

# The LIFE Formula and the Way to Enhancing Happiness



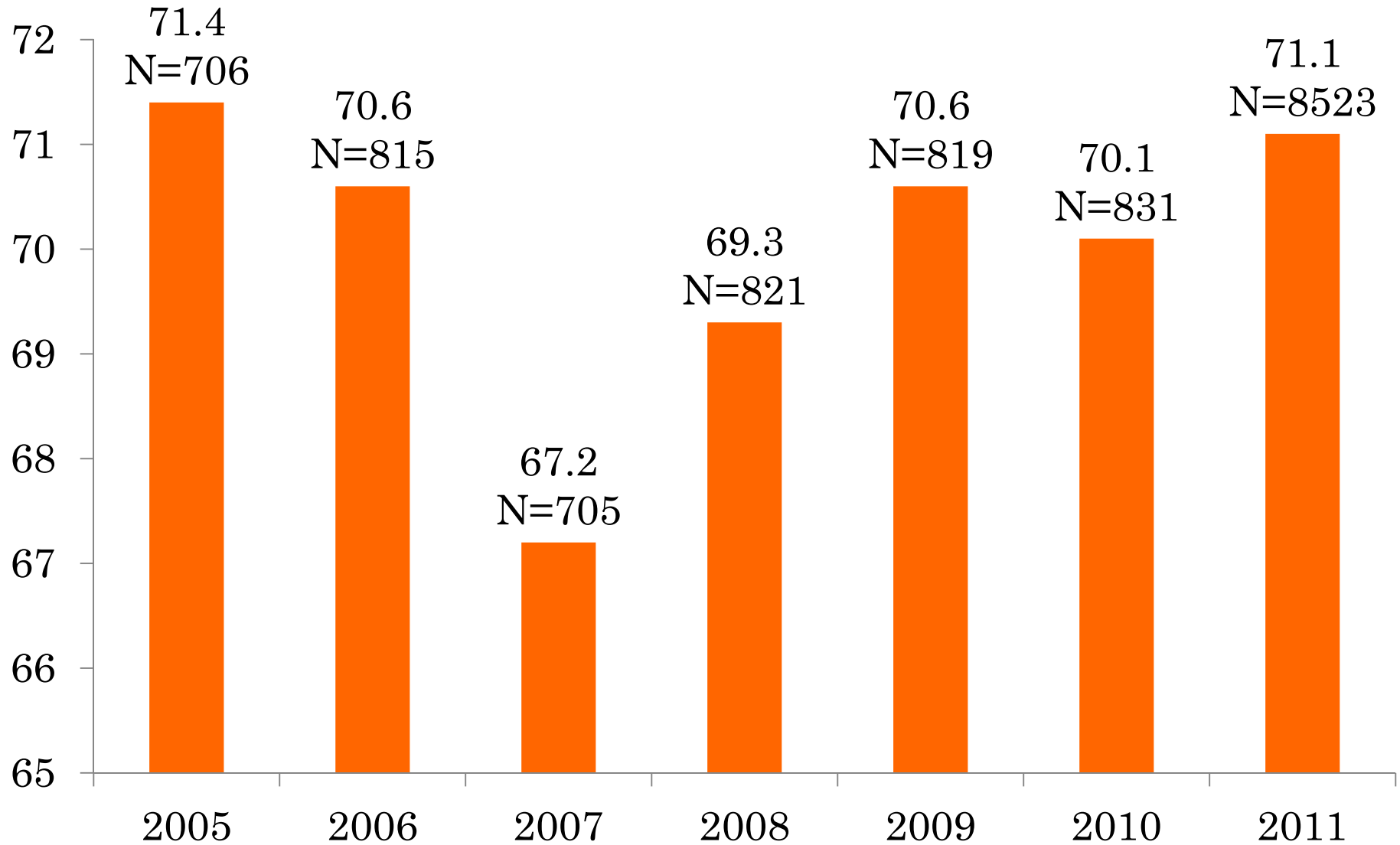
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- On-line study conducted on-line *between 7<sup>th</sup> - 20<sup>th</sup> 2011.*
- 8523位香港居民成功地完成了整份問卷  
8523 Hong Kong residents successfully completed the questionnaire.
- 嶺大「香港快樂指數」:個人指數以0分為最低10分為最高。  
Lingnan University Hong Kong Happiness (individual) Index is on a scale of 0 to 10; territory wide index 0-100

# 快樂指數 Happiness Index

## 2005-2011



Happiness Formula 快樂方程式 :

= L I F E

L = LOVE 關愛

I = INSIGHT 智慧

F = FORTITUDE 堅毅

E = ENGAGEMENT 行動

### Measures of Love 關愛

Disagree or agree ( scale of 0 to 10)

- 我十分關心我的家人。  
I care for my family a lot.
- 我關心社會上不幸的人。  
I care for people who are less fortunate than myself.
- 我的家人十分關心我。  
My family members care for me a lot.

### Measures of Insight 智慧

Disagree or agree ( scale of 0 to 10)

- 我經常反思每天的生活，努力完善自己。  
I have a habit of reflecting. In so doing I want to improve myself.
- 我從錯誤中學到很多，智慧漸長。  
I learn from mistakes, and find myself becoming wiser over the years.
- 我專注於自己做到最好，不介意別人如何評價我。  
I have a habit of focusing on doing the best I can, not worrying about how others think of me.
- 我接受我自己，不會因自己的不足而煩惱。  
I accept myself as I am, and shall not be troubled by my own shortcomings.
- 我力求生活平衡，工作娛樂飲食均有節度。  
Moderation and balance is my motto. I never do anything in excess, whether it is work, eating, or having fun.

## Measures of fortitude 堅毅

Disagree or agree ( scale of 0 to 10)

- 挫折使我變得更堅強。  
I become stronger going through difficulties and adversities.
- 我願意為自己的信念和價值觀付出。  
I am ready to make sacrifice to defend my convictions and values.
- 我有信心克服困難，總會有更美好的將來。  
I am sure I can overcome difficulties, and as long as I endure, things will turn better in the future.

## Measures of engagement 行動

Disagree or agree ( scale of 0 to 10)

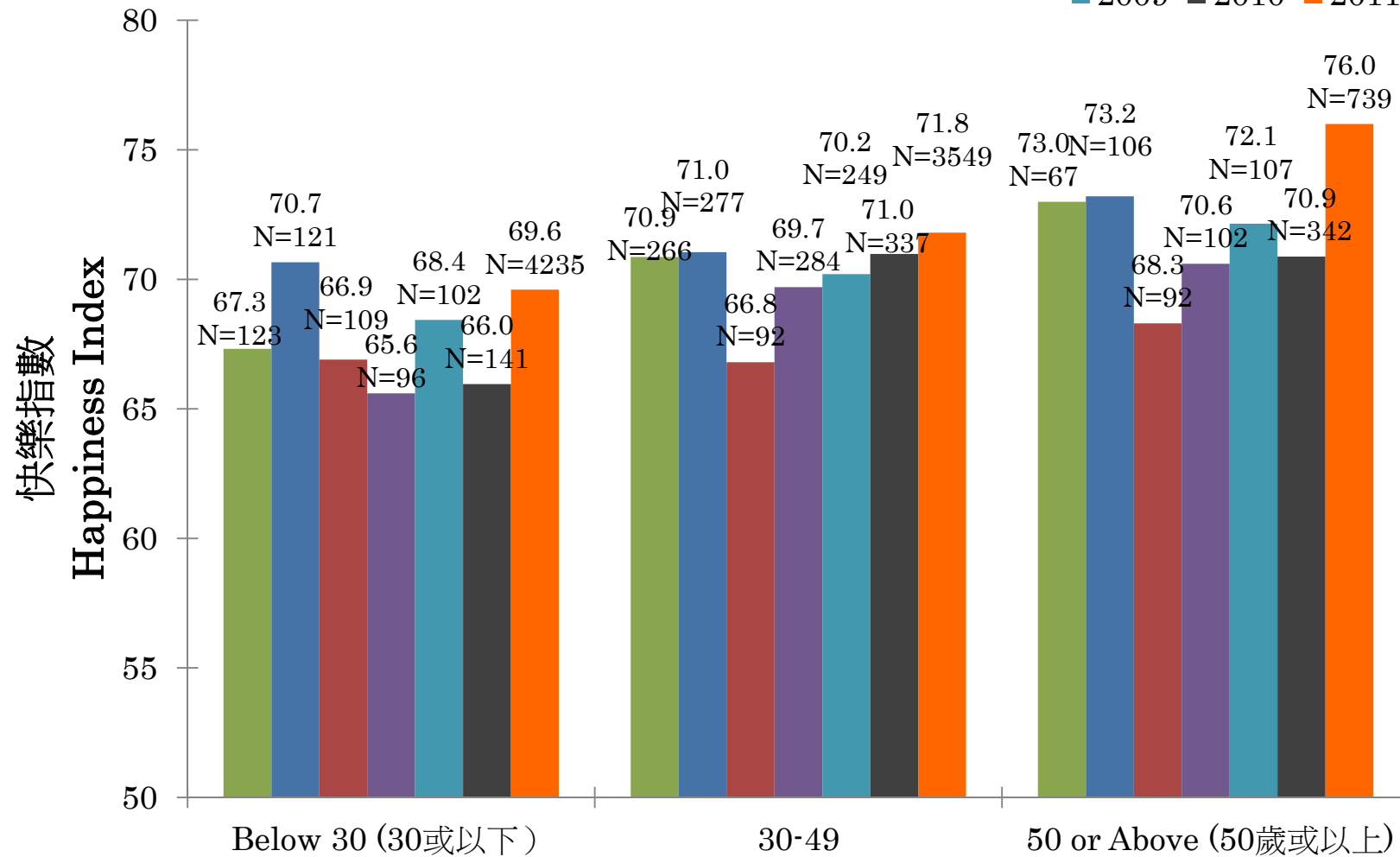
- 我掌握機會發揮所長。  
I take advantage of opportunities that I have to realize my potential.
- 我有清晰的人生目標。  
I have clear objectives in my life.
- 我爭取做自己喜歡的事。  
I actively look for the opportunity to do things that I enjoy doing.

# Happiness by Age Group 2005-2011

## Happiness Index by Age Group

按年齡組別劃分快樂指數

2005 2006 2007 2008  
2009 2010 2011



# LIFE Scores by Age

Age	Love	Insight	Fortitude	Engagement	Happiness
Below 18	7.23	6.23	7.26	7.13	6.77
18-20	7.46	6.72	7.38	7.10	7.51
21-24	7.24	6.48	7.40	6.96	6.73
25-29	7.41	6.76	7.47	7.12	7.00
30-34	7.51	6.87	7.50	7.21	7.07
35-39	7.63	6.95	7.54	7.33	7.14
40-44	7.71	7.14	7.70	7.43	7.25
45-49	7.86	7.30	7.82	7.51	7.42
50-54	7.94	7.49	7.88	7.66	7.60
55-59	8.13	7.31	7.72	7.55	7.72
60-64	8.07	7.50	7.69	7.64	7.61
65 or Above	7.73	7.33	7.42	7.37	7.30
Total	7.52	6.84	7.52	7.23	7.11



# Predicting Power of LIFE Formula

- LIFE Formula

$$\text{Happiness Index} = 1.88 + 0.23 \times \text{LOVE} + 0.24 \times \text{INSIGHT} + 0.16 \times \text{FORTITUDE} + 0.09 \times \text{ENGAGEMENT}$$

Age	21-29	30-49	50 or above	全部様本 Total
Predicted HI by LIFE Equation	7.06	7.19	7.22	7.18
Actual Average HI in Survey	7.15	7.08	7.16	7.13

# But Age by itself undermines happiness!

	Unstandardized Coefficients		Standardized Coefficients	t	Sig.
	B	Std. Error	Beta		
(Constant)	1.072	.109		9.826	.000
Love ***	.155	.011	.130	14.144	.000
Insight ***	.294	.015	.226	19.909	.000
Fortitude ***	.152	.015	.125	10.382	.000
Engagement ***	.328	.014	.284	24.231	.000
Age 30-49 ***	-.260	.036	-.069	-7.267	.000
50 or Above ***	-.357	.060	-.054	-5.929	.000
Married ***	.400	.037	.105	10.915	.000
Divorced ***	-.261	.091	-.023	-2.882	.004
Widow or Widower	.073	.162	.004	.454	.650
Education Level ***	-.075	.010	-.063	-7.508	.000
Unemployed ***	-.325	.091	-.027	-3.588	.000
Financial Pressure ***	-.438	.022	-.157	-19.797	.000
Household Income <10000 ***	.117	.044	.021	2.667	.008
Household Income >40000	-.037	.035	-.009	-1.056	.291
Female	.249	.030	.064	8.309	.000

Adjusted R Square

.517

F-Statistics

609.097 \*\*\*

\*\*\*, \*\* and \* indicate 1%, 5% and 10% statistical significance

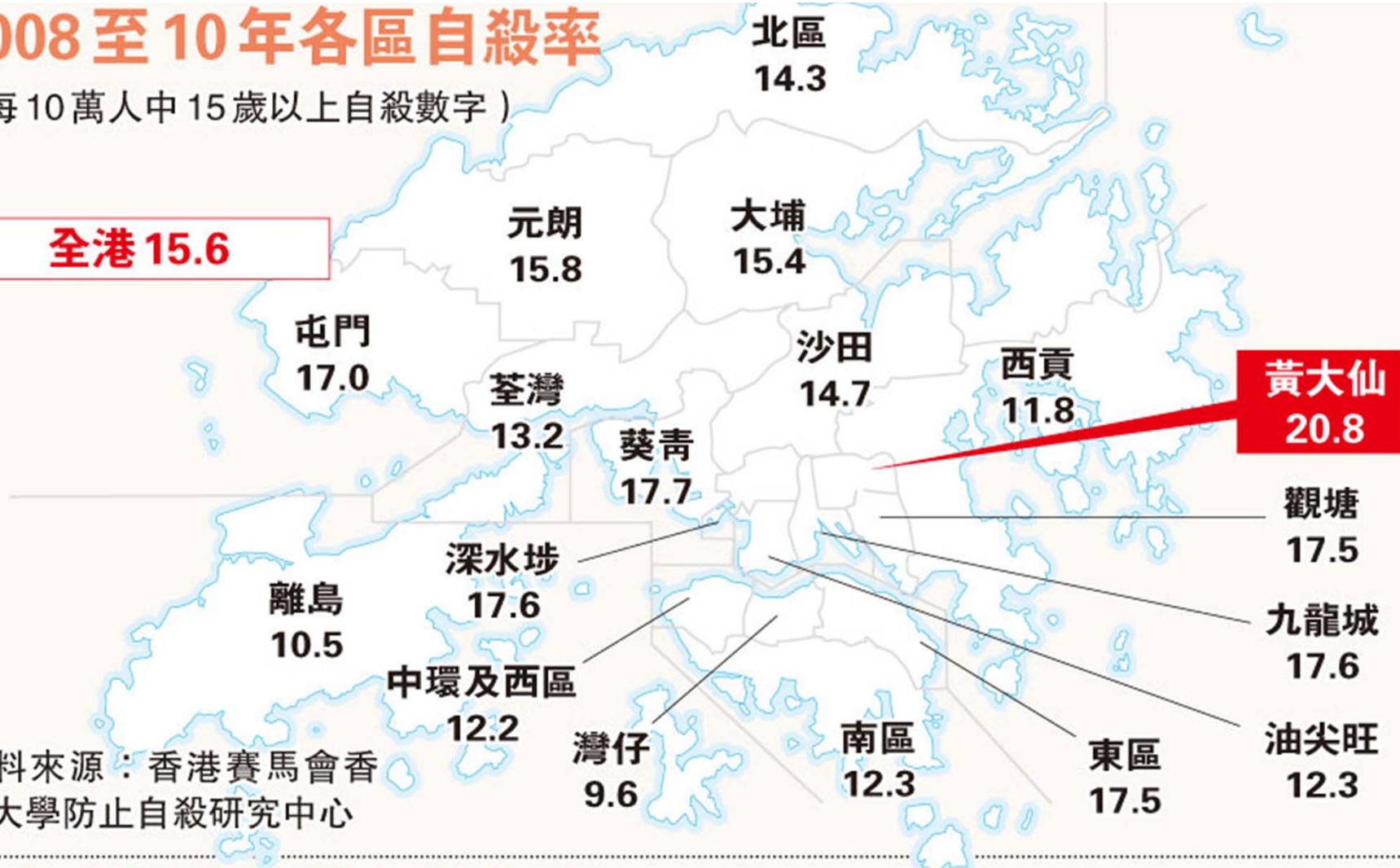
# Happiness by Districts

District	Mean 平均值	Sample 樣本數目
Central and Western 中西區	7.01	296
Wan Chai 灣仔區	8.55	318
Eastern 東區	7.07	681
Southern 南區	6.94	307
Yau Tsim Mong 油尖旺區	7.21	348
Sham Shui Po 深水埗區	6.94	368
Kowloon City 九龍城區	7.04	386
Wong Tai Sin 黃大仙區	6.87	471
Kwun Tong 觀塘區	7.07	766
Kwai Tsing 葵青區	6.83	575
Tsuen Wan 荃灣區	7.13	405
Tuen Mun 屯門區	6.98	649
Yuen Long 元朗區	7.06	685
North 北區	7.02	370
Tai Po 大埔區	7.69	438
Sha Tin 沙田區	7.03	715
Sai Kung 西貢區	7.07	570
Islands 離島區	6.98	175
Total	7.11	8523

## 2008至10年各區自殺率

(每10萬人中15歲以上自殺數字)

**全港 15.6**



資料來源：香港賽馬會香港大學防止自殺研究中心

## 去年本地最常見自殺手法

手法	跳樓	吊頸	燒碳	其他	服毒
宗數*	532	208	132	46	25
(百分比)	(56.4%)	(22.1%)	(14.0%)	(4.9%)	(2.7%)

\*臨時數字 資料來源：香港大學香港賽馬會防止自殺研究中心

明報製圖

# LIFE Score By Sex 2008 – 2011

Females Consistently Score Higher on LIFE

Sex		Male		Female		Total	
		Mean	N	Mean	N	Mean	N
Love	2011	7.21	312	7.95	474	7.65	786
	2010	8.11	299	8.48	521	8.35	820
	2009	7.45	331	7.81	475	7.67	806
	2008	7.40	339	7.80	462	7.63	801
Insight	2011	6.95	313	7.52	472	7.29	785
	2010	7.30	299	7.59	526	7.49	825
	2009	6.99	311	7.18	426	7.10	737
	2008	6.51	339	6.92	470	6.75	809
Fortitude	2011	7.13	323	7.37	487	7.28	810
	2010	7.18	298	7.33	520	7.28	818
	2009	6.53	278	7.14	415	6.89	693
	2008	6.67	334	7.21	456	6.99	790
Engagement	2011	6.92	302	7.39	454	7.20	756
	2010	6.47	292	6.88	516	6.73	808
	2009	6.67	331	6.81	476	6.76	807
	2008	6.15	334	6.39	459	6.29	793

# Happiness and Public Policy

施政質素和生活環境對快樂尤為重要

	Model 1		Model 2		Model 3	
	coefficient	t-statistics	coefficient	t-statistics	coefficient	t-statistics
(Constant)	<b>0.78</b>	2.13 *	<b>1.42</b>	4.00 ***	<b>1.03</b>	2.84 ***
Love	<b>0.18</b>	3.92 ***	<b>0.21</b>	4.49 ***	<b>0.19</b>	4.17 ***
Insight	<b>0.33</b>	6.78 ***	<b>0.28</b>	5.63 ***	<b>0.36</b>	7.33 ***
Fortitude	<b>0.15</b>	3.77 ***	<b>0.14</b>	3.56 ***	<b>0.15</b>	3.80 ***
Engagement	-0.03	-0.58	0.04	0.85	0.01	0.20
Female	<b>0.24</b>	1.98 *	<b>0.29</b>	2.30 **	<b>0.32</b>	2.58 **
Personal Income < 10000	-0.15	-1.18	-0.04	-0.27	-0.15	-1.16
Personal Income > 40000	-0.12	-0.46	-0.24	-0.83	-0.34	-1.28
Below 30	<b>0.42</b>	2.25 **	<b>0.36</b>	1.88 *	<b>0.37</b>	1.99 *
Age 50 or Above	-0.08	-0.59	0.15	1.04	0.12	0.91
Married or Cohabited	<b>0.33</b>	2.20 **	<b>0.30</b>	1.90 *	<b>0.29</b>	1.93 *
Satisfaction with Administration of Public Policy	<b>0.12</b>	3.84 ***				
Satisfaction with Media	0.00	0.08				
Satisfaction with Living Environment	<b>0.12</b>	3.11 ***				
Satisfaction with Public Healthcare	-0.02	-0.61	<b>0.07</b>	2.29 **		
Satisfaction with Private Healthcare	0.04	1.00			<b>0.09</b>	3.14 ***
<b>R-bar Squared</b>	<b>0.42</b>		<b>0.34</b>		<b>0.39</b>	

# Some conclusions

- Happiness studies really have strong predicting power and should be taken seriously.
- LIFE formula is valid.
- Focus should be on overall happiness and not mood of the moment.
- Public policy matters to happiness.