

A CROSS-SECTIONAL STUDY ON FAMILY WELLBEING IN HONG KONG

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RESEARCH OBJECTIVES

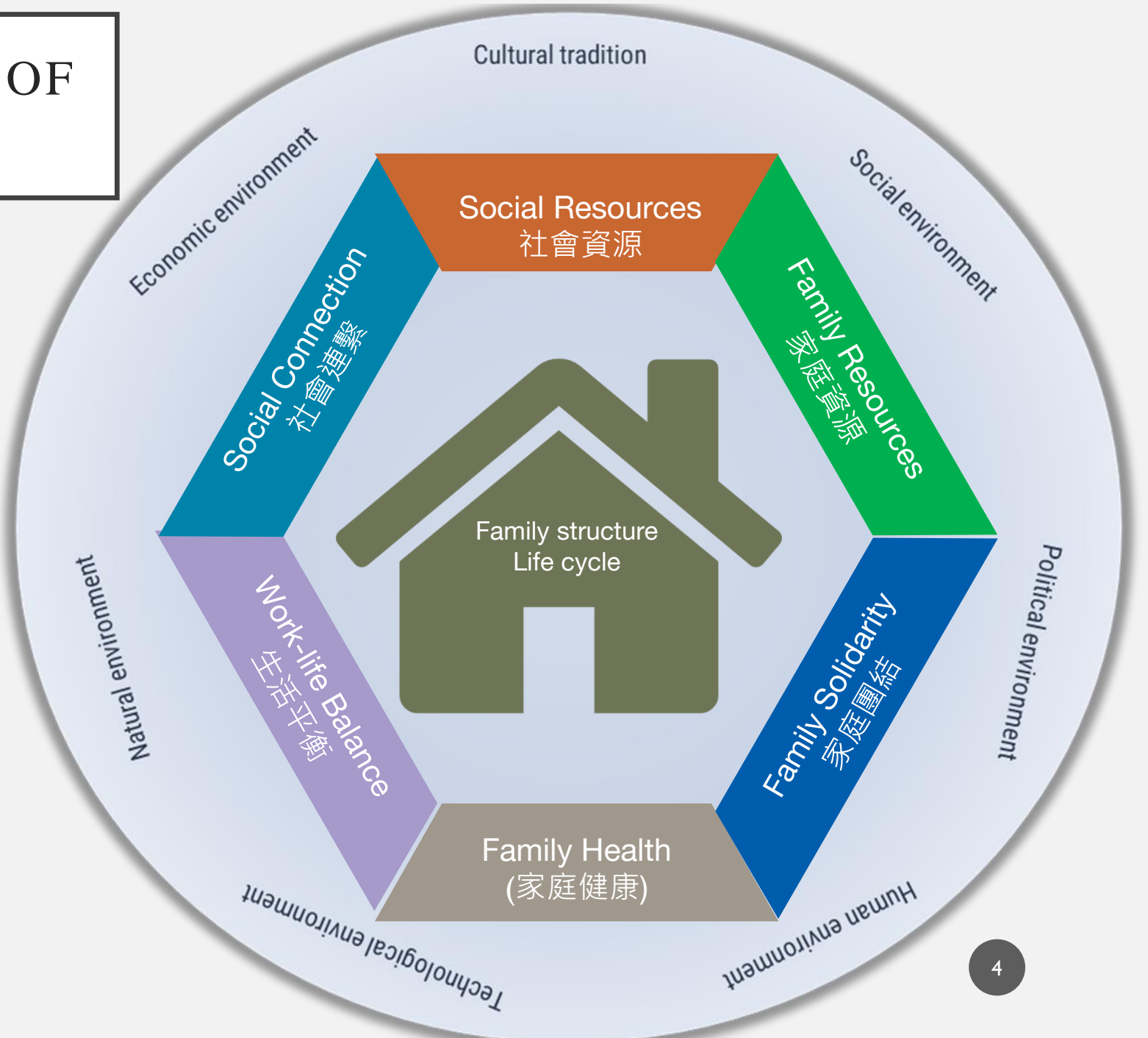
- 1.To understand the family wellbeing state of Hong Kong families
- 2.To investigate the predictive factors of the family wellbeing of Hong Kong families

CONCEPTUALIZATION

Family Wellbeing

A state in which a family can perform various functions to satisfy the diverse needs of individual members of the family through interactions with the environment.

OPERATIONALIZATION OF FAMILY WELLBEING



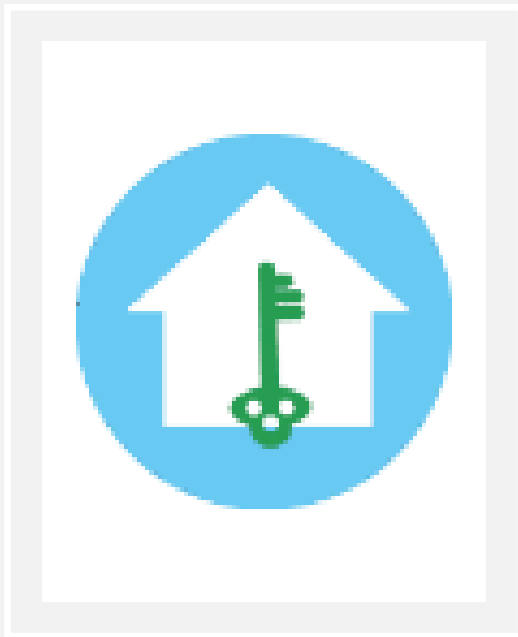
FAMILY WELLBEING INDEX

- Family Solidarity (家庭團結) - the degree of cohesiveness within a family.
- Subdomains & Indicators
 - (1) family time (quality and quantity)
 - (2) family atmosphere (trust, give and take, harmony and appreciation)
 - (3) family responsibilities (role fulfillment, warmth and discipline)
 - (4) care and support (finance, manual labor, emotion, information sharing)



(Bengtson & Roberts, 1991)

FAMILY WELLBEING INDEX



- Family Resources (家庭資源) - the availability and optimal utilization of family income and the psychological capital of a family
- Subdomains and Indicators
 - (1) Family income (economic situation, living standard)
 - (2) Psychological capital (living environment, family safety and life skill)

(Zubrick et al. 2000)

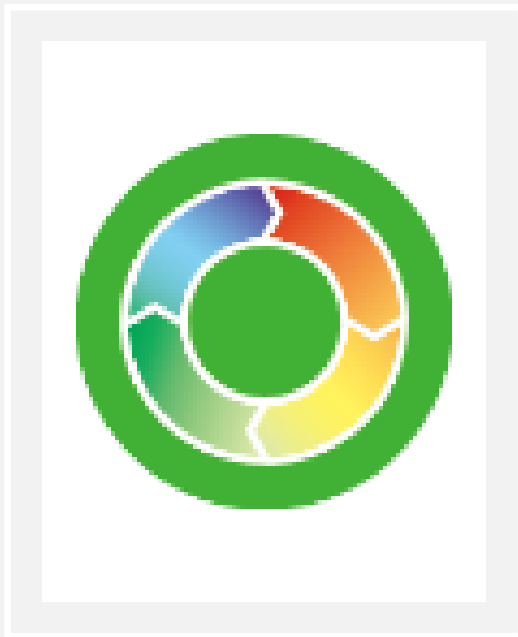
FAMILY WELLBEING INDEX

- Family Health (家庭健康) - a state of complete physical, mental, and social wellbeing and not merely to the absence of disease or infirmity.
- Indicators
 - (1) Physical health condition
 - (2) Mental health condition



(World Health Organization, n.d.)

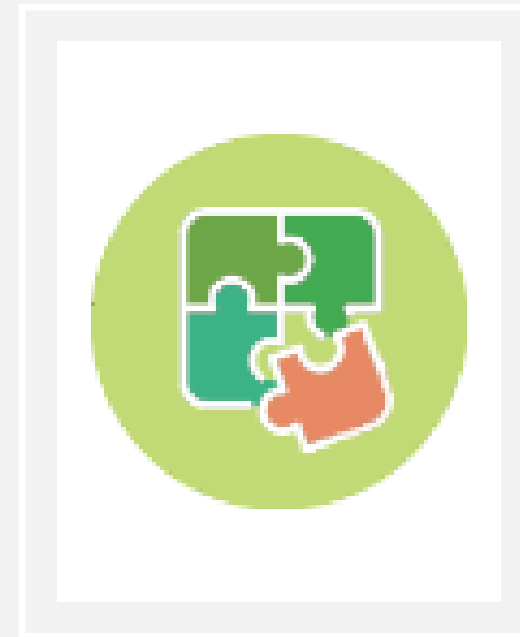
FAMILY WELLBEING INDEX



- Social Connection (社會連繫) - the positive connection of a family with the wider environment
- Indicators:
 - (1) Social involvement
 - (2) Contribution

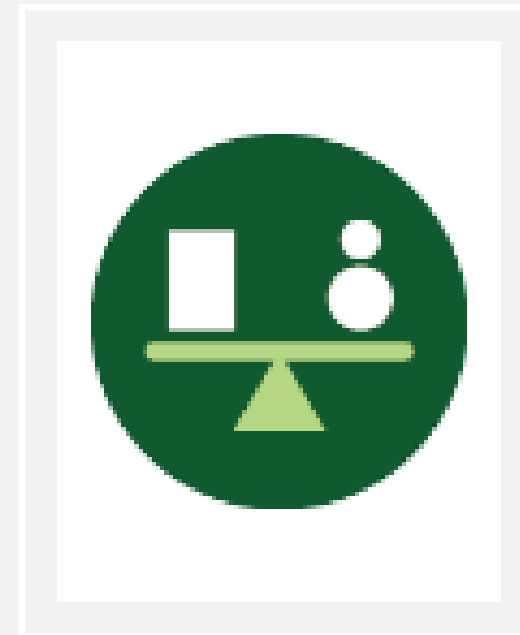
FAMILY WELLBEING INDEX

- Social Resources (社會資源) - the accessibility of resources to support individuals and families.
- Indicators:
 - (1) Accessibility of informal help
 - (2) Accessibility of formal help



FAMILY WELLBEING INDEX

- Work-Life Balance - (生活平衡) the extent to which an individual is equally engaged in and equally satisfied with his or her work role and family role
- Indicators:
 - (1) Work interferes with home
 - (2) Home interferes with work



(Greenhaus et al. 2003, p. 513).

WELLBEING OF
HONG KONG
FAMILIES 2019



SURVEY

Method

- Cross-sectional telephone survey
- Conducted by the telephone lab of CUHK

Sample size

- 1343 individuals
- Land line: 676 ; Mobile : 667

Period

- 9th July to 16th August 2019
- 18:15 to 22:15

Target

- 18 years or above
- Hong Kong resident
- Living with at least one family member
- Speak Cantonese or Mandarin

MEASUREMENT TOOL

Indicators

- Subjective indicators

Length of Questionnaire

- 43 questions (26 questions are FWBI)







Family Wellbeing Index

- 11-point Likert scale (e.g., 0 = strongly disagree to 10 = strongly agree).



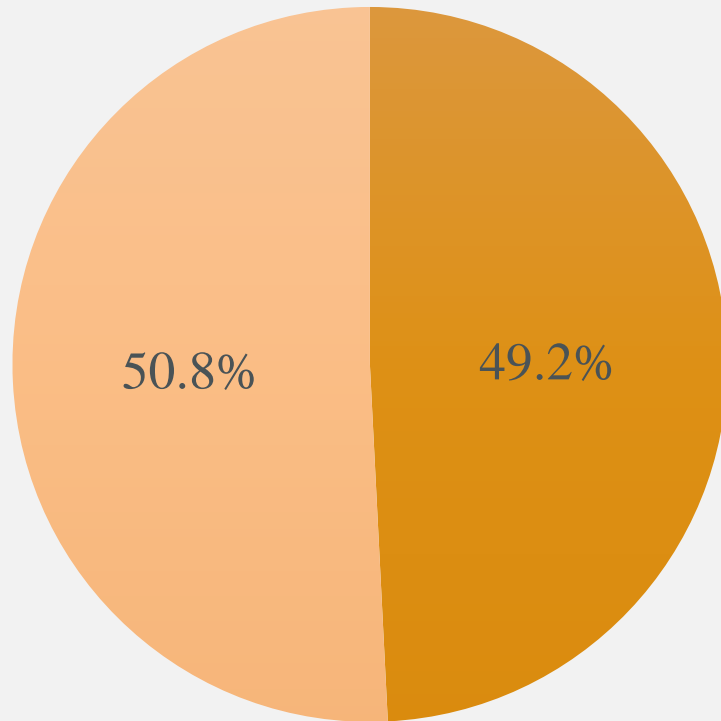
FAMILY WELLBEING INDEX

Family Wellbeing Index

 Family solidarity	Family time	Quantity (Q7)
	Family atmosphere	Trust (Q9)
		Give and take (Q10)
		Appreciation (Q11)
Family responsibilities	Harmony (Q12)	
	Role fulfillment (Q13)	
	Warmth (Q14)	
Care and support	Discipline (Q15)	
	Financial support (Q16)	
	Manual labour support (Q17)	
	Information sharing (Q18)	
		Emotional support (Q19)
 Family resources	Family income	Economic situation (Q3)
	Psychological capital	Living standard (Q23)
		Living environment (Q4)
		Life skill (Q5)
		Family safety (Q2)
 Family health	Physical health condition (Q30)	
	Mental health condition (Q31)	
 Social connection	Social participation (Q26)	
	Contribution to society (Q27)	
 Social resources	Accessibility of informal help (Q28)	
	Accessibility of formal help (Q29)	
 Work-life balance	Work interferes with home* (Q20)	
	Home interferes with work* (Q21)	

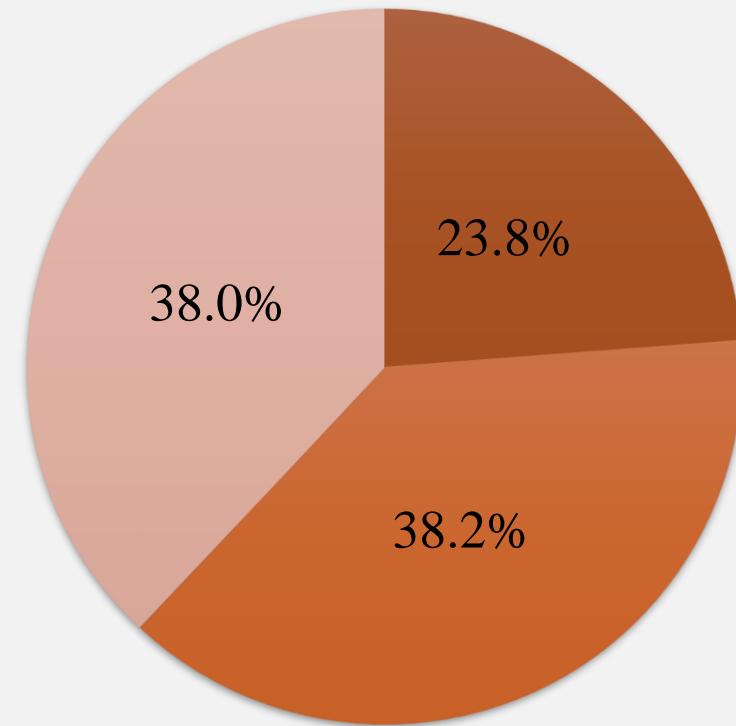
SOCIO-DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS (N = 1,343)

Gender



■ Male ■ Female

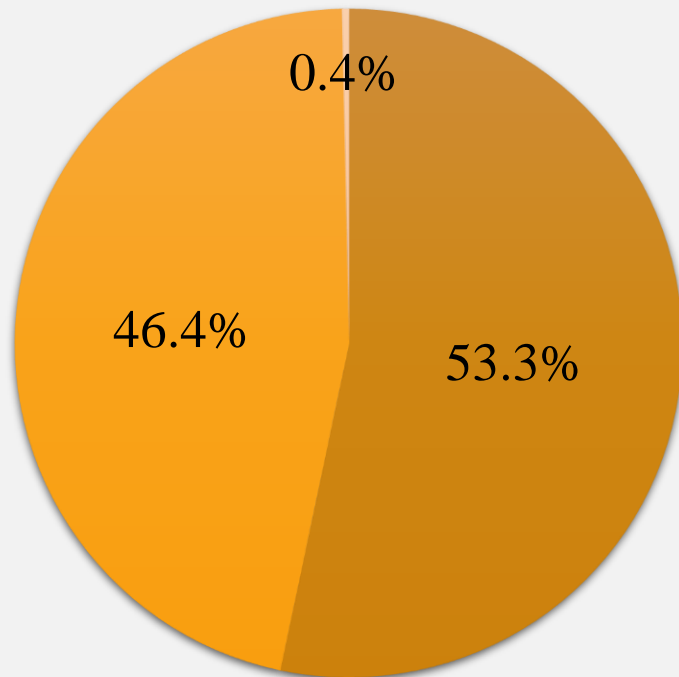
Age



■ 18-29 ■ 30-49 ■ 50 or above

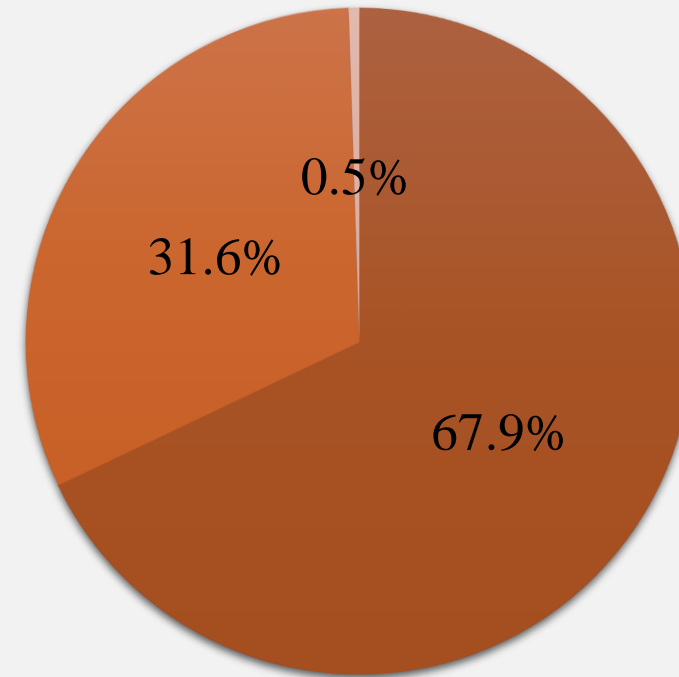
SOCIO-DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS (N = 1,343)

Education Level



- Secondary or below
- Tertiary
- Refuse to answer

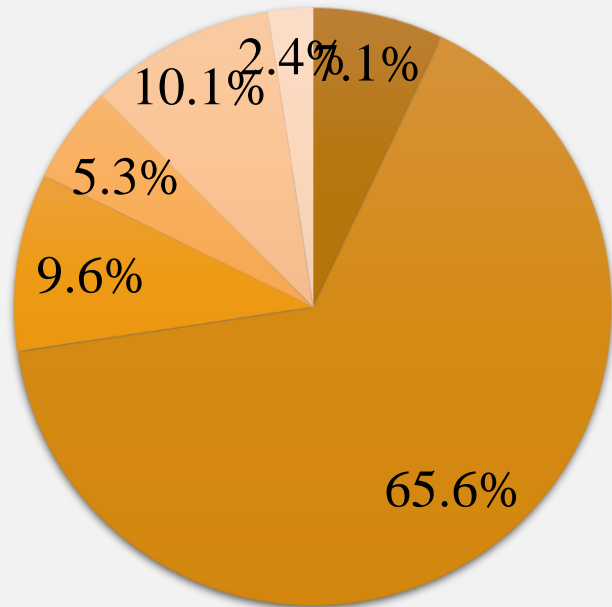
Economic Activity Status



- Economically active
- Economically inactive
- Refused to answer

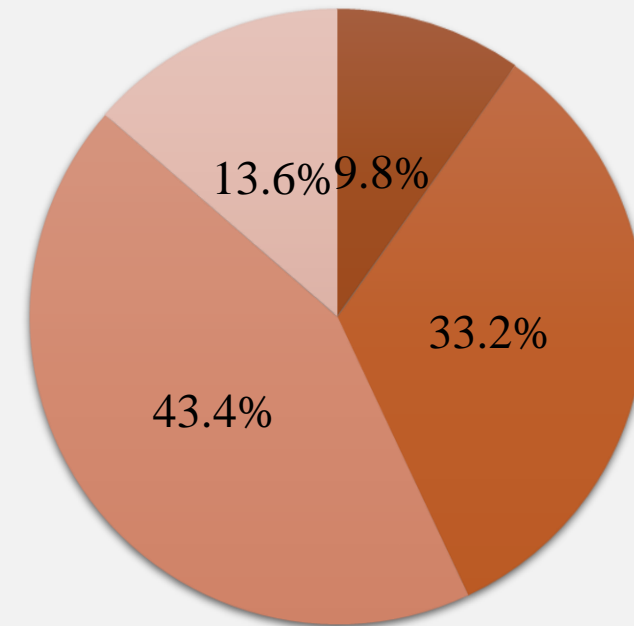
SOCIO-DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS (N = 1,343)

Family Structure



- Nuclear Family without children
- Nuclear Family with children
- Three-generation family
- Single parent family
- Others
- Refused to answer

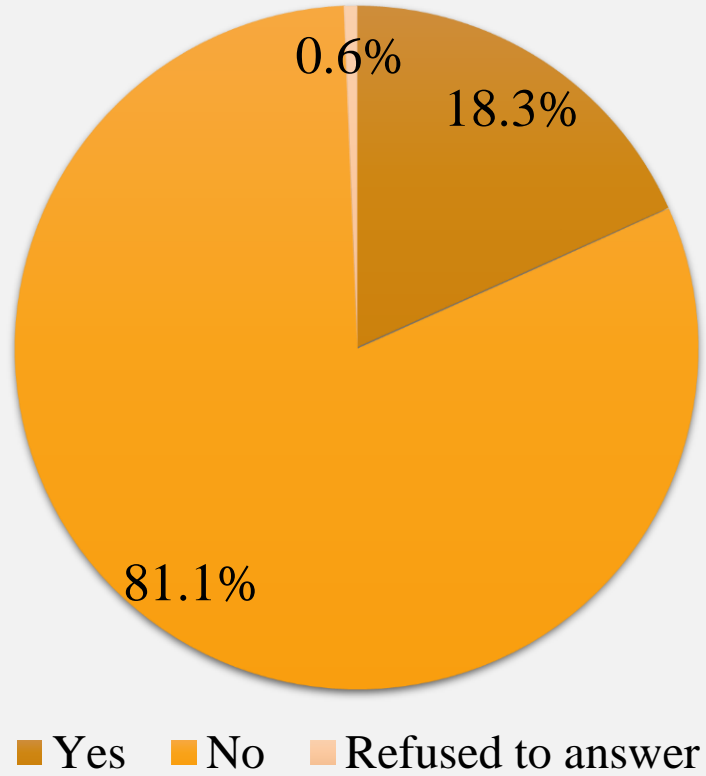
Family Monthly Income



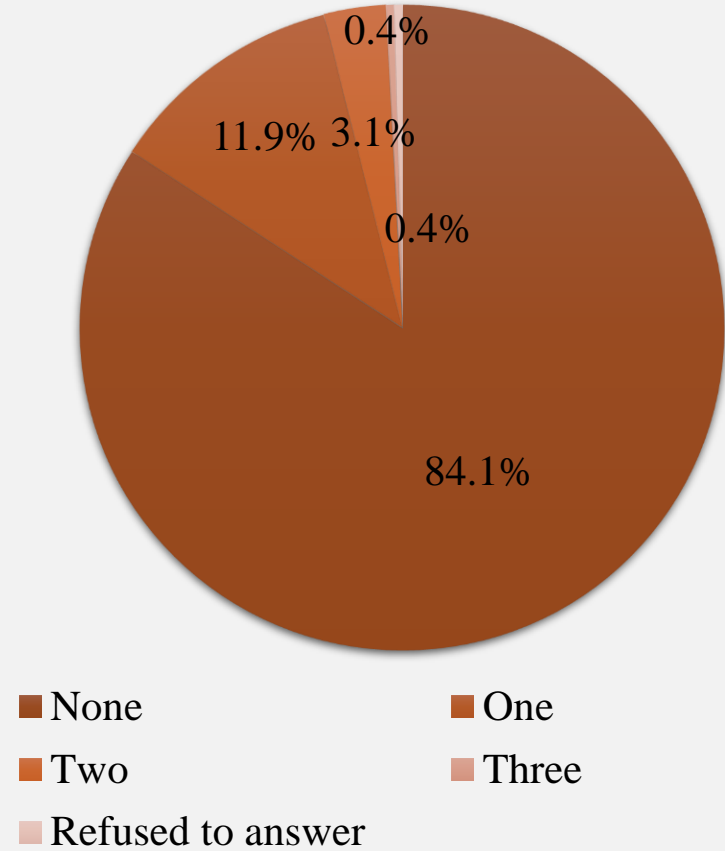
- Low (below HKD\$20,000)
- Middle (HKD\$ 20,000 to 39,999)
- High (HKD\$40,000 or above)
- Refused to answer

SOCIO-DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS (N = 1,343)

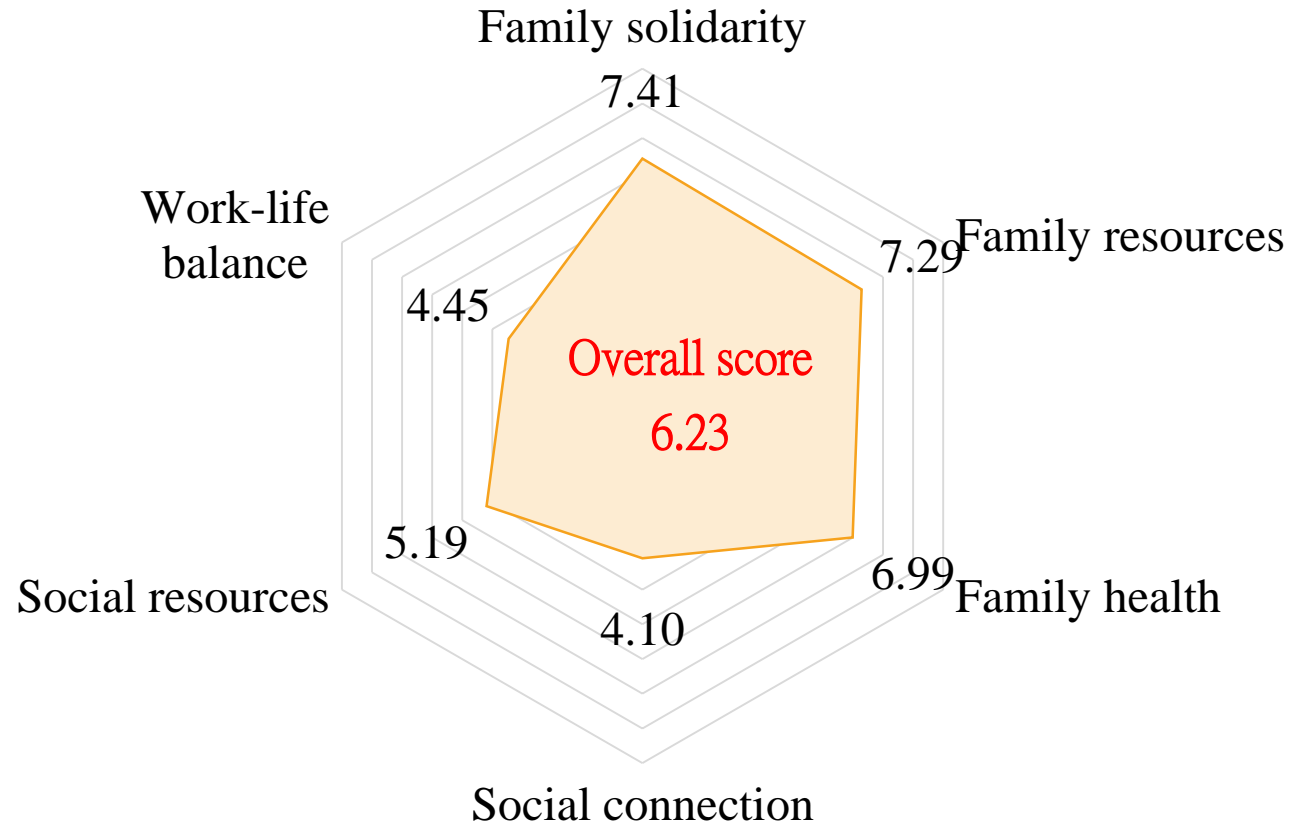
Occurrence of Family Crisis



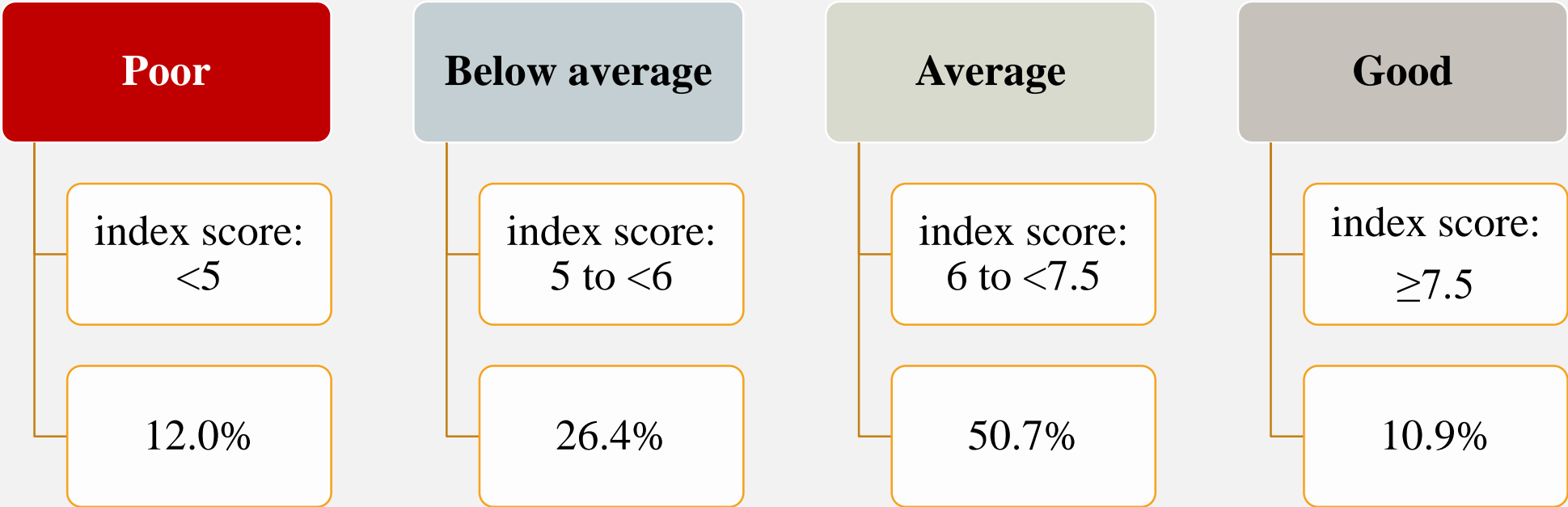
No. of Family Members Who Needed Special Care

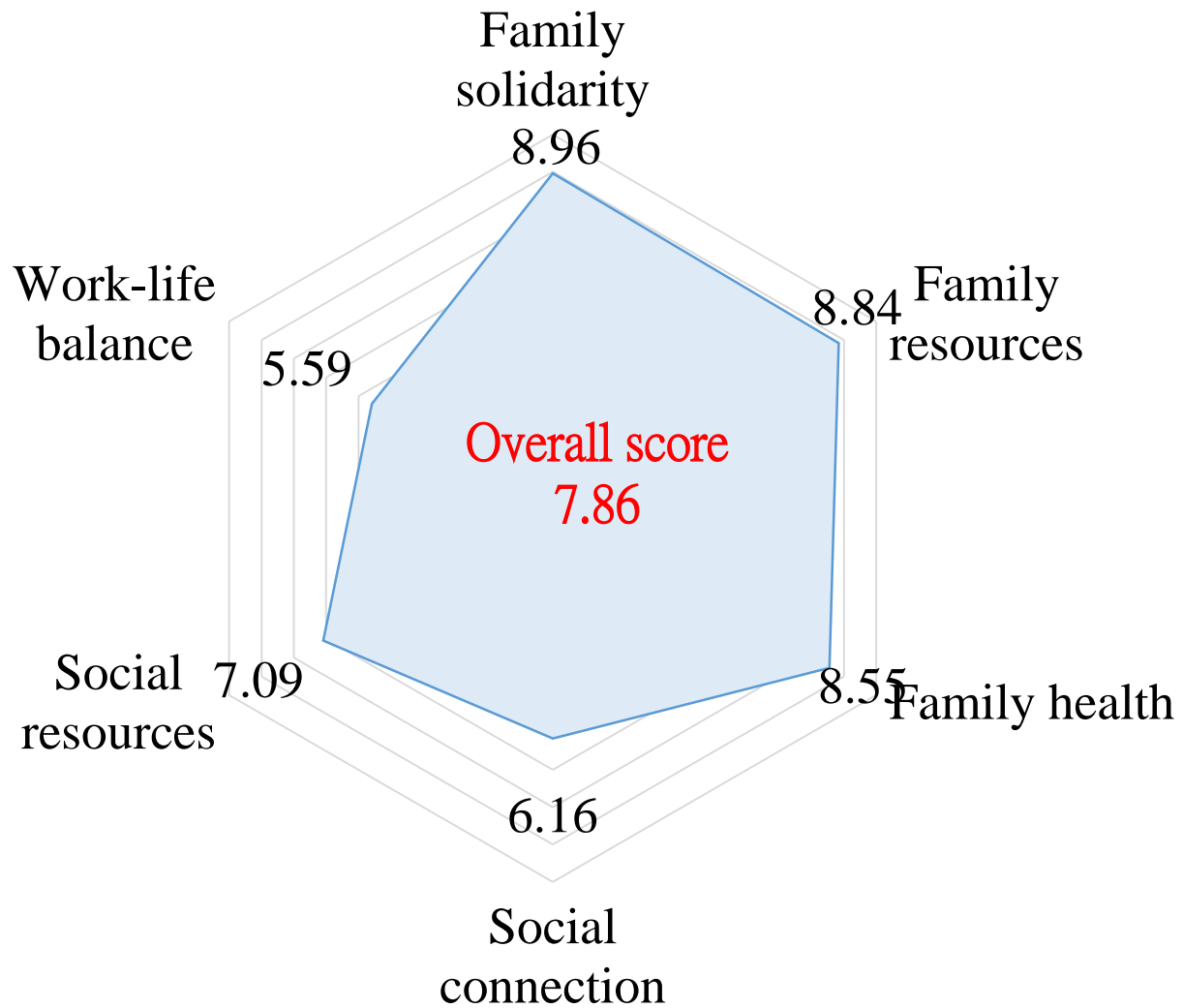


FAMILY
WELLBEING
STATE OF
HONG KONG
FAMILIES



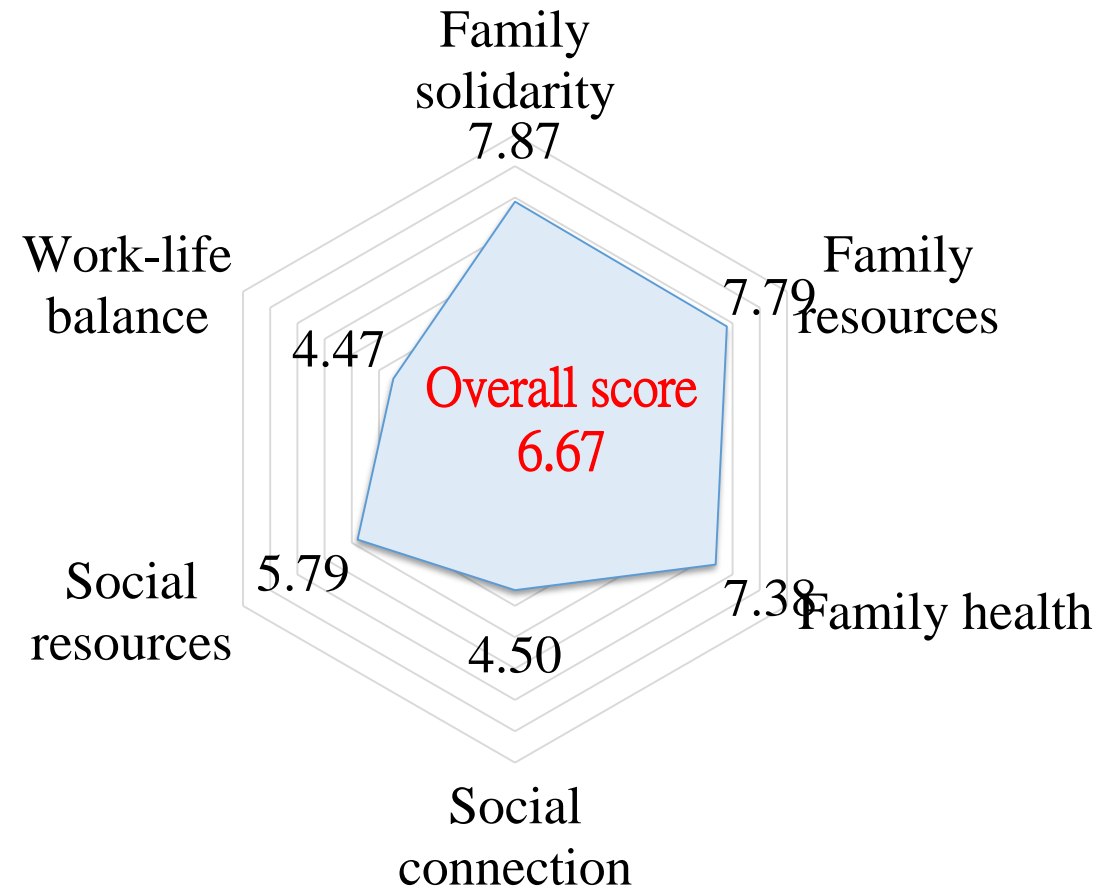
CUT-OFF POINTS OF THE FAMILY WELLBEING INDEX

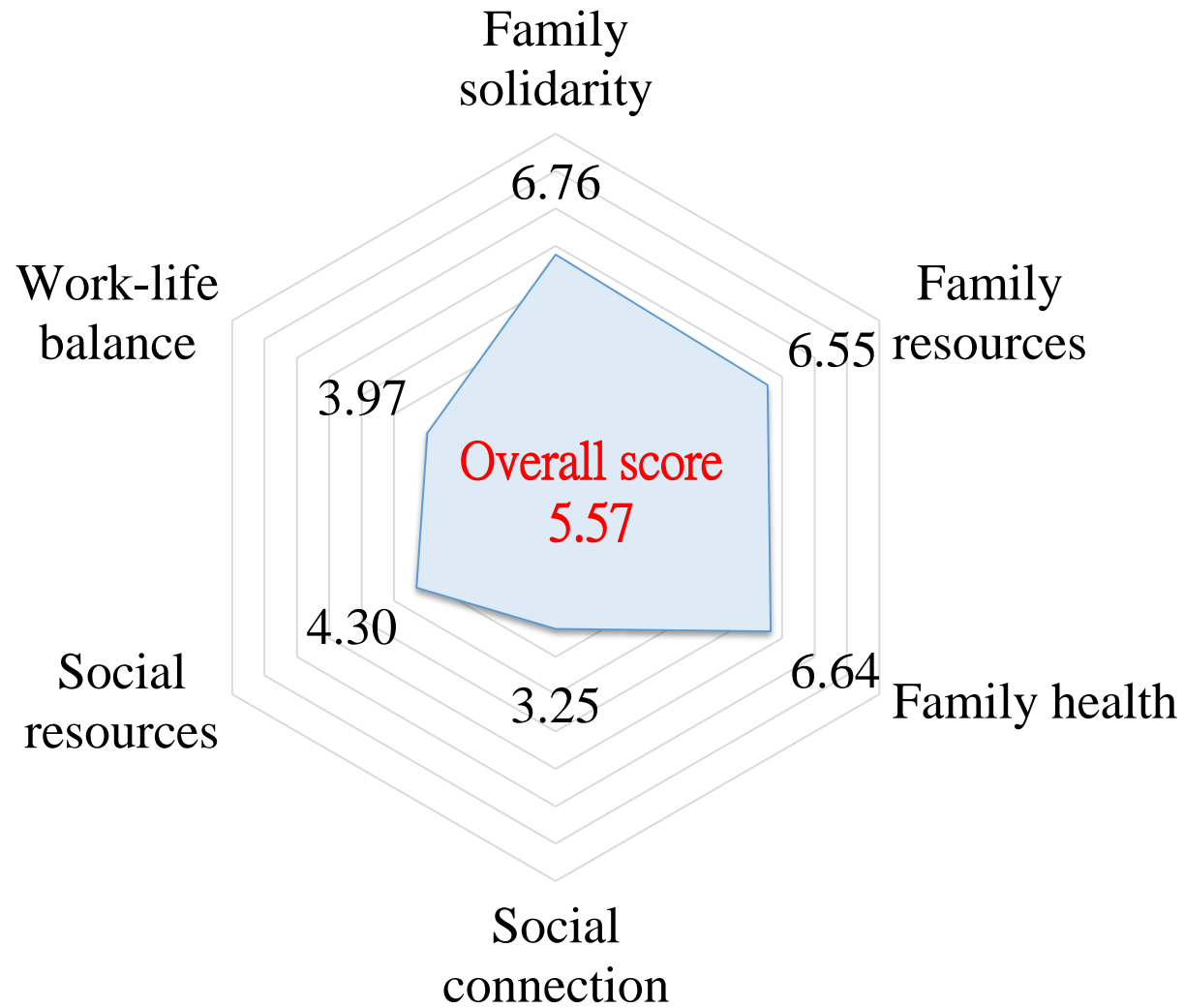




“GOOD” GROUP
(10.9%)

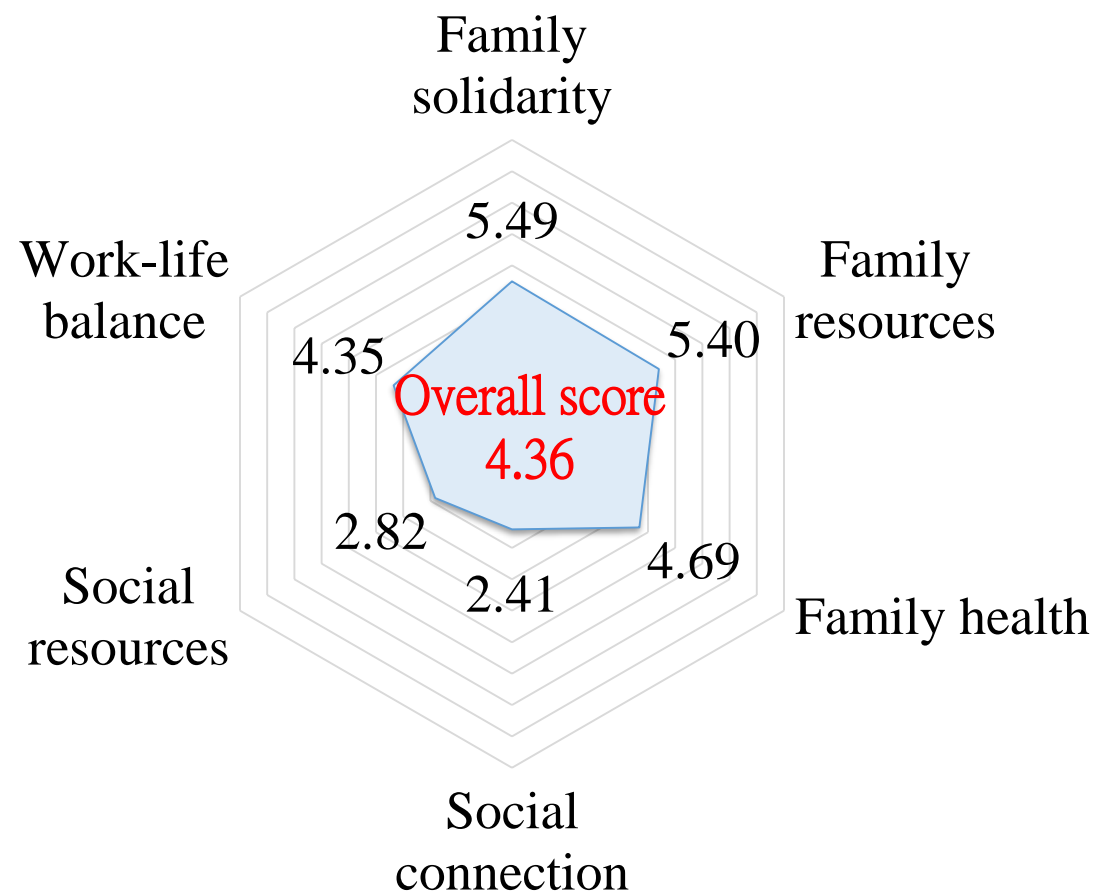
“AVERAGE”
GROUP (50.7%)





“BELOW
AVERAGE”
GROUP (26.4%)

“POOR” GROUP
(12%)



FAMILY WELLBEING STATE OF HONG KONG FAMILIES

- The overall score for family wellbeing was **6.23** points out of 10, which puts it at the lower end of the “average” range
- **Family solidarity** scored highest (**7.41** out of 10)
- **Family resources** ranked second (**7.29** out of 10)
- **Family health** ranked average (**6.99** out of 10)
- **Social resources** was at the lower end of the “below average” level (**5.19** out of 10)
- **Work-life balance** (**4.45** points out of 10) and **Social connection** (**4.10** points out of 10) fell within the “poor” level.

FAMILY WELLBEING STATE OF HONG KONG FAMILIES

- **Family bounded domains** (family solidarity, family resources and family health) , had **higher** scores than three domains which are **relationships of family with larger systems** (social connection, social resources and work-life balance)
- Possible reasons:
 - (1) Family is still the core unit to support individuals, particularly in time of crisis;
 - (2) Hong Kong employees have long working hours
 - (3) This study was conducted during the social movement that began in June 2019, the society was polarized and many Hong Kong people had negative feelings towards the government

PREDICATIVE FACTORS OF FAMILY WELLBEING

- OLS linear regressions were used to examine the effect of socio-demographic variables on the overall family wellbeing and the six domain scores.
- The independent variables included gender age, education level, economic activity status, family structure, family income, occurrence of family crisis in the previous year, and number of family members who needed special care.
- Regressions were conducted separately for seven dependent variables, namely the overall family wellbeing and the six domain scores

PREDICATIVE FACTORS OF FAMILY WELLBEING

	HKFWI	Family solidarity	Family resources	Family health	Social connection	Social resources	Work-life balance
Male	-0.028	0.006	0.018	0.069*	-0.177***	-0.030	-0.023
Age (18–29)							
30–49	0.123**	0.123**	0.048	0.083*	0.115**	0.063	-0.001
50 or above	0.225***	0.139**	0.179***	0.143***	0.169***	0.121**	0.043
Tertiary educated	0.083*	0.052	0.135***	0.006	0.013	0.001	0.137***
Economically active	-0.014	0.031	0.007	0.053	-0.030	-0.032	-0.125***
Family structure (Nuclear family without children)							
Nuclear family with children	0.077	0.017	0.012	0.046	0.048	0.116*	0.008
Single-parent family	-0.027	-0.038	-0.089*	-0.037	0.026	0.034	0.010
Three-generation family	-0.012	-0.026	-0.049	0.012	-0.067	0.033	0.054
Family income (below HKD 20,000) (Low)							
Middle (HKD 20,000 – 39,999)	0.200***	0.046	0.243***	0.089	0.070	0.191***	0.028
High (HKD 40,000 or above)	0.378***	0.101	0.477***	0.171**	0.142*	0.300***	0.108
Occurrence of family crisis	-0.144***	-0.057	-0.062*	-0.229***	0.019	-0.109***	-0.022
Number of family members who needed special care	-0.039	0.007	-0.011	-0.112***	0.053	-0.055	0.024

PREDICATIVE FACTORS OF FAMILY WELLBEING

- **Young, had a secondary level of education or below, had a low level of family income, and had suffered from a family crisis in the previous year** had a lower overall family wellbeing than people who were middle-aged or above, tertiary educated, had a middle or high level of family income, and had not encountered a family crisis in the previous year
- The score of **young people** in **family solidarity, family resources, family health, social connection and social resources** were lower than middle age and / or old age people
- **Economically active people** had poorer **work-life balance** state than their counterpart
- **Low-income group** scored the lowest in **almost all domains** of family wellbeing (except family solidarity and work-life balance)

PREDICATIVE FACTORS OF FAMILY WELLBEING

- **Single parent family** were poorer in **family resources** (i.e., income, living standard, living environment and self-efficacy to manage daily matters) than other types of family structure
- **Family suffered from crisis** was poorer in the **resource-related aspects of family wellbeing** (including both family resources and social resources) than those who has not encountered any family crisis
- **Family with more members who needed special care** had poorer **family health condition** than their counterpart

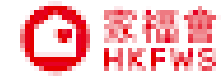
IMPLICATIONS

1. Strengthen the relationships of family with larger systems
 - particularly for young people, economically active people, low-income family and family suffer from crisis
2. Tailor-made services based on the characteristics of families
 - Example (1)
 - Below average group – advocate their resilience on “family bounded” areas and strengthen their connections with larger systems;
 - Poor group – strengthen all the aspects of their family wellbeing
 - Example (2)
 - Single-parent families – enrich family resources
 - Families with members in need of special care – enhance family health

FUTURE STUDIES

1. Replicate the study to refine the tool and to track the changes of family wellbeing state of Hong Kong families
2. Extend the target group from just Chinese families to families of ethnic minorities (e.g., Indians, Pakistanis, and Nepalese) and other non-Chinese groups in Hong Kong

WONG, M. M. C., MA, J. L. C., WAN, P. S., XIA, L. L.,
& FOK, H. T. (2020). *RESEARCH REPORT ON A STUDY
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SOCIETY



RESEARCH REPORT ON A STUDY ON
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香港家庭幸福指數調查研究報告



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