋找生命的目標

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. ☐

愛智毅行教育相關活動

2018/19 比上年全面提升



Primary_School Happiness index

小學生命教育效果特別明顯

Adj. R-square = 0.506, d.f. = 14	Dep. Var: HAPPINESS 快樂指數	Sig.
LIFE Education Index	4.660 (1.190)	0.002
Constant	4.630 (0.663)	0.000

(standard errors in brackets)

Primary_School Happiness index

以學校生命教育深廣度比率算效果比
學校生命教育指數更突出

Adj. R-square = 0.520, d.f. = 14	Dep. Var: HAPPINESS 快樂指數	Sig.
學校生命教育深廣度比率	4.703 (1.169)	0.001
Constant	4.608 (0.652)	0.000

(standard errors in brackets)

Secondary_School Happiness index

中學生命教育效果不明

以深廣度比率算

Adj. R-square = -0.112, d.f. = 9	Dep. Var: HAPPINESS 快樂指數	Sig.
學校生命教育深廣度比率	-0.630 (2.074)	0.769
Constant	6.648 (0.828)	0.000

(standard errors in brackets)

關愛教育對快樂最為重要

Adj. R-square = 0.201, d.f. = 4674	HAPPINESS 快樂指數
LOVE_Education 關愛教育	0.628*** (0.068)
INSIGHT_Education 智慧教育	0.117 (0.074)
FORTITUDE_Education 堅毅教育	0.222*** (0.072)
ENGAGEMENT_Education 行動教育	0.250*** (0.067)
AGE 年齡	-0.080*** (0.023)
AGE x SECONDARY 年齡 x 中學	-0.004 (0.008)
CONSTANT	3.602*** (0.281)

***significant at 1% level ,

(standard error in brackets)

在生命教育之中， 授課/研討與探訪/其他的方式對快樂最為重要

Adj. R-square = 0.1947, d.f. = 4759	HAPPINESS 快樂指數
LIFE_Talk_Seminar 授課/研討	0.732*** (0.054)
LIFE_Visit_Other探訪/其他	0.311*** (0.059)
LIFE_Singing 歌唱	0.017 (0.048)
LIFE_Art_Creativity 藝術/創作	0.067 (0.060)
LIFE_Drama_Roleplay 戲劇/角色扮演	0.143*** (0.054)
CONSTANT	2.323*** (0.135)

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

在關愛教育之中， 授課/研討與探訪/其他的方式對快樂最為重要

Adj. R-square = 0.2002, d.f. = 4726	HAPPINESS 快樂指數
LOVE_Talk_Seminar 授課/研討	0.619*** (0.043)
LOVE_Visit_Other 探訪/其他	0.364*** (0.043)
LOVE_Singing 歌唱	0.050 (0.036)
LOVE_Art_Creativity 藝術/創作	0.175*** (0.042)
LOVE_Drama_Roleplay 戲劇/角色扮演	0.067 (0.038)
CONSTANT	2.278*** (0.135)

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

在智慧教育之中， 授課/研討與探訪/其他的方式對快樂最為重要

Adj. R-square = 0.1802, d.f. = 4711	HAPPINESS 快樂指數
INSIGHT_Talk_Seminar 授課/研討	0.646*** (0.044)
INSIGHT_Visit_Other 探訪/其他	0.223*** (0.047)
INSIGHT_Singing 歌唱	0.020 (0.041)
INSIGHT_Art_Creativity 藝術/創作	0.107** (0.049)
INSIGHT_Drama_Roleplay 戲劇/角色扮演	0.139*** (0.043)
CONSTANT	2.807*** (0.127)

***significant at 1% level ,

**significant at 5% level

(standard error in brackets)

在堅毅教育之中， 授課/研討與探訪/其他的方式對快樂最為重要

Adj. R-square = 0.1646, d.f. = 4701	HAPPINESS 快樂指數
FORTITUDE_Talk_Seminar 授課/研討	0.467*** (0.042)
FORTITUDE_Visit_Other 探訪/其他	0.240*** (0.045)
FORTITUDE_Singing 歌唱	0.055 (0.039)
FORTITUDE_Art_Creativity 藝術/創作	0.153*** (0.044)
FORTITUDE_Drama_Roleplay 戲劇/角色扮演	0.173*** (0.039)
CONSTANT	2.949*** (0.130)

***significant at 1% level ,

**significant at 5% level

(standard error in brackets)

在行動教育之中， 授課/研討與探訪/其他的方式對快樂最為重要

Adj. R-square = 0.1634, d.f. = 4697	HAPPINESS 快樂指數
ENGAGEMENT_Talk_Seminar 授課/研討	0.449*** (0.042)
ENGAGEMENT_Visit_Other 探訪/其他	0.264*** (0.045)
ENGAGEMENT_Singing 歌唱	0.112*** (0.040)
ENGAGEMENT_Art_Creativity 藝術/創作	0.047 (0.048)
ENGAGEMENT_Drama_Roleplay 戲劇/角色扮演	0.178*** (0.044)
CONSTANT	3.108*** (0.125)

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

Talk/Seminar is the most popular for LIFE education

授課/研討是最常用的生命教育方式：
講座最多 歌唱最少

	Talk/Seminar 授課/研討	Visit/Other 探訪/其他	Singing 歌唱	Art/Creaction 藝術/創作	Drama/RolePlay 戲劇/角色扮演
LOVE 關愛教育	2579	2394	1834	2334	2327
INSIGHT 智慧教育	2538	2116	1685	2082	2109
FORTITUDE 堅毅教育	2563	2263	1907	2223	2547
ENGAGEMENT 行動教育	2545	2308	1939	2305	2266
LIFE 生命教育	10225	9081	7365	8944	9249

**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

SCHOOL AND HAPPINESS

學校與快樂

TEACHER AND LIFE EDUCATION

教師與生命教育

教師愈快樂，學童愈快樂

Adj. R-square = 0.005, d.f.=3217		(CHILDREN)HAPPINESS 快樂指數
TEACHER_HAPPINESS 教師快樂指數	0.050*** (0.141)	
CONSTANT	6.574*** (0.899)	

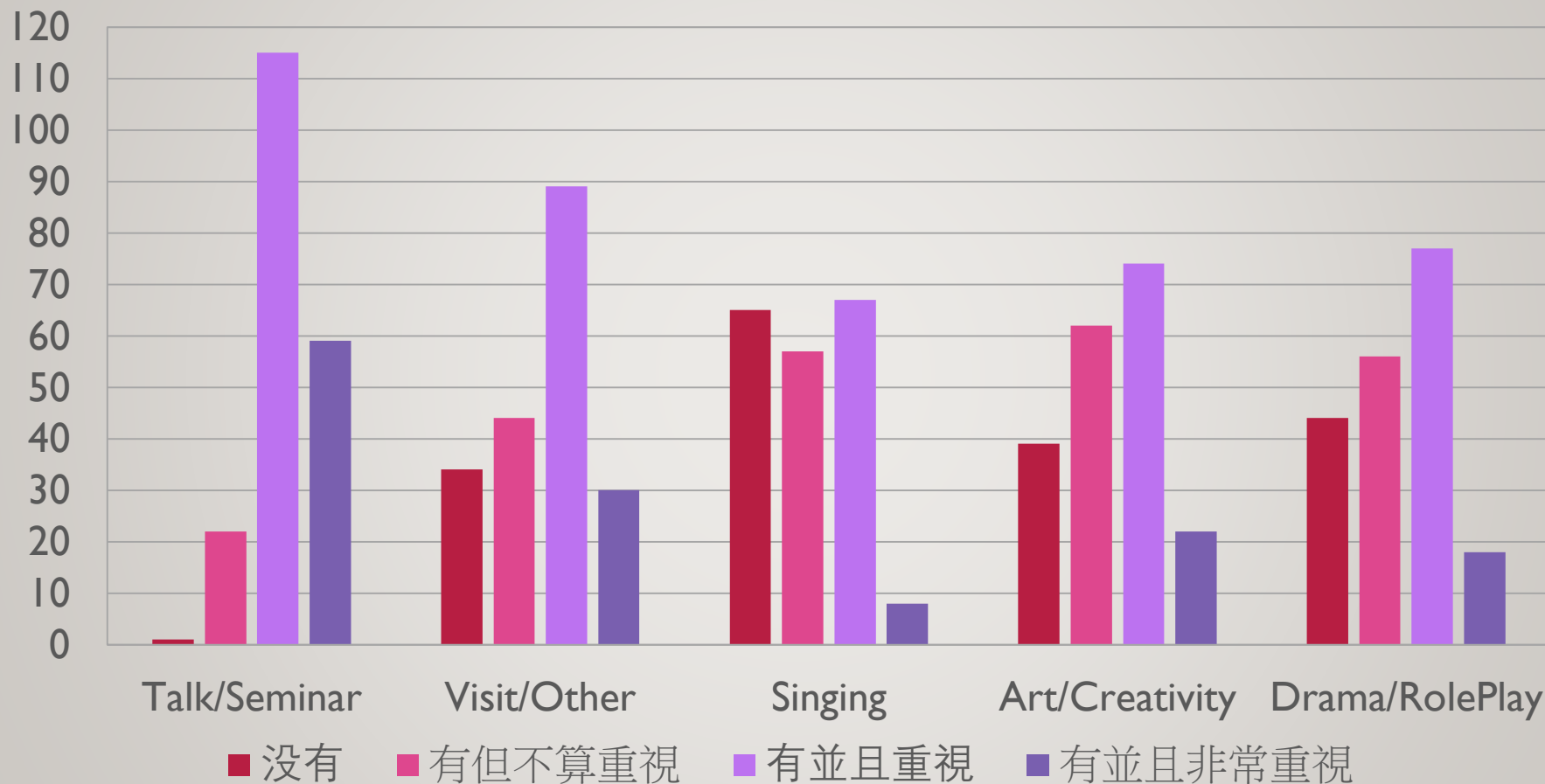
***significant at 1% level , (standard errors in brackets)

Correlation Coefficients of Student Life Education Index (學生同意學校有進行生命教育) Components against Teacher Life Education Indices (教師推行生命教育)

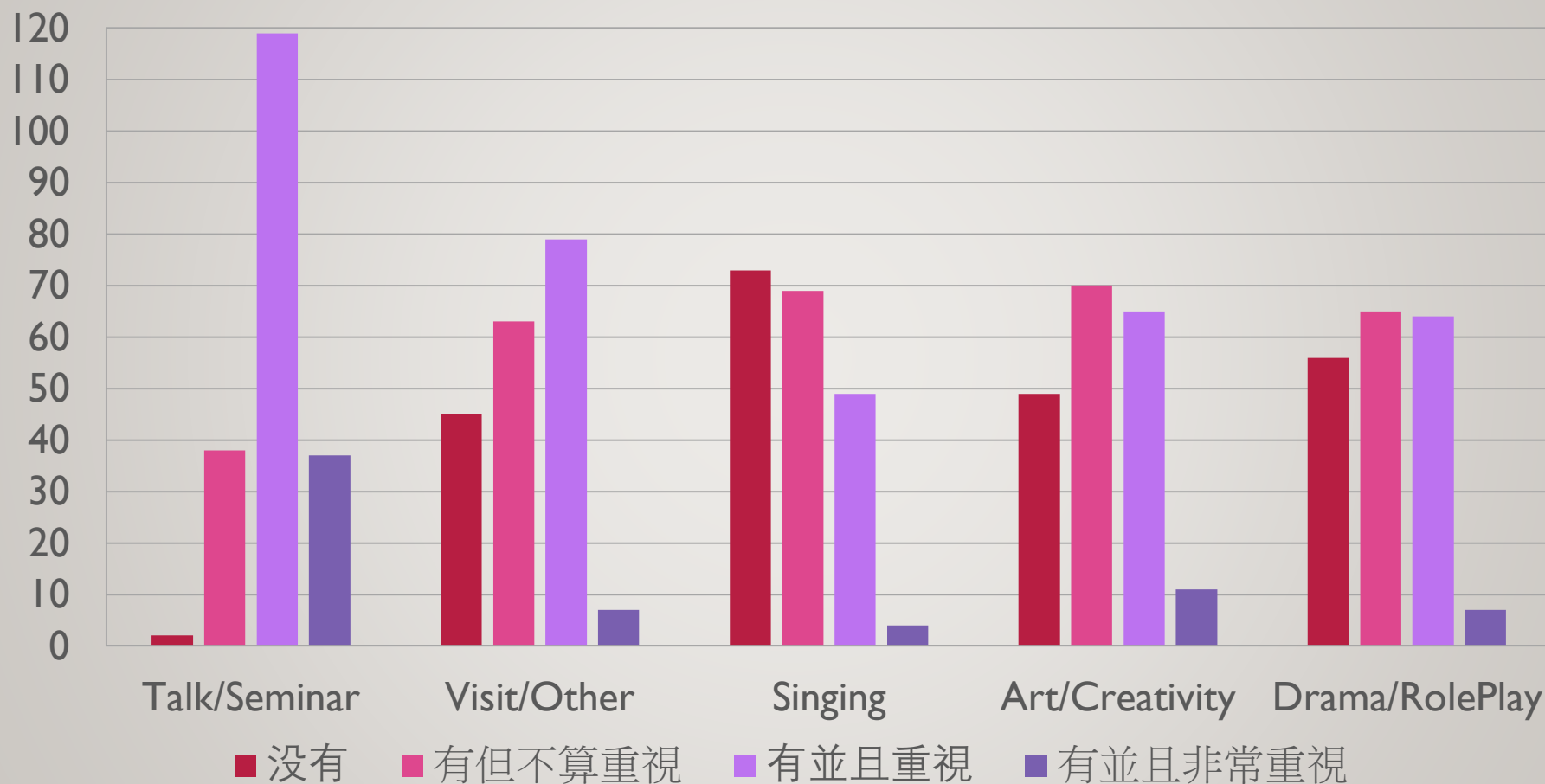
	學生同意學校有進行關愛教育 Student LOVE Education	學生同意學校有進行智慧教育 Student INSIGHT Education	學生同意學校有進行堅毅教育 Student FORTITUDE Education	學生同意學校有進行行動教育 Student ENGAGEMENT Education
Teacher LOVE Education 教師推行關愛教育	0.574*** (0.003)			
Teacher INSIGHT Education 教師推行智慧教育		0.559*** (0.004)		
Teacher FORTITUDE Education 教師推行堅毅教育			0.572*** (0.003)	
Teacher ENGAGEMENT Education 教師推行行動教育				0.513*** (0.009)

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

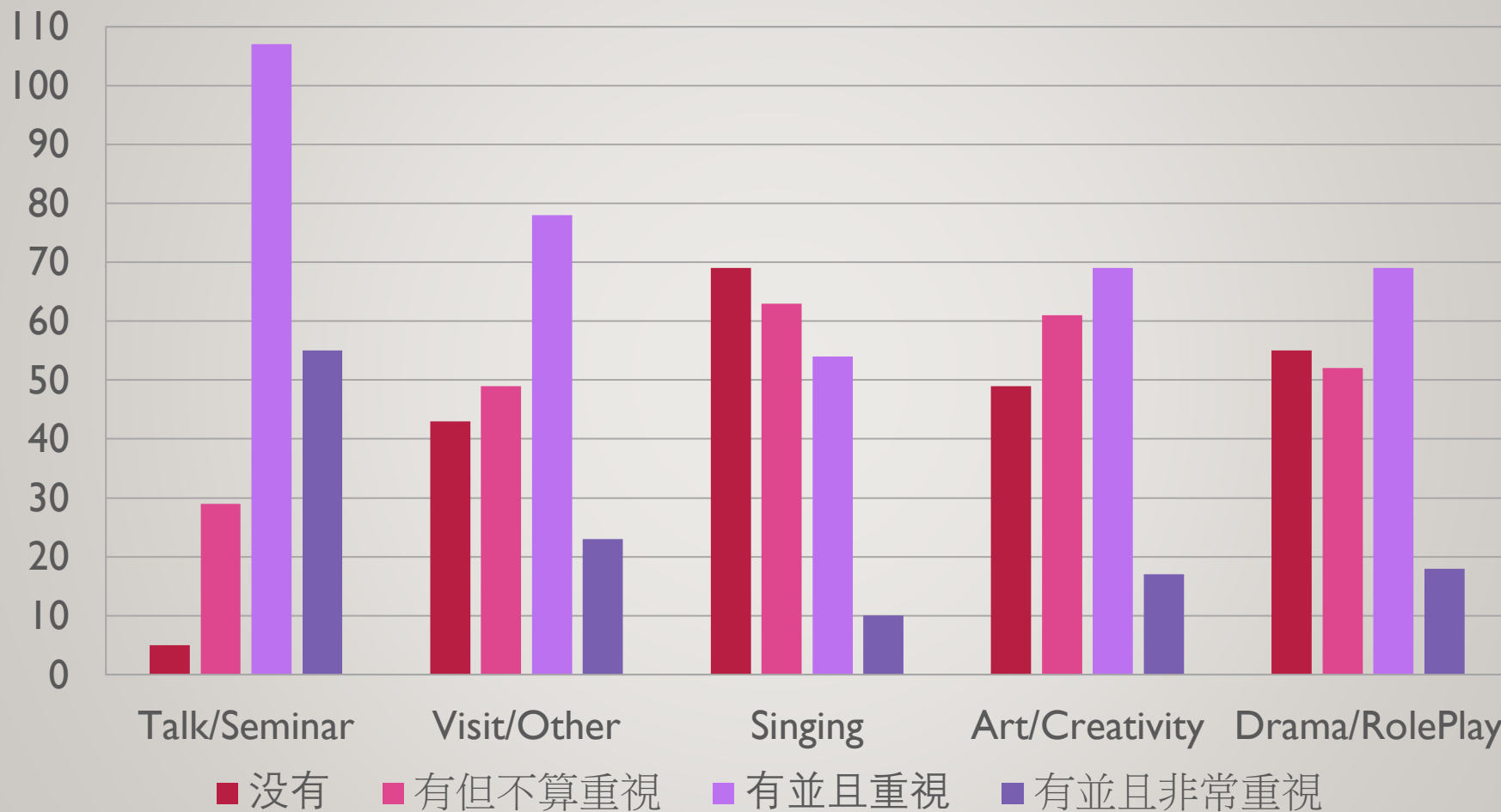
你或校內老師有沒有進行下列活動 啟發同學易地而處、關愛他人、愛護生命



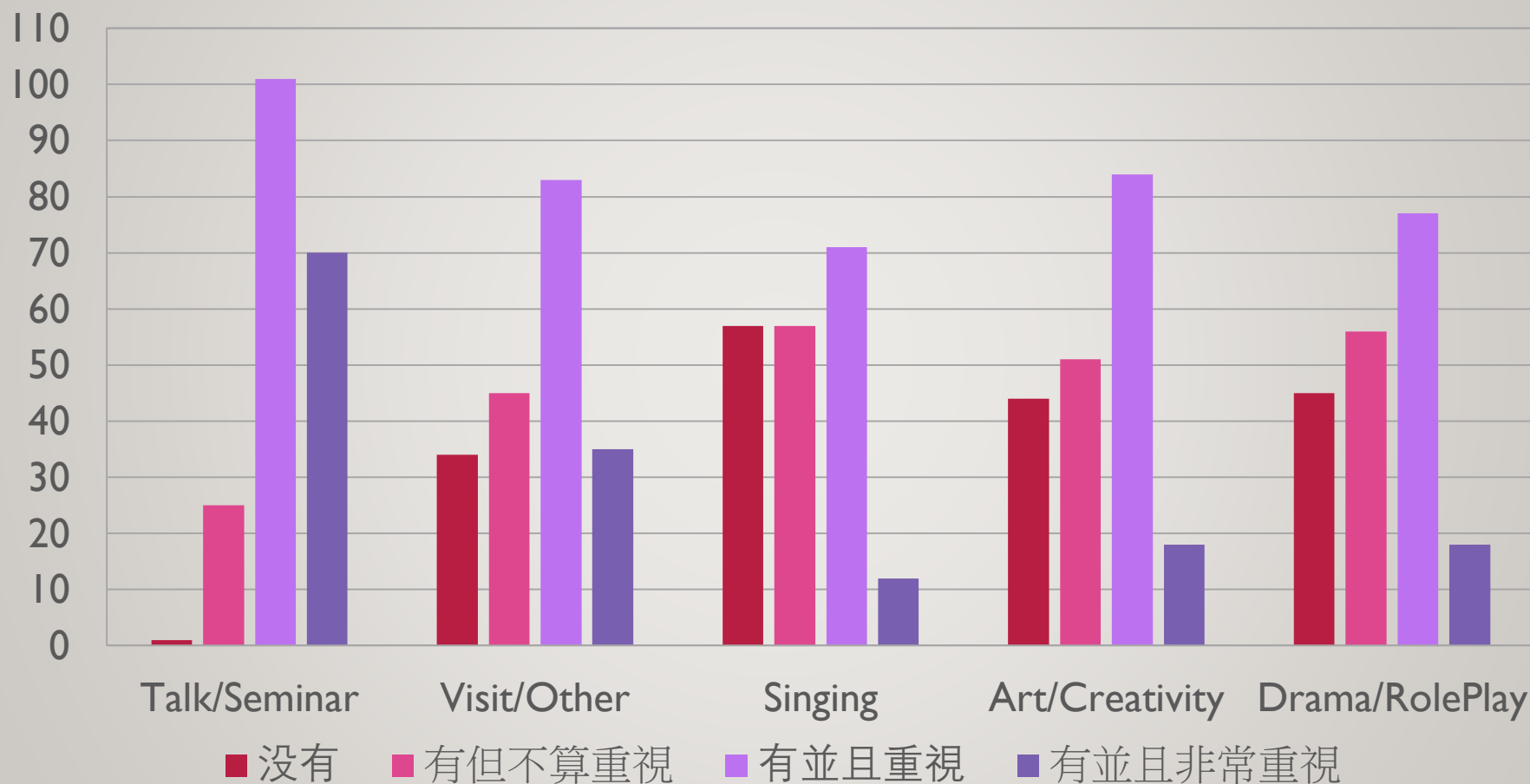
你或其他老師有沒有進行下列活動 啟發同學了解和把握輕重緩急的道理



你或其他老師有沒有進行下列活動 向同學推介堅忍這美德



你或校內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



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

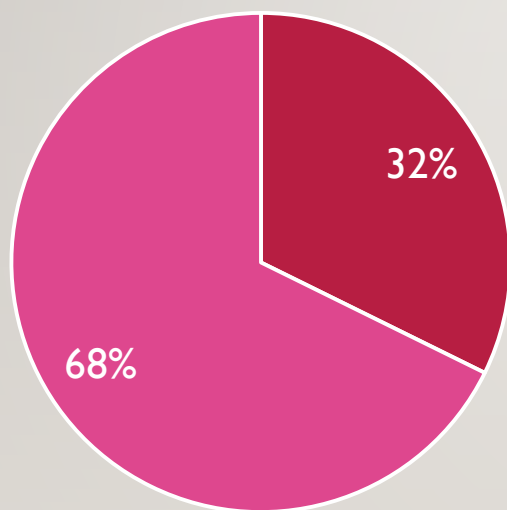
Explanatory Variable	生命教育深廣度比率 (dependent variable)
L OVE_Education_Teacher (Adj. R-square = 0.3440, d.f.=24)	0.135*** (0.037)
I NSIGHT_Education_Teacher (Adj. R-square = 0.3043, d.f.=24)	0.147*** (0.043)
F ORTITUDE_Education_Teacher (Adj. R-square = 0.3359, d.f.=24)	0.138*** (0.038)
E NGAGEMENT_Education_Teacher (Adj. R-square = 0.3172, d.f.=24)	0.160*** (0.046)
L IFE_Education_Teacher (Adj. R-square = 0.3592, d.f.=24)	0.157*** (0.041)

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

超過75%的教師對生命教育感興趣， 惟只有32%的教師曾受過相關培訓

The percentage of teacher
obtained LIFE education training

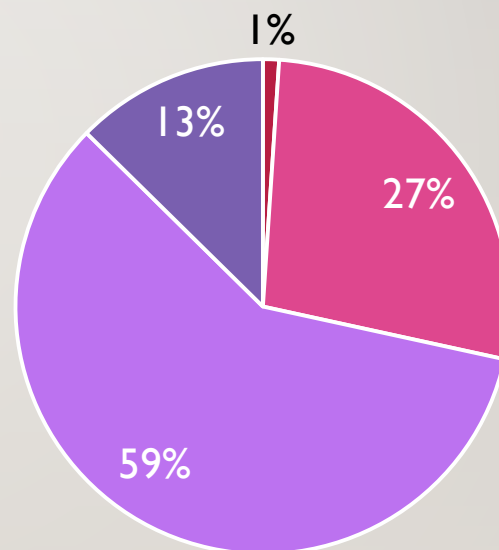
教師受過生命教育培訓的比率低



■ yes ■ no

The degree of interest of teachers in
LIFE education

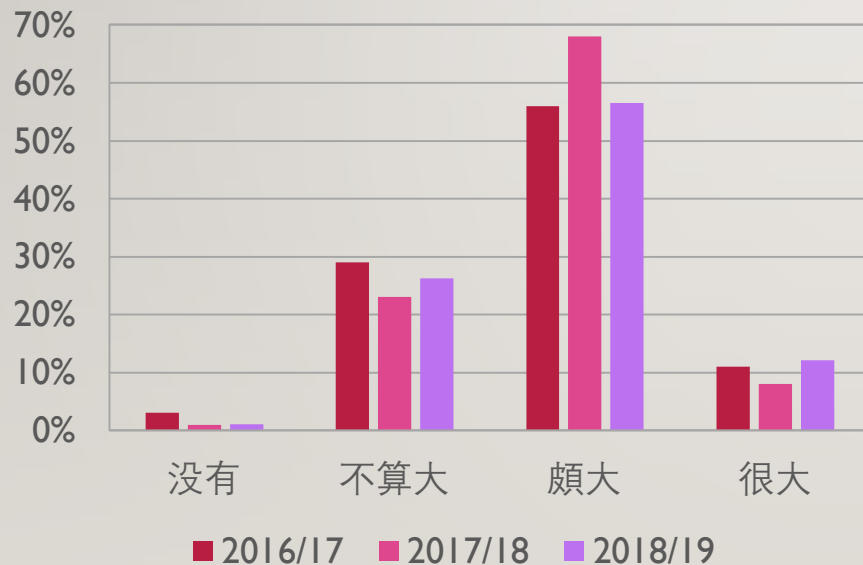
3/4 教師對生命教育的興趣



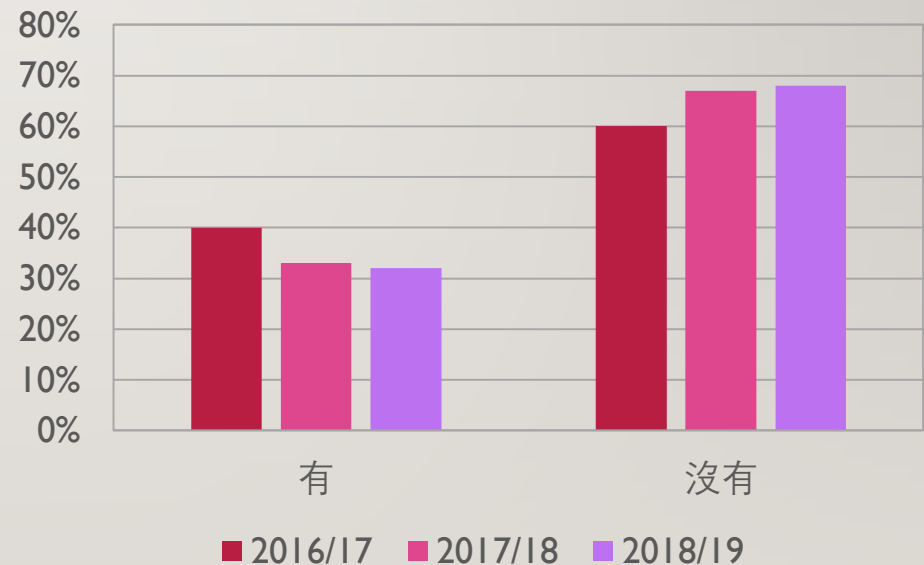
■ 沒有 ■ 不算大 ■ 頗大 ■ 很大

教師對生命教育的興趣稍跌，但受過培訓的教師比率穩定

教師對生命教育有多大的興趣比較
(三年度比較)



教師受過生命教育培訓的比率比較
(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

校園幸福感計算方法按下面4題

校園幸福感是問題Q1a和Q1b至Q1e的平均數

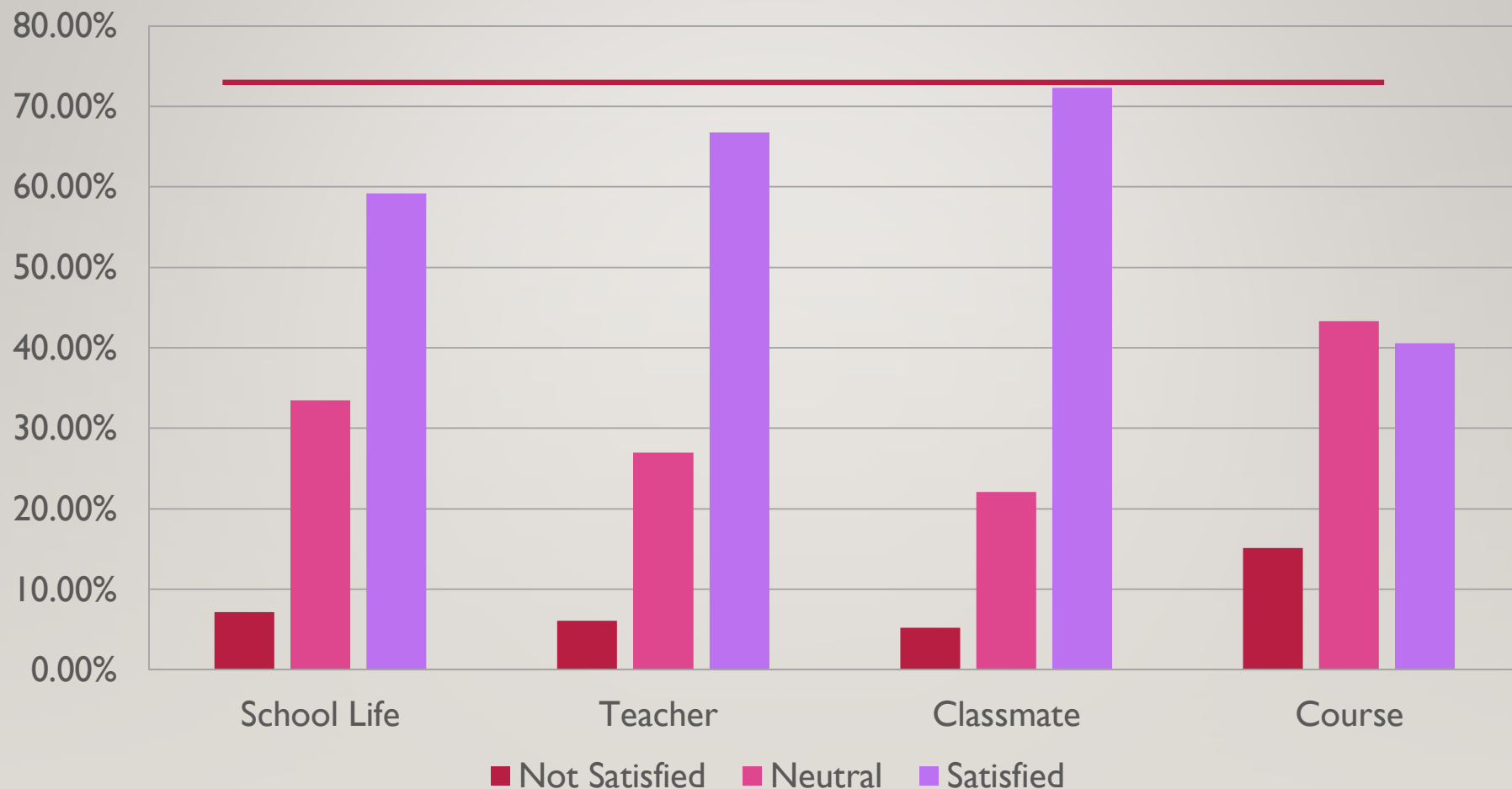
1a. 你很喜歡校園生活

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

Adj. R-square = 0.2308, d.f.=4700	HAPPINESS 快樂指數
GOOD_TEACHER 好老師	0.415*** (0.040)
GOOD_CLASSMATE 好同學	0.554*** (0.035)
INTERESTING_COURSE 課程有趣味	0.557*** (0.037)
CONSTANT	1.15*** (0.156)

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

SCHOOL AND HAPPINESS

學校與快樂

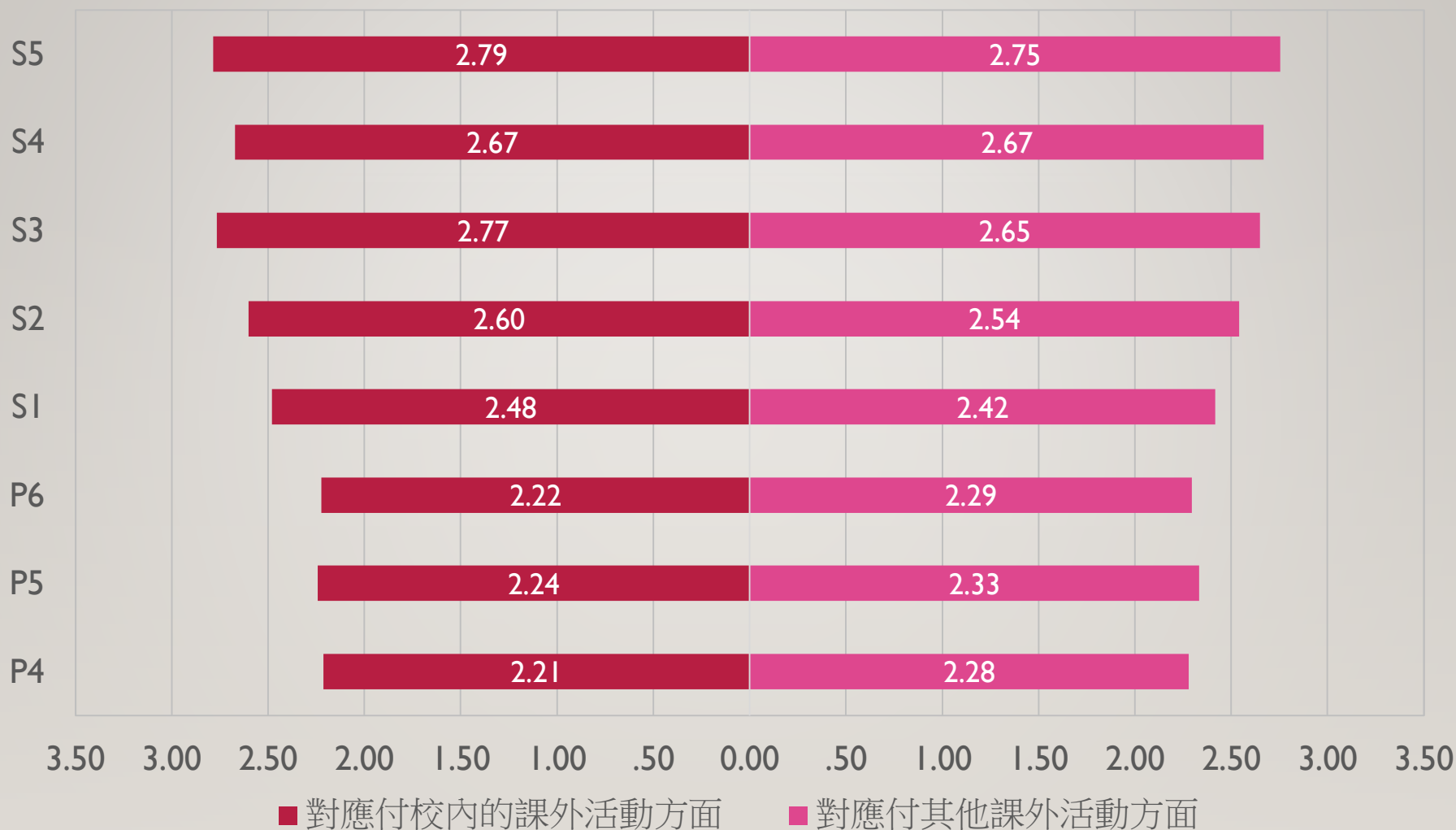
ACADEMIC PRESSURE & ACTIVITY PRESSURE

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= 以下兩題分數的平均值
 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： 低年級壓力來自父母



Pressure Scores: a closer look		Happy Children		Unhappy Children		Weighted Score	
Primary 4 to Secondary 3 (except otherwise indicated)	YEAR	Score	N	Score	N	Score	N
Children's Pressures (Academic) 學業壓力	2014/15	2.83	807	3.43	167	2.93	974
	2015/16	2.86	705	3.65	173	3.02	878
	2016/17	2.72	1160	3.44	201	2.83	1361
	2017/18	2.93	2049	3.63	133	2.97	2182
	2018/19	2.88	1804	3.70	187	2.96	1991
(中四中五 Form 4-5)	2017/18	3.18	263	3.64	76	3.28	339
	2018/19	3.12	173	3.80	25	3.21	198
Children's Pressures (Activities) 活動壓力	2014/15	2.17	807	2.57	169	2.24	976
	2015/16	2.2	705	2.66	173	2.29	878
	2016/17	2.14	1158	2.66	200	2.22	1358
	2017/18	2.18	2040	2.79	431	2.29	2471
	2018/19	2.16	1802	2.89	187	2.23	1989
(中四中五 Form 4-5)	2017/18	2.55	263	3.06	76	2.66	339
	2018/19	2.41	174	3.32	25	2.52	199

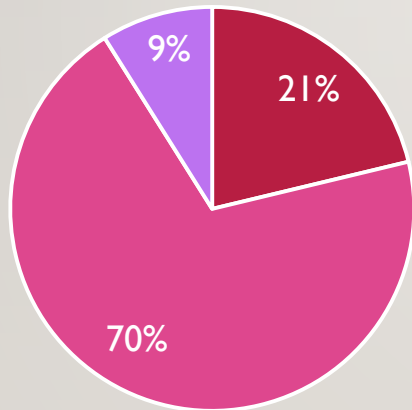
壓力使學童不快樂 學業壓力比活動壓力影響更大

Adj. R-square = 0.354, d.f. = 4615	HAPPINESS 快樂指數
LOVE 關愛	0.538*** (0.062)
INSIGHT 智慧	0.459*** (0.053)
FORTITUDE 堅毅	0.102** (0.051)
ENGAGEMENT 行動	0.143*** (0.053)
ACADEMIC_PRESSURE 學業壓力	-0.224*** (0.031)
ACTIVITY_PRESSURE 活動壓力	-0.180*** (0.033)
CONSTANT	0.697*** (0.248)

School Work Pressure > Activity Pressure

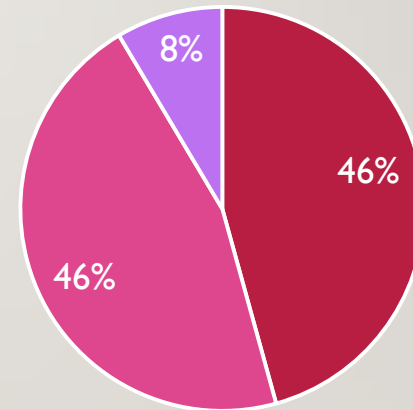
學業壓力遠比活動壓力大

School Work Pressure Distribution
Percentages 2018/19
學業壓力的分佈百分比
(2018/19年度)



■ Low ■ Middle ■ High

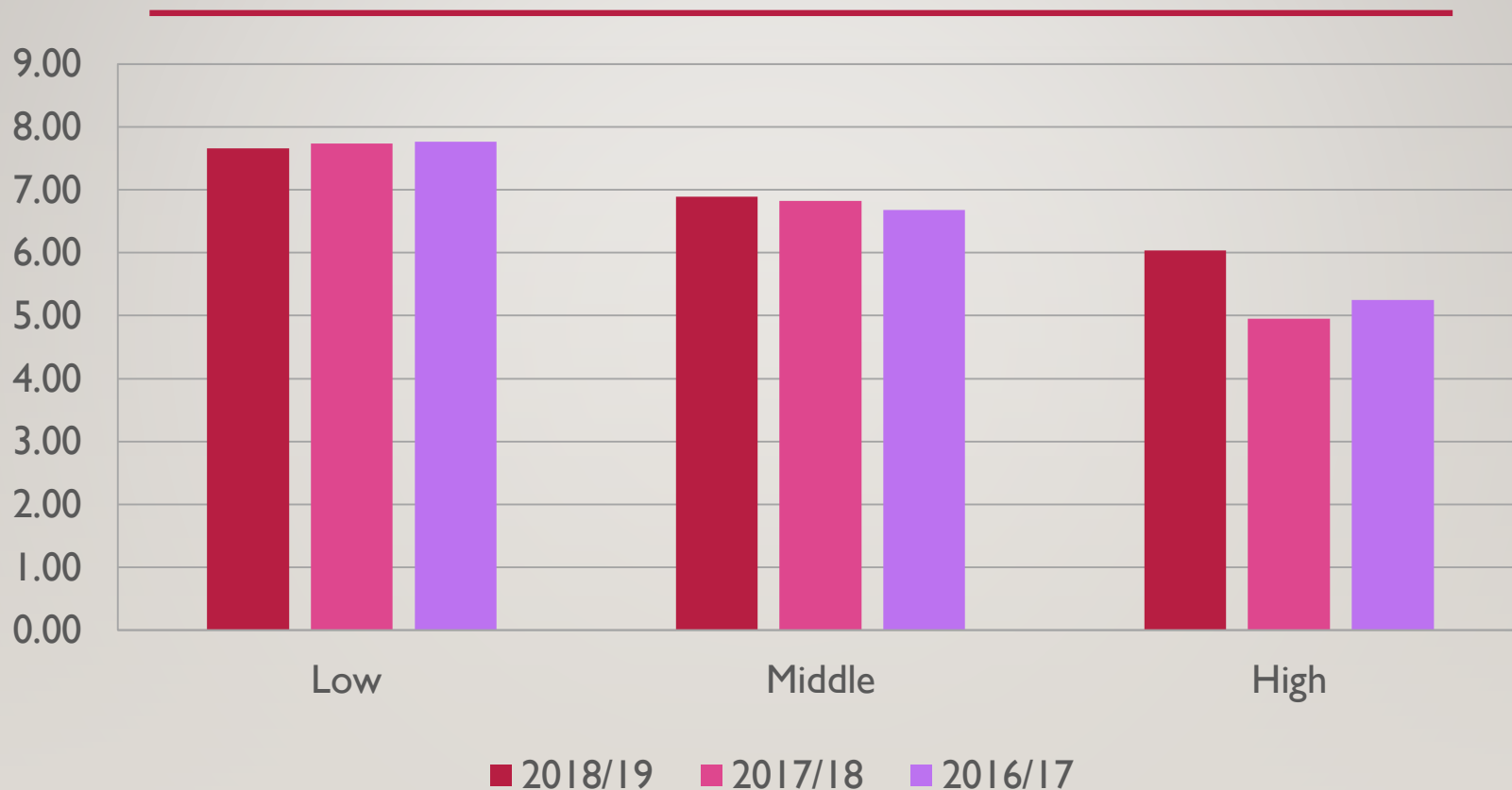
Extra-curricular Activities Pressure
Distribution Percentages 2018/19
課外活動壓力的分佈百分比
(2018/19年度)



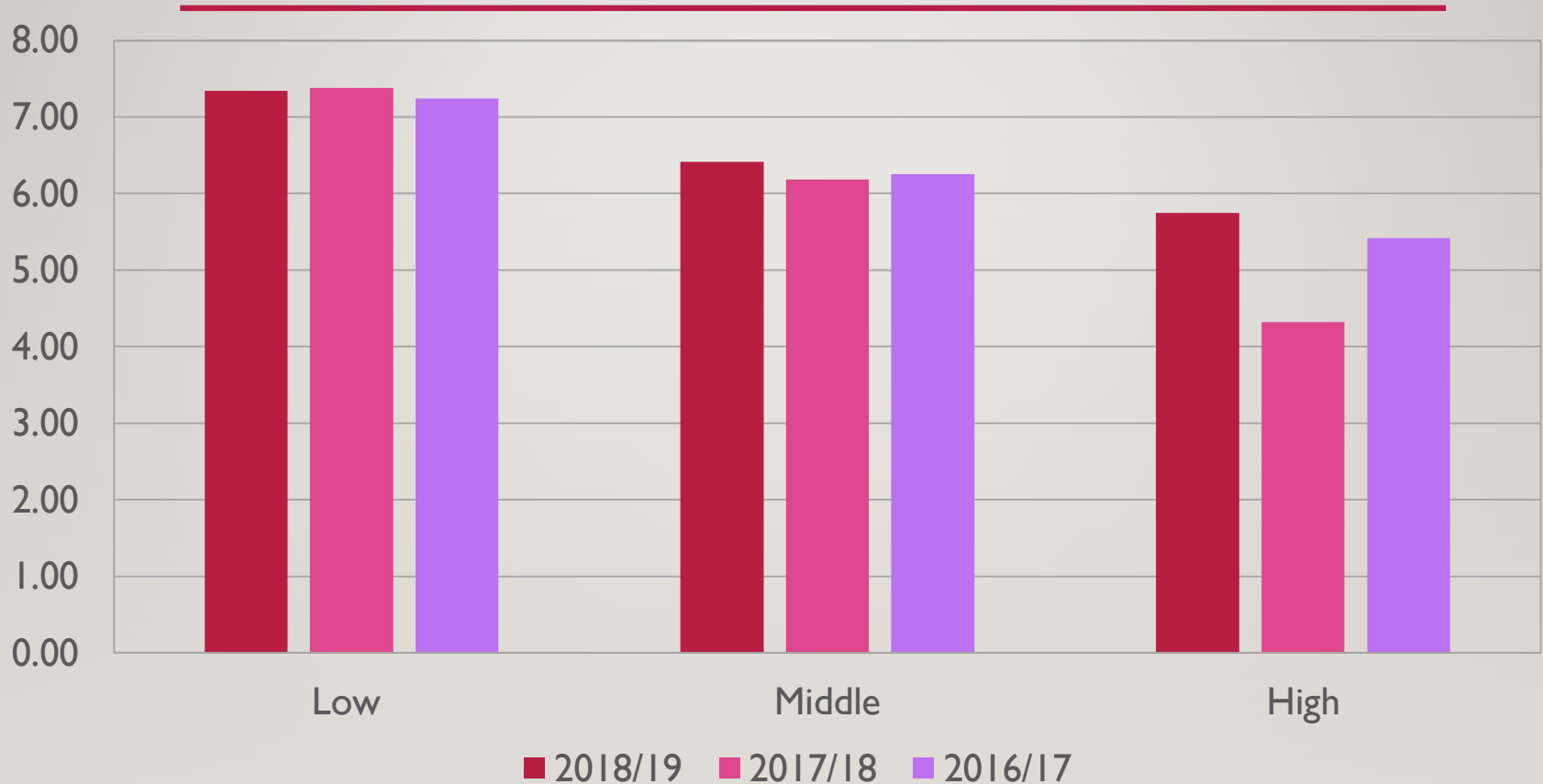
■ Low ■ Middle ■ High

Comparison of Happiness Score falls with Academic pressures in 2018/19 & 2017/18 & 2016/17

2018/19, 2017/18與2016/17年度的快樂指數
在不同程度的學業壓力比較

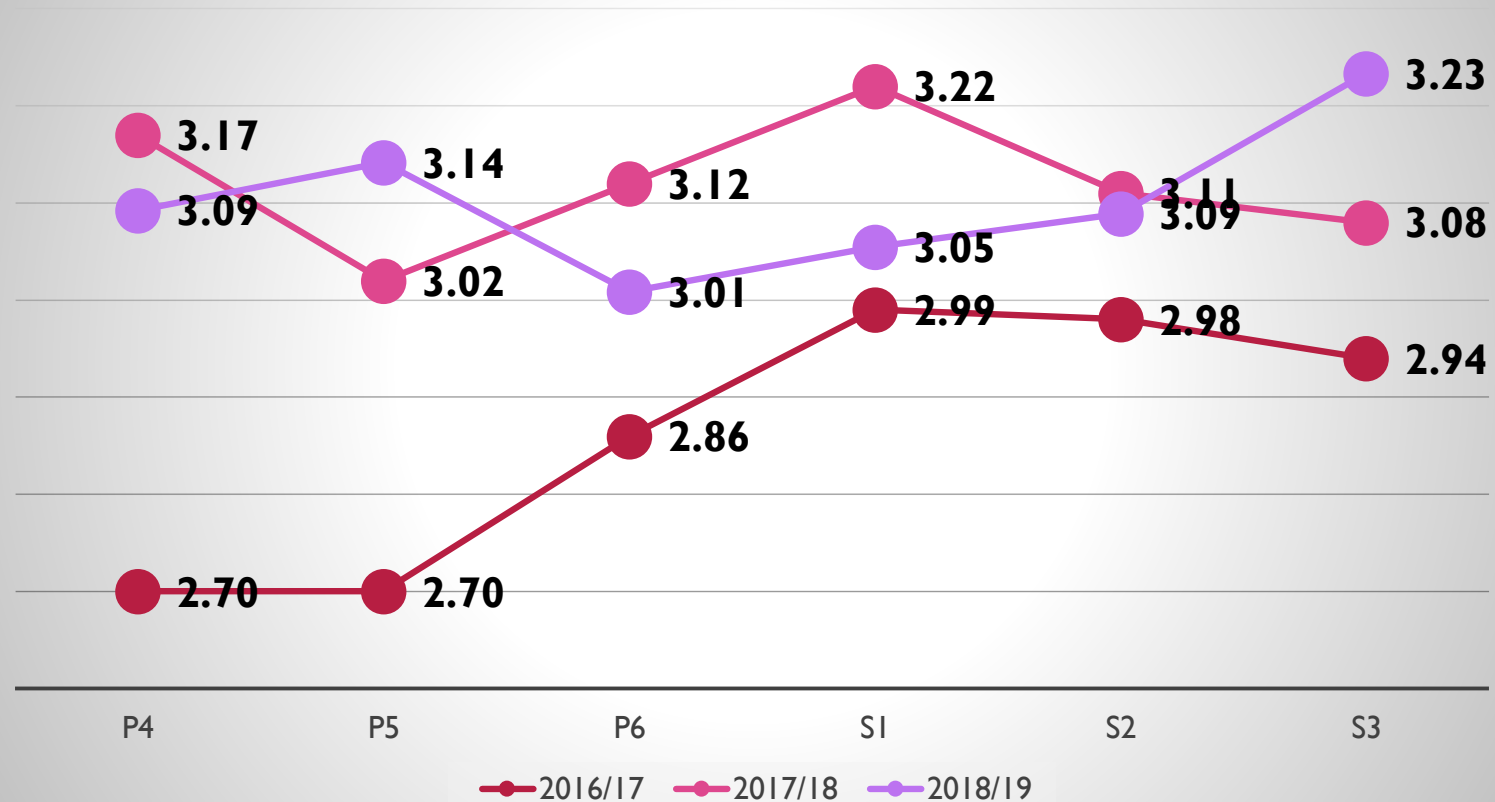


Comparison of Happiness Score falls with
Activity pressures in 2018/19 & 2017/18 & 2016/17
2018/19, 2017/18與2016/17年度的快樂指數
在不同程度的活動壓力比較



Increase in Studies Pressures especially notable for S3 in 2018/19

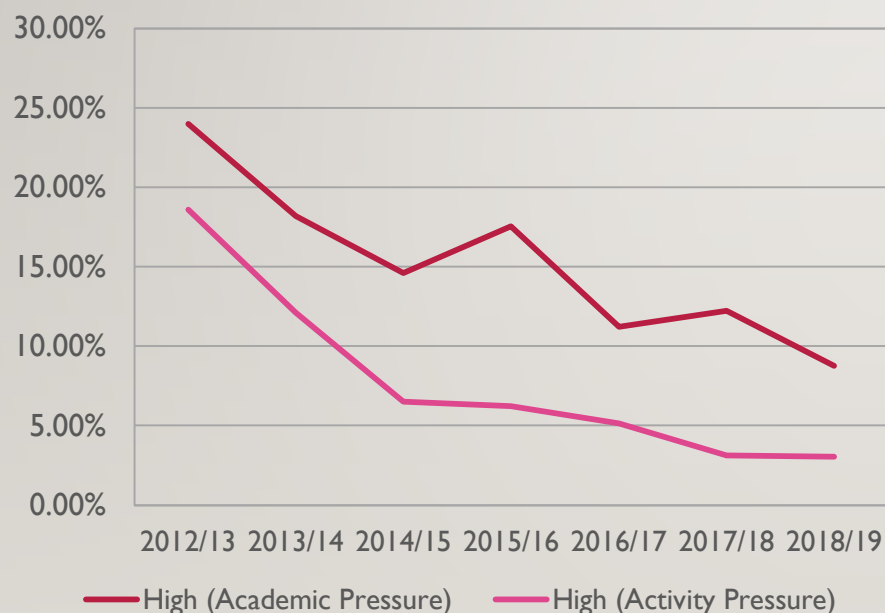
Studies Pressure by School Grade, 3 year comparison



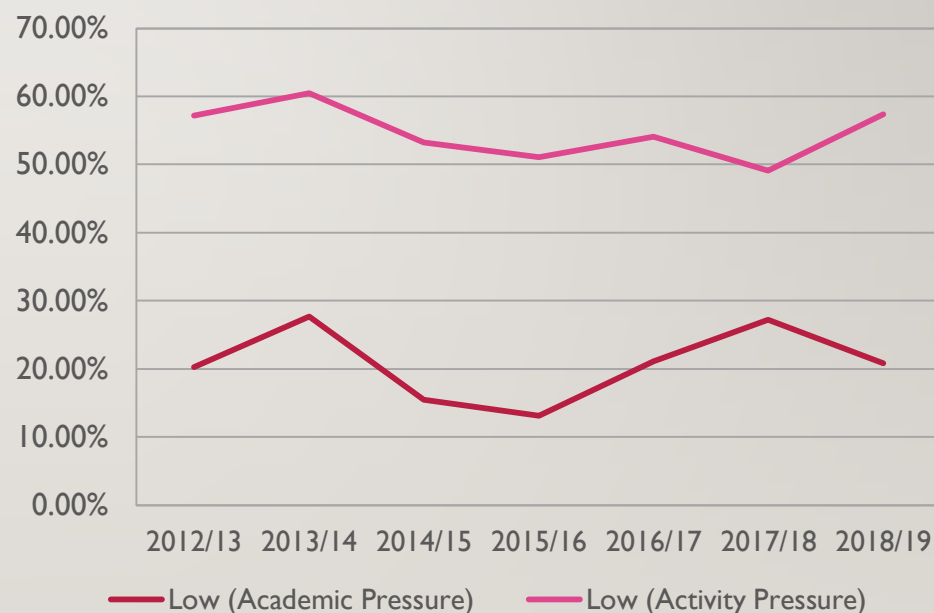
% of Academic/Activity Pressure is declining over year

壓力大的百分比近年呈下降

Percentage of High Pressure since 2012/13
壓力大的百分比 (自2012/13年度)



Percentage of Low Pressure since 2012/13
壓力小的百分比 (自2012/13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

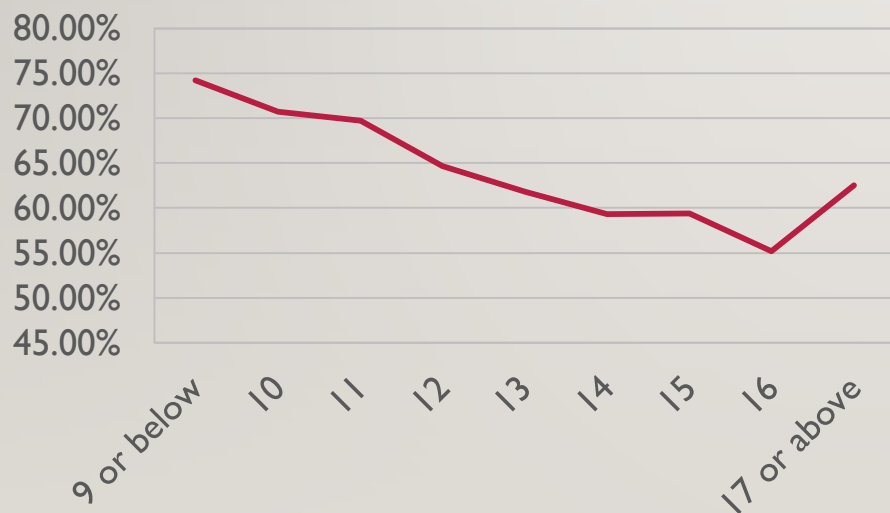
		Range	Freq.	%
Hapfam 家庭幸福感	Happy高	4 - 5	3110	64.68%
	Neutral中	>2 - <4	1432	29.78%
	Unhappy低	1 - 2	266	5.53%

家庭幸福感隨學童年齡上升而下降

Adj. R-square = 0.022, d.f.=4732		Happy Family 家庭幸福感
Age		-0.055*** (0.005)
CONSTANT		4.613*** (0.068)

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

% of Happy Family against Children Age in 2018/19



% of Unhappy Family with Children Age in 2018/19

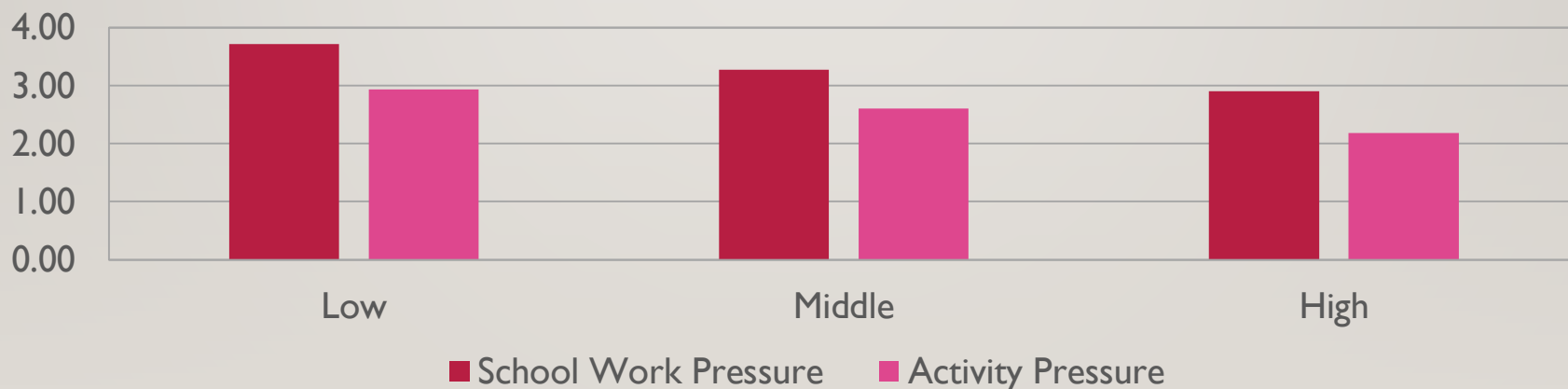


家庭幸福感隨學童壓力上升而下降 活動壓力破壞家庭幸福感更值得關注

Adj. R-square = 0.045, d.f.=4797	Happy Family 家庭幸福感
School Work Pressure 學業壓力	-0.104*** (0.015)
Activity Pressure 活動壓力	-0.143*** (0.015)
CONSTANT	4.593*** (0.048)

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

Happy Family and Pressure
家庭幸福感與壓力



有效溝通與父母關係最能促使快樂， 但有沒有兄弟姊妹與快樂關係沒顯著關係

Adj. R-square = 0.2825, d.f.=4584	HAPPINESS 快樂指數
EFFECTIVE_COMMUNICATION 有效溝通	0.294*** (0.030)
PARENT_RELATIONSHIP 父母關係	0.527*** (0.037)
PARENT_CARE 父母對成績的重視	0.066*** (0.030)
RESPECT_OPINION 父母對意見的尊重	0.373*** (0.040)
RESPECT_PRIVACY 父母對私隱的尊重	0.246*** (0.037)
SIBLING(S) 有兄弟姊妹	0.094 (0.065)
CONSTANT	1.111*** (0.178)

***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 scores on LOVE-, INSIGHT-, FORTITUDE- and ENGAGEMENT-education

- 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

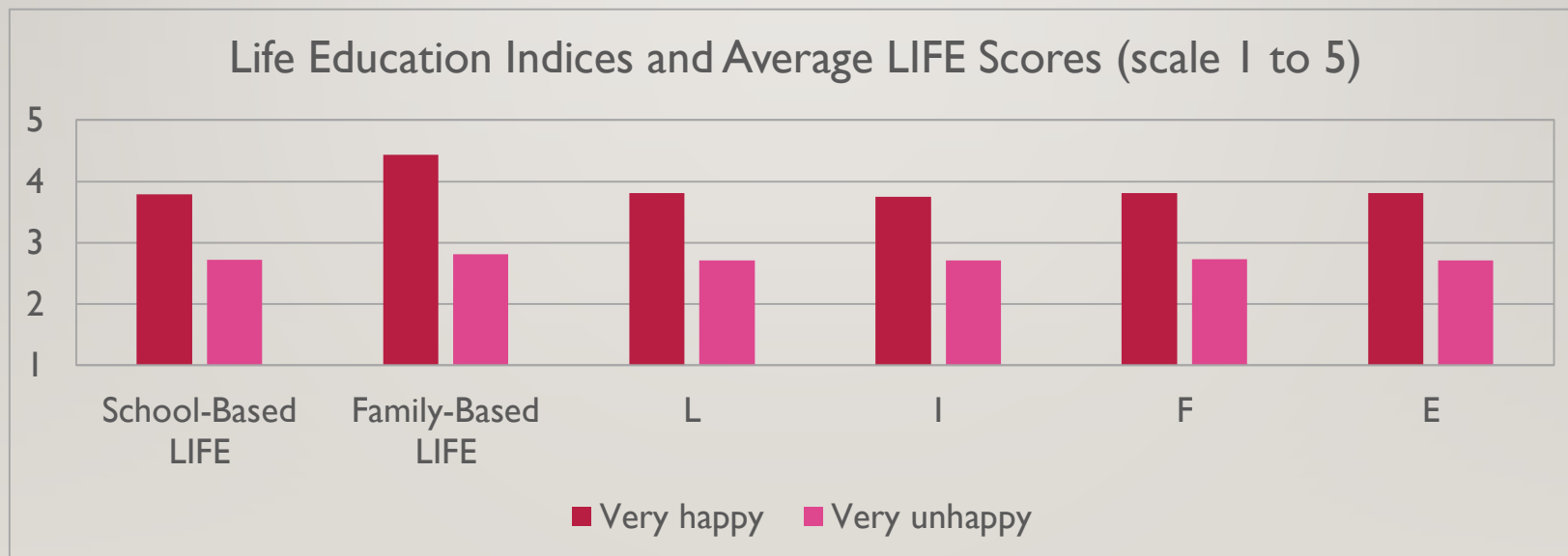
9b. 家人鼓勵你發揮潛能,減少攀比

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

非常快樂學童的學校與家庭之生命教育指數 均較非常不快樂的為高

	School-Based LIFE	Family-Based LIFE	L-ed	I-ed	F-ed	E-ed
Very Happy	3.79	4.44	3.81	3.75	3.81	3.81
Very Unhappy	2.72	2.81	2.71	2.71	2.73	2.71
t-statistic	299.097	329.536	291.122	270.281	277.215	266.368



家庭生命教育比校內生命教育更高效

Adj. R-square = 0.388, d.f.=4624	HAPPINESS 快樂指數
LIFE_EDUCATION_SCHOOL	0.547*** (0.039)
LIFE_EDUCATION_FAMILY	0.847*** (0.046)
PARENT_RELATIONSHIP	0.279*** (0.035)
PARENT_CARE	-0.118*** (0.028)
FINANCIAL_WELL_OFF	0.246*** (0.034)
ACADEMIC_PRESSURE	-0.217*** (0.030)
ACTIVITY_PRESSURE	-0.176*** (0.032)
MALE	0.269*** (0.053)
CONSTANT	0.958*** (0.225)

***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

校園幸福感對快樂影響大

Adj. R-square = 0.3676, d.f.=4748	HAPPINESS 快樂指數
HAPPY_FAMILY 家庭幸福感	0.883*** (0.031)
HAPPY_SCHOOL 學校幸福感	1.173*** (0.040)
CONSTANT	-1.007*** (0.152)

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

HAPPY_SCHOOL = average of the score of following questions

- 1. Do you agree that you like your school life*
- 2. Do you agree that you have good teachers*
- 3. Do you agree that you have good classmates*
- 4. Do you agree that the courses you attend are interesting*

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：何灝生)

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

自闖 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

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

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

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

Four-finger Korean
concert pianist
A Chinese Girl With
No Fingers Plays
Piano Beautifully
Romanian Girl With No
Arms Sings & Plays Piano
With Her Feet

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
- 史懷哲
- Salman Khan of Khan Academy
- 陳蒞校長

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
