



To News Editors
For Immediate Release

28 May 2013

CUHK to Release the MTR-CUHK Youth Quality of Life Index Today

As a new initiative to evaluate and promote the well-being of Hong Kong youth, the MTR-CUHK Youth Quality of Life (QoL) Index of 2013 (the Index) compiled by the Centre for Quality of Life of the Chinese University of Hong Kong (CUHK) is released today (28 May).

This is the first time a composite index has been compiled to measure and keep track of the quality of life of youth in Hong Kong. The compilation of the Index is sponsored by the MTR Corporation reflecting its ongoing commitment to foster the development of the younger generation to meet future challenges. Both the MTR Corporation and the Centre for Quality of Life, CUHK believe that the Index could provide policy makers and the community with a useful reference tool to devise appropriate policies and programmes for the betterment of youth and the society at large. It also enhances public understanding of issues that may affect quality of life of youth in Hong Kong. The first stage of the study will last for five years until 2018.

The Index consists of 26 indicators that are grouped into 8 aspects: Physical Health, Psychological Well-being, Social (including family) Well-being, Economics, Education, Politics, Living Environment, and Overall Well-being. The indicators are selected according to the coverage, measurability, representativeness, and importance to the quality of life of youth in Hong Kong.

- **Physical Health:** In general, the youth are satisfied with their health. Half of them do not have adequate rest and lack adequate exercise.
- **Psychological Health:** The General Health Questionnaire (GHQ-5) designed by Goldberg is used to look into the psychological health of the youth. It is shown that the youth tend to have negative emotions. In general, the youth are optimistic towards their future and life is meaningful to them. They have positive self-image and value themselves, are satisfied with their appearance and work ability.
- **Social (including family) Well-being:** The youth in Hong Kong are feeling fine with their relationships with family members and friends. They do not find difficulty in seeking help from them when needed. In daily life, they have time to have entertainment activities but sometimes, surfing on the Internet may affect their daily lives. They seldom participate in voluntary or social services. The youth seldom have the experience of being bullied nor meeting with unpleasant experience on the Internet.
- **Economics:** Hong Kong youth are satisfied with their material well-being and

financial conditions. Around half of them believe that their lives in the coming five years will be similar to now or even better. Nearly half of them are satisfied with their development/prospects while the other half think otherwise.

- Education: In general, youth in Hong Kong agree that they always have the opportunities to receive education and acquire knowledge and skills under the education system of Hong Kong.
- Politics: Youth in Hong Kong consider the performance of the Hong Kong Government just marginally passes the standard. They have limited influence on the government's policies. Government policies and measures fail to take care of the needs of the youth. Half of them believe that everyone is equal under the law.
- Living Environment: Youth in Hong Kong are generally satisfied with their current living environment, as well as the facilities in the neighbourhood.
- Overall Well-being: The 'Satisfaction With Life Scale' (SWLS) designed by Diener (1985) is used. It is shown that score in this area is 2.54 (with 1 being the lowest and 4 being the highest) which reflects youth are not overly satisfied with their lives.

The above is the description of the quality of life of the Hong Kong youth in 2013. The Index is set at 100. In the coming few years, the same questionnaire will be used for collecting data. If the Index of a subsequent year is above 100, it means that the quality of life of youth in Hong Kong is better than that of 2013. If the Index is below 100, it indicates that the Hong Kong youth quality of life in that year is worse than that of 2013. If the Index is 100, it indicates that the Hong Kong youth quality of life in that year is comparable to that of 2013.

To motivate Hong Kong youth and improve their well-being, MTR Corporation and the Centre for Quality of Life, CUHK are jointly organising the 'MTR-CUHK Youth QoL Champions Competition'. All secondary schools were invited to join the competition. Interested schools set up a Youth QoL Champion team and submitted a proposal for organising a project to enhance the QoL of Hong Kong youth. After the first round, 10 proposals were selected and funding support of HK\$10,000 will be provided to selected teams for implementing their proposal. After completion of the projects, Gold, Silver and Bronze award winners will be selected from among the 10 proposals. The winners will receive a cash award of HK\$20,000, HK\$10,000 and HK\$5,000 respectively.

For more information on the MTR-CUHK Youth Quality of Life Index and MTR-CUHK Youth QoL Champions Competition, please visit the Centre for Quality of Life website: <http://www.cuhk.edu.hk/ssc/qol/chi/index.html>.

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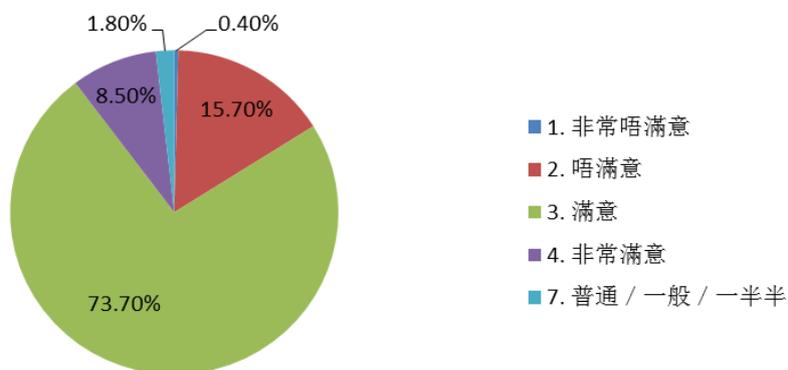
Appendix 1: Domains and Index of MTR-CUHK Youth QoL Index

| Domain | Indicator | Nature | Source |
|--------------------------------------|---|------------|------------------|
| Physical health | Youth hospitalization rate | Objective | Govt. statistics |
| | Perceived health condition | Subjective | Survey |
| | Exercise participation | Subjective | Survey |
| | Rest | Subjective | Survey |
| Psychological well-being | Psychological Distress | Subjective | Survey |
| | Positive thinking | Subjective | Survey |
| | Self esteem | Subjective | Survey |
| Social (including family) well-being | Youth crime rate | Objective | Govt. statistics |
| | Security index | Subjective | Survey |
| | Problem behavior | Objective | Govt. statistics |
| | Supporting network | Subjective | Survey |
| | Leisure | Subjective | Survey |
| Economics | Index of current economic conditions | Objective | Govt. statistics |
| | Real wage index | Objective | Govt. statistics |
| | Unemployment rate | Objective | Govt. statistics |
| | Social mobility | Subjective | Survey |
| | Financial situation | Subjective | Survey |
| Education | Education | Subjective | Survey |
| | Public expenditure on education | Objective | Govt. statistics |
| | Participation rate in UGC tertiary programs | Objective | Govt. statistics |
| Politics | Government performance | Subjective | Survey |
| | Satisfaction with Public Policy | Subjective | Survey |
| | Rule of Law | Subjective | Survey |
| Living environment | Satisfaction with living environment | Subjective | Survey |
| | Satisfaction with infrastructure | Subjective | Survey |
| Overall well-being | General life satisfaction | Subjective | Survey |

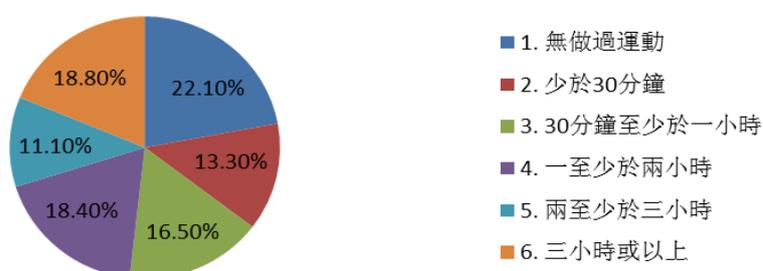
Appendix 2: MTR-CUHK Youth Quality of Life Index

● Physical Health

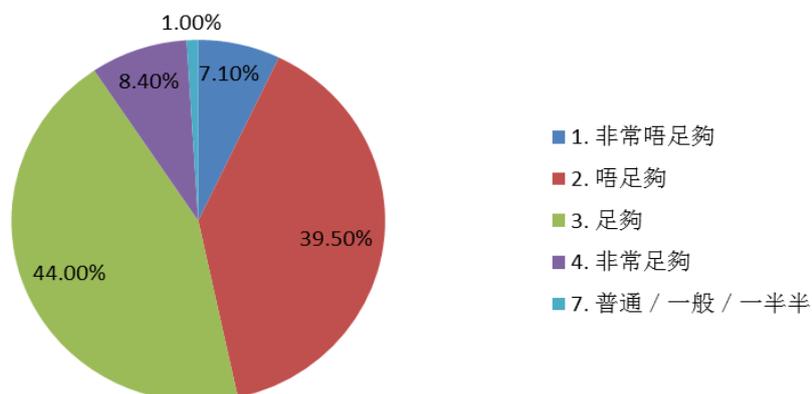
Q1. 你對你自己嘅健康狀況有幾滿意？



Q2. 喺最近7日，唔包括行路，你總共花咗幾多時間做運動，例如係打波、踩單車或跑步等？

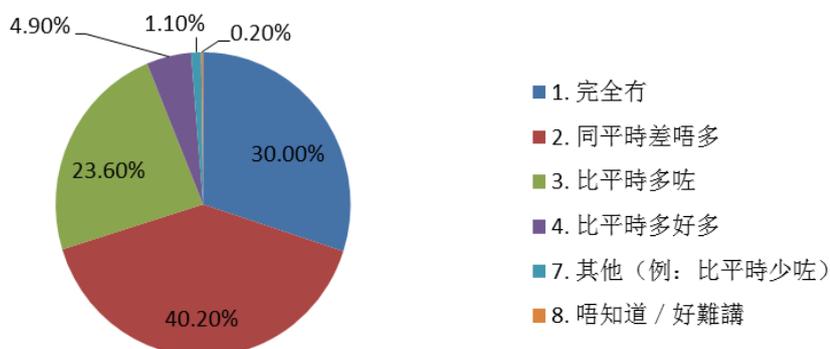


Q3. 你認為自己嘅休息足唔足夠呢？

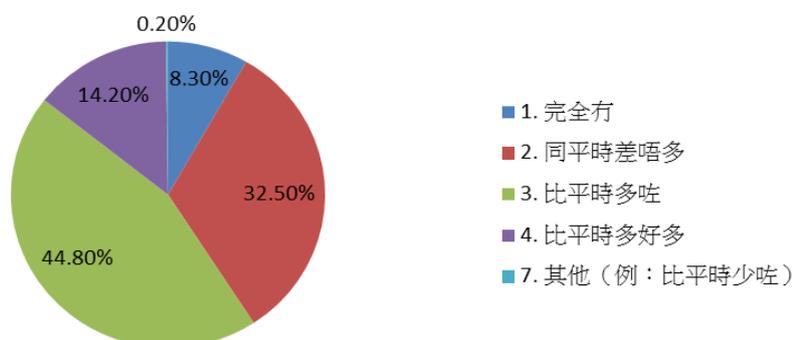


• Psychological well-being

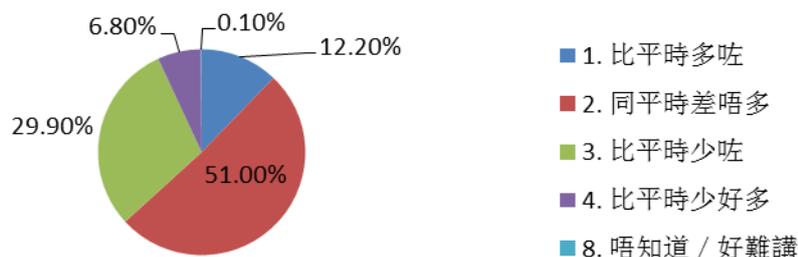
Q4. 喺呢半年，你有冇因為擔憂而瞓得唔好（失眠？）呢？



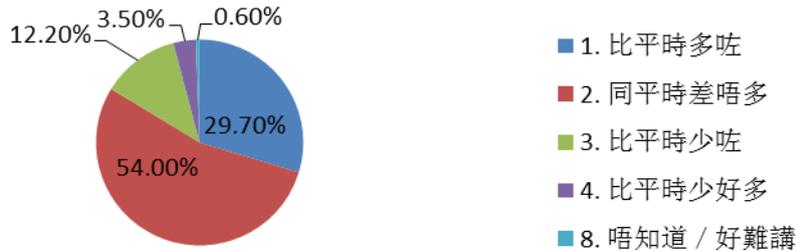
Q5. 喺呢半年，你有冇覺得自己一直處於壓力之下呢？



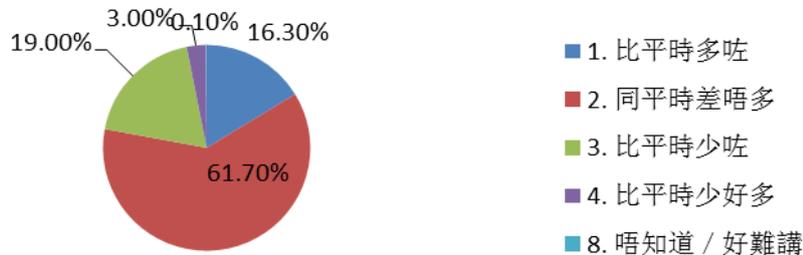
Q6. 喺呢半年，你覺得能夠享受到日常生活同活動，係比平時多咗，同平時差唔多、比平時少咗定係比平時少好多？



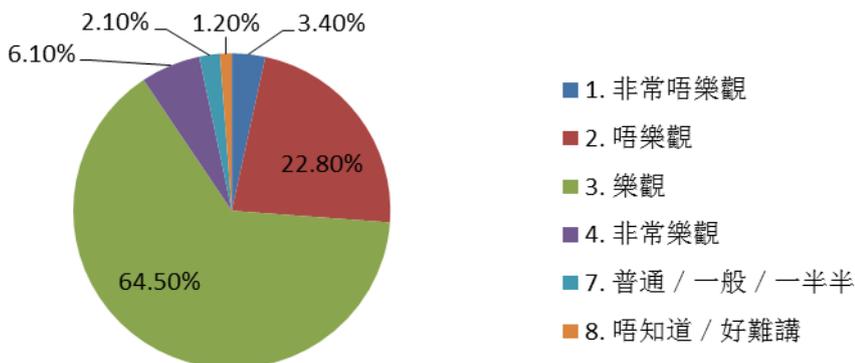
Q7. 喺呢半年，你覺得唔開心或者沮喪，係比平時多咗、同平時差唔多、比平時少咗，定係比平時少好多呢？



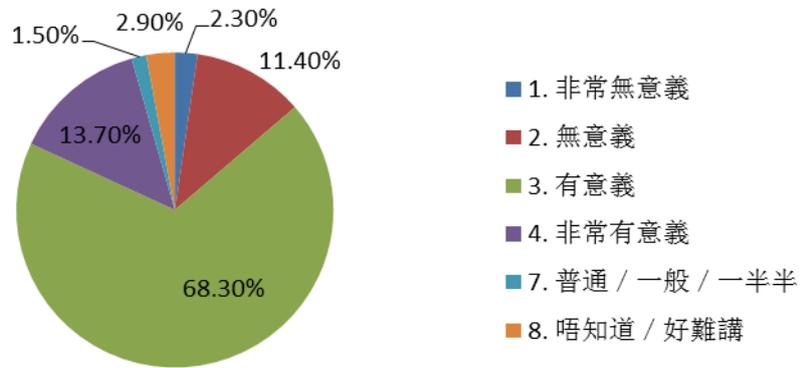
Q8. 喺呢半年，你覺得大致上都感到快樂嘅情況，係比平時多咗、同平時差唔多、比平時少咗，定係比平時少好多呢？



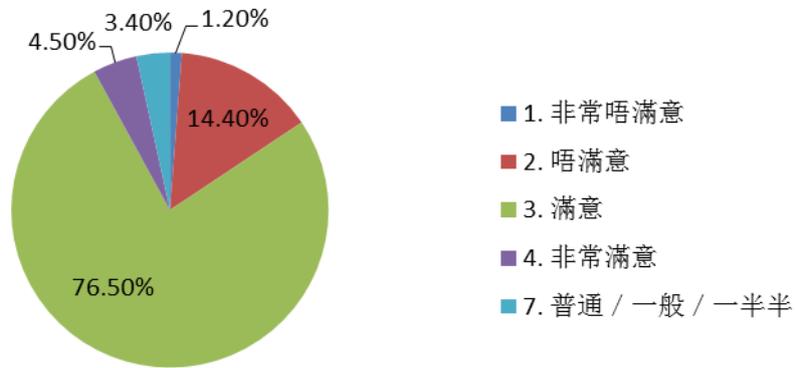
Q9. 整體嚟講，你對你自己嘅未來有幾樂觀呢？



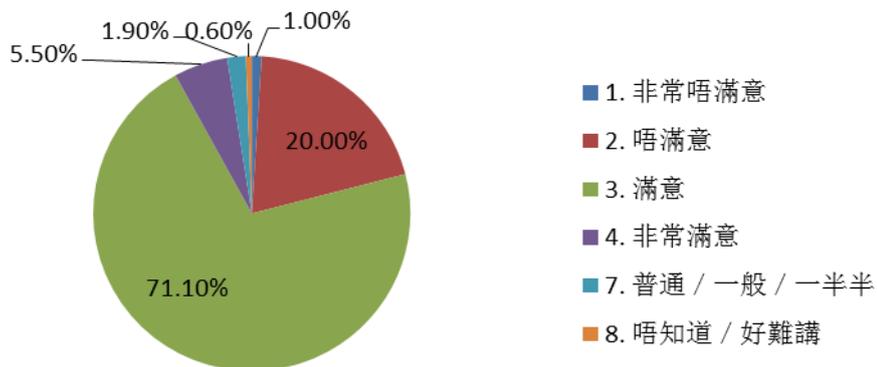
Q10. 你覺得你自己嘅人生有幾大意義呢？



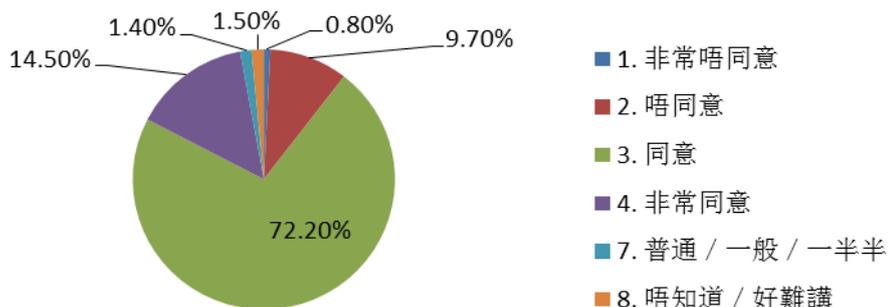
Q11. 你對你自己嘅外表有幾滿意呢？



Q12. 你對你自己嘅辦事能力有幾滿意

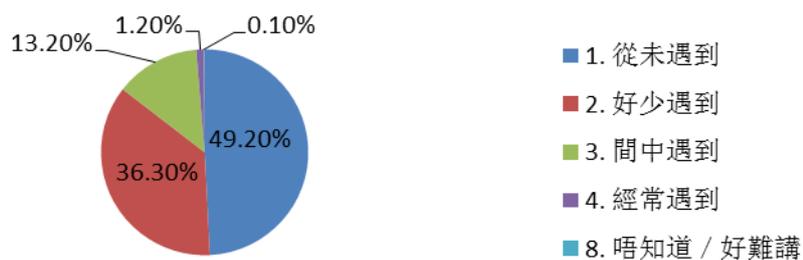


Q13. 「我係一個有價值嘅人，至少同其他人差唔多。」你有幾同意呢個講法呢？

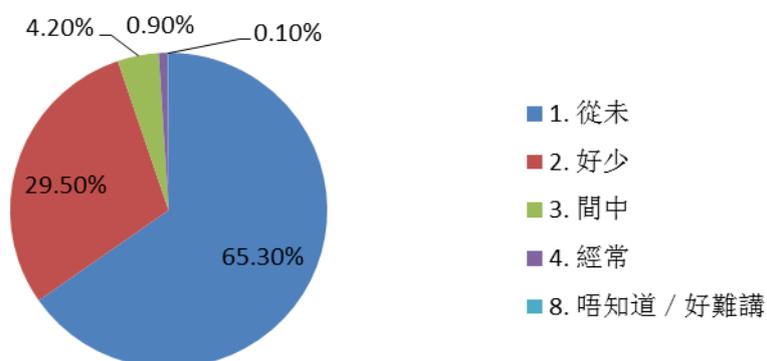


- Social (including family) well-being

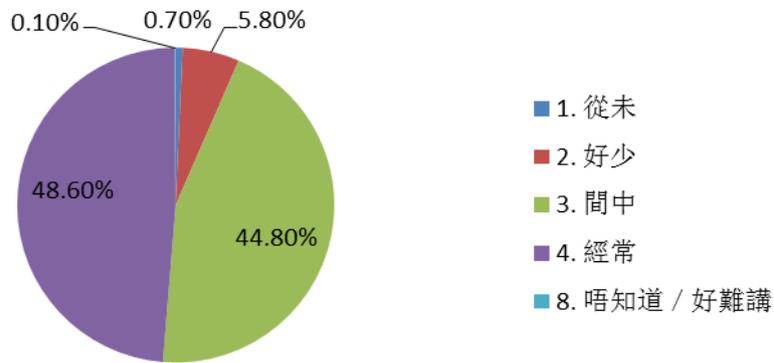
Q14. 你有無喺互聯網上遇到過不愉快嘅經驗（例如網上詐騙、恐嚇、或者接收到一啲自己唔鐘意嘅文字或圖片等等）？



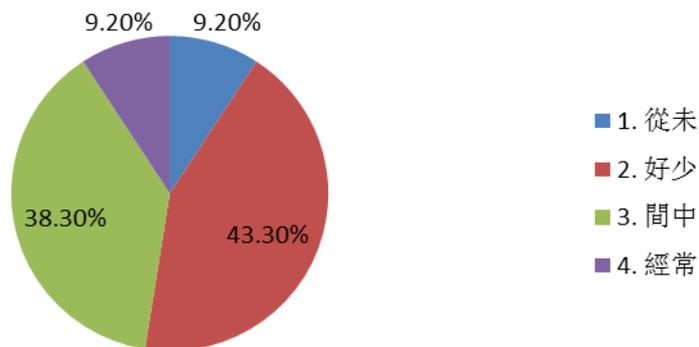
Q15. 你喺日常生活有幾經常俾人欺凌呢？



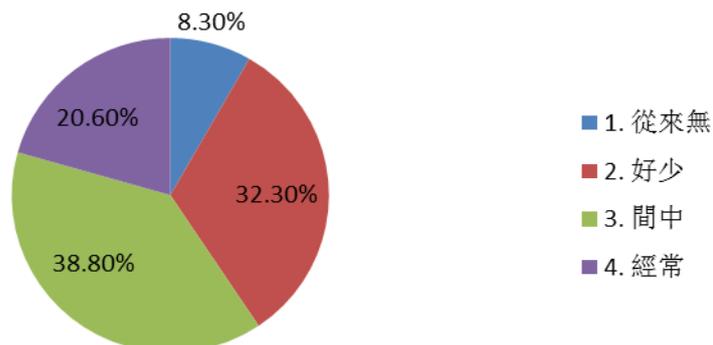
Q16. 你有幾經常做自己喜歡嘅娛樂活動呢？



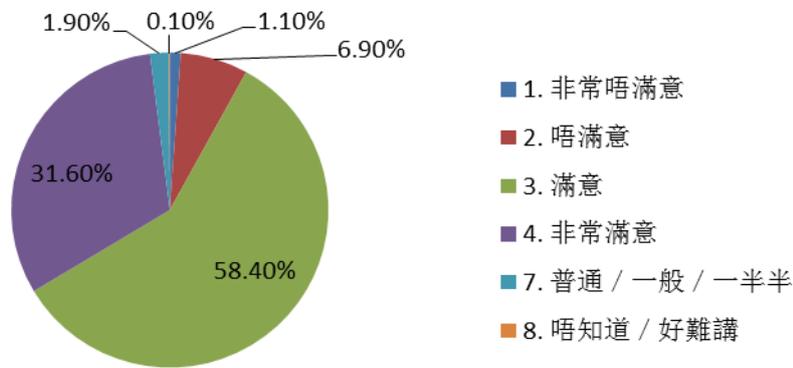
Q17. 你有幾經常參與義工或者社會服務活動呢？



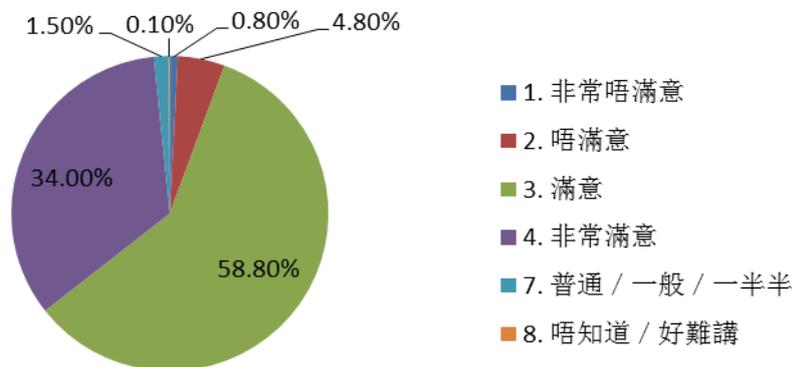
Q18. 你有幾經常因為上網而影響咗你嘅日常生活呢？



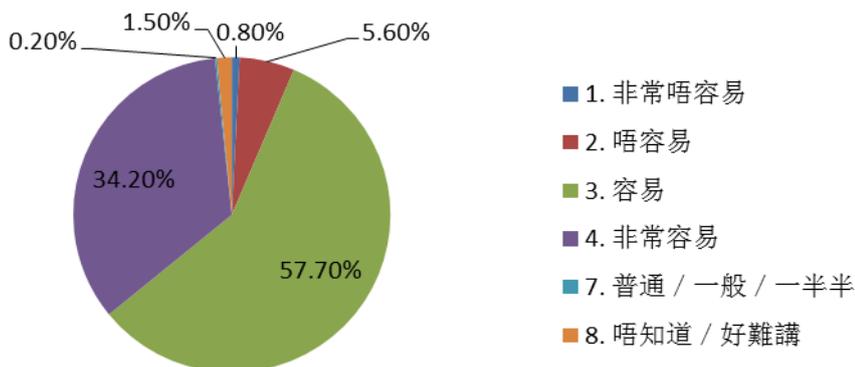
Q19. 你有幾滿意你同家人嘅關係呢？



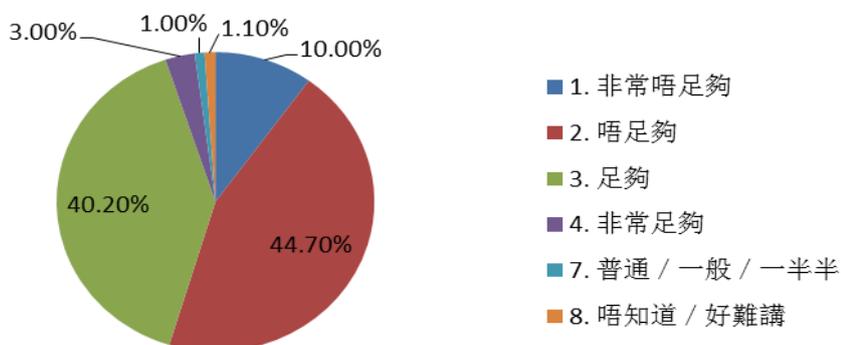
Q20. 你有幾滿意你同朋友嘅關係呢？



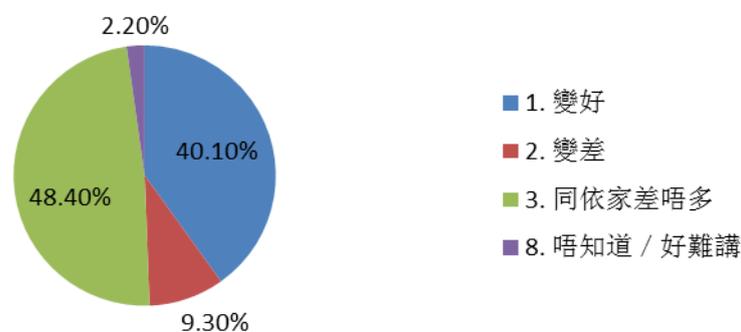
Q21. 喺有需要嘅時候，你容唔容易搵到家人或朋友幫你呢？



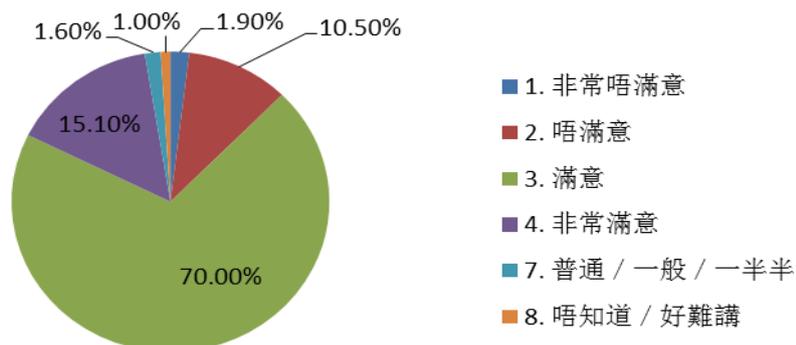
Q22. 你覺得社會有幾足夠嘅機會或者途徑俾你發展呢？



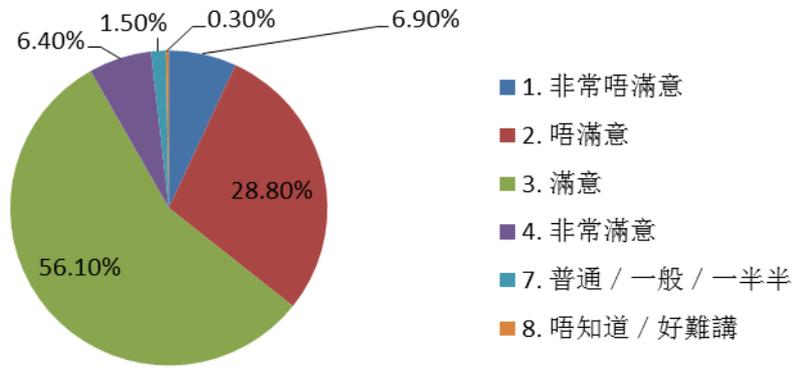
Q23. 「整體嚟講，你覺得未來五年你嘅生活將會變好咗、變差咗、定係同依家差唔多呢？」



Q24. 你對自己嘅物質生活有幾滿意？

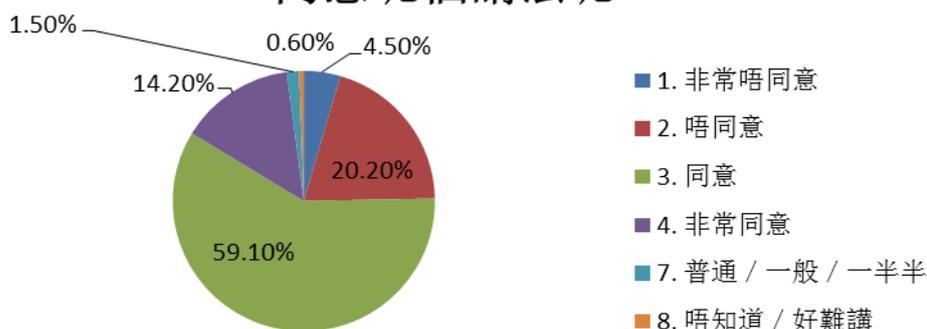


Q25. 你對自己嘅財政狀況有幾滿意?

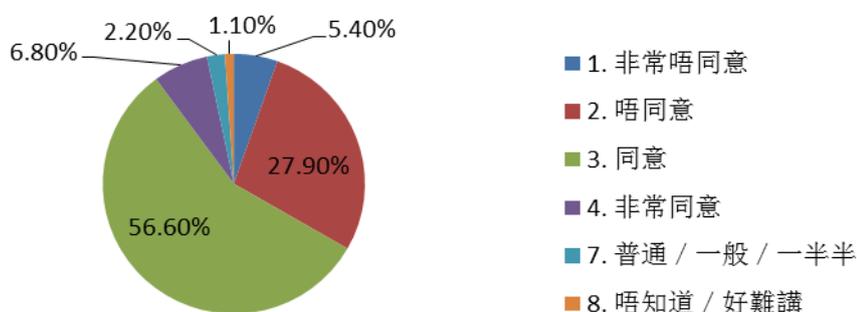


● Education

Q26. 「我喺香港嘅教育制度下，能夠得到足夠嘅教育機會。」你有幾同意呢個講法呢？

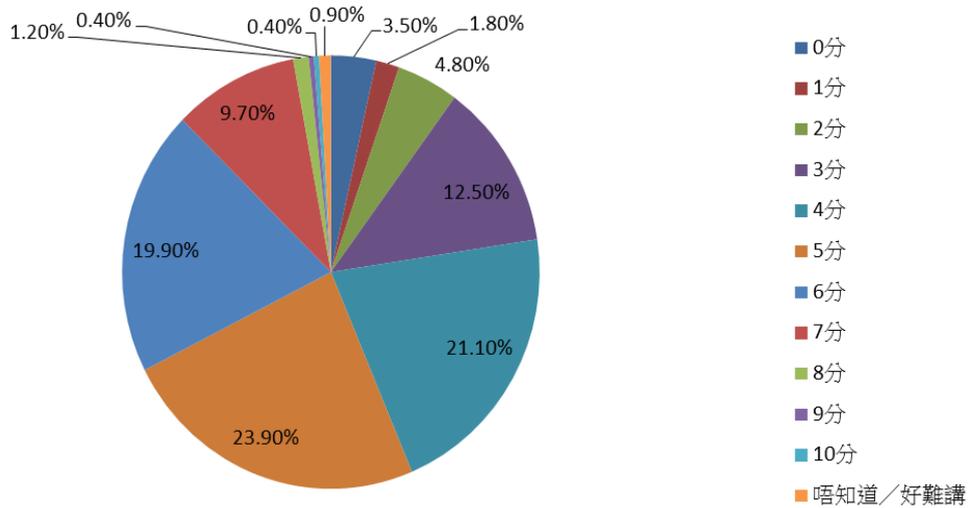


Q27. 「我喺香港嘅教育制度下，能夠學到足夠嘅知識及能力。」你有幾同意呢個講法呢？

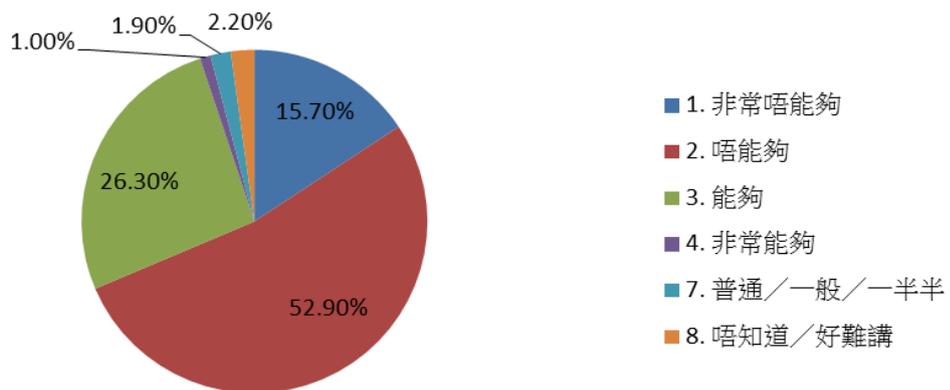


● Politics

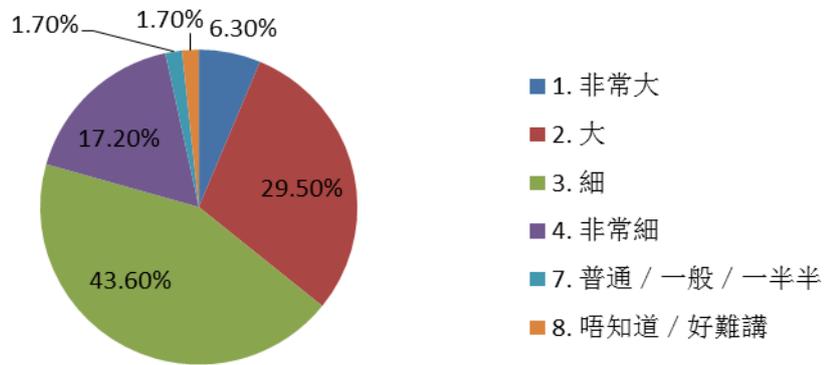
Q28. 如果0係最低分，10係最高分，5分合格，由0至10分，你認為香港特區政府嘅表現值幾多分呢？



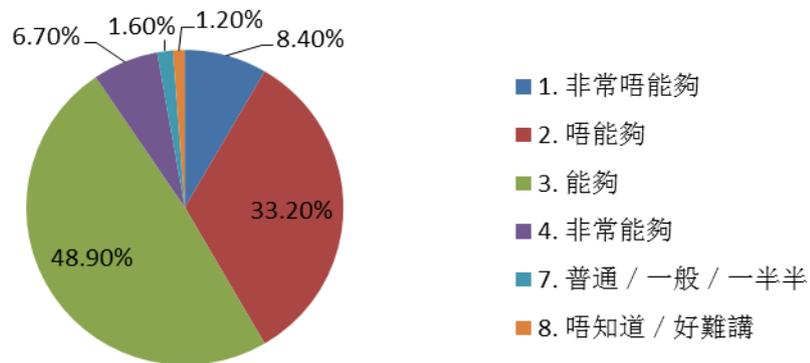
Q29. 一般而言，你覺得特區政府嘅政策同措施，能唔能夠照顧到年青人嘅需要呢？（例如升學、就業、住宿等等）？



Q30. 你覺得年青人對政府政策嘅影響力有幾大呢？

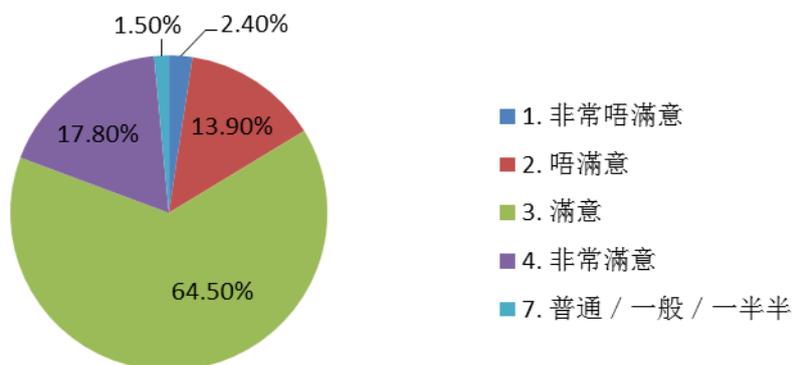


Q31. 喺香港，你覺得能唔能夠做到「法律面前、人人平等」呢？

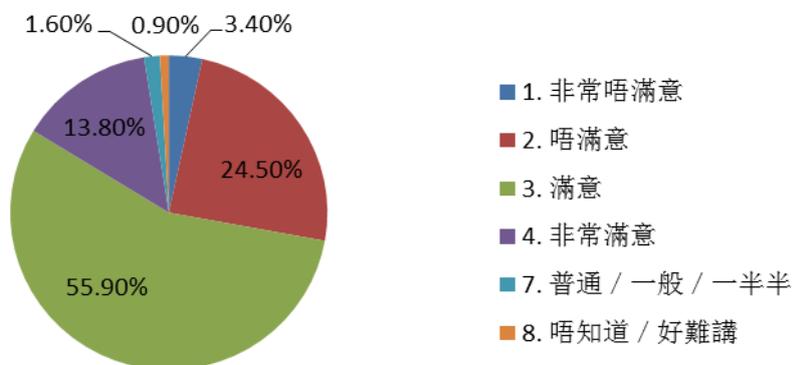


● Living Environment

Q32. 你對你住緊嘅單位有幾滿意呢？

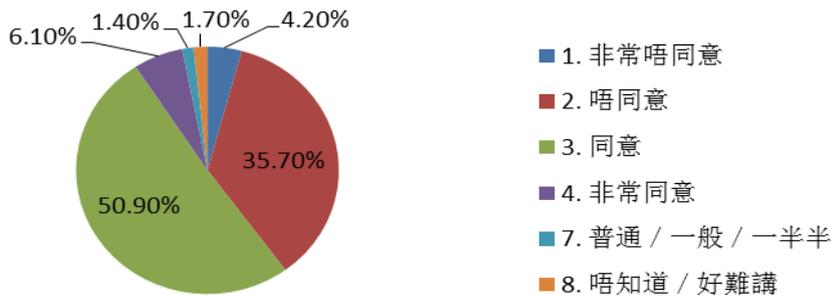


Q33. 你對你居住地點嘅社區設施同配套有幾滿意呢？

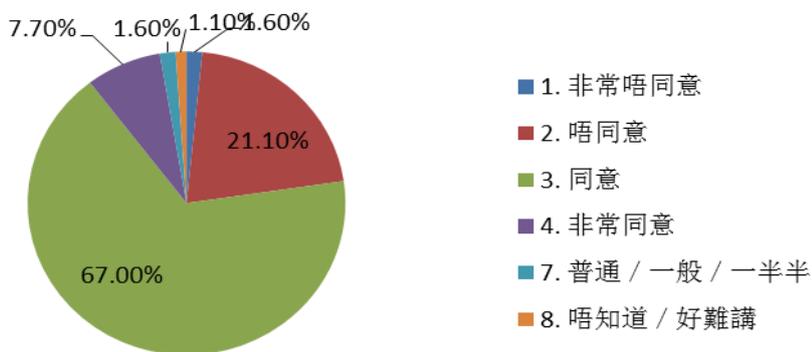


● Overall well-being

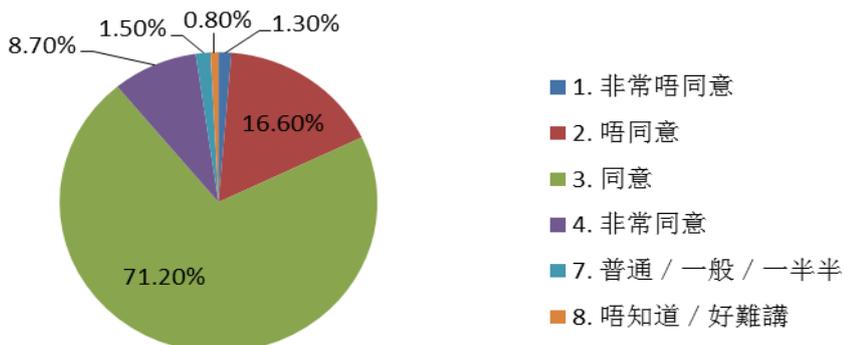
Q34. 「喺好多方面，我嘅生活都接近理想。」 你有幾同意呢個講法呢？



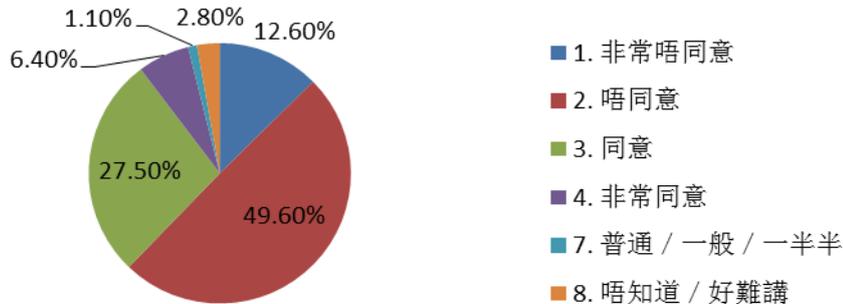
Q35. 「我嘅生活喺各方面都好。」 你有幾同意呢個講法呢？



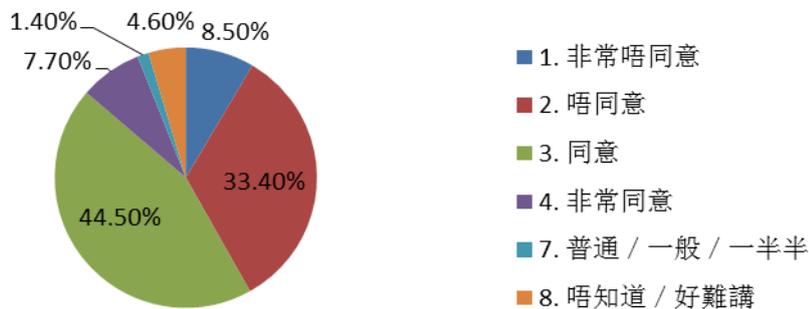
Q36. 「我對生活感到滿意。」 你有幾同意呢個講法呢？



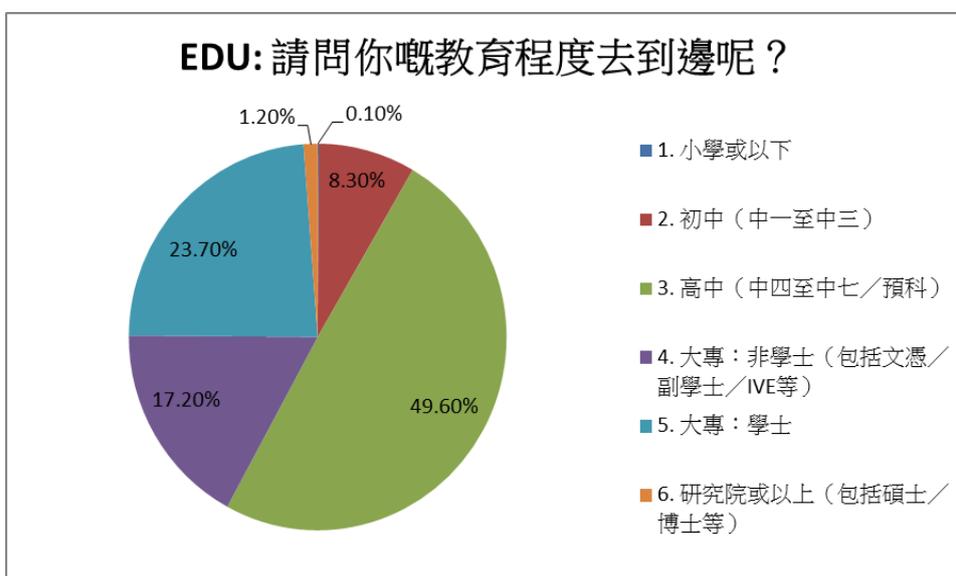
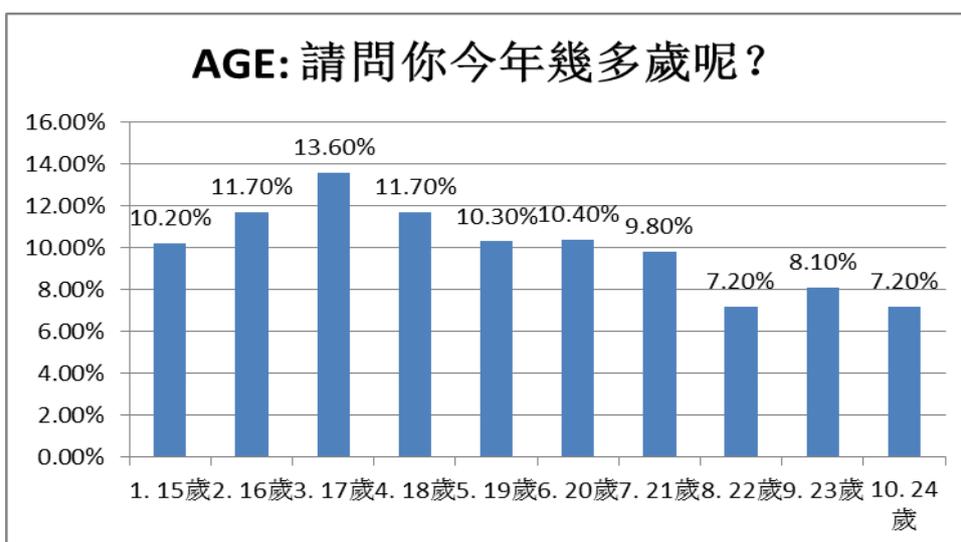
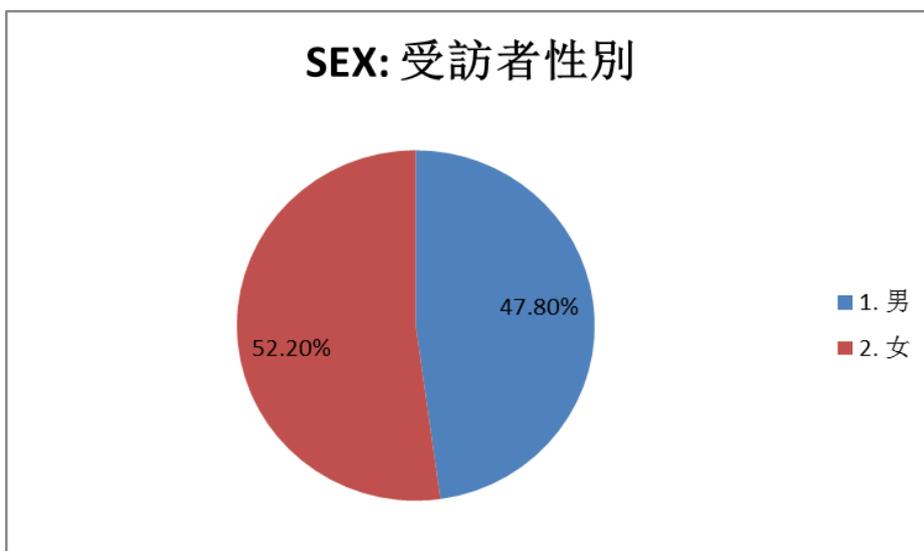
Q37. 「依家我已經得到生命中最重要嘅野。」你有幾同意呢個講法呢？



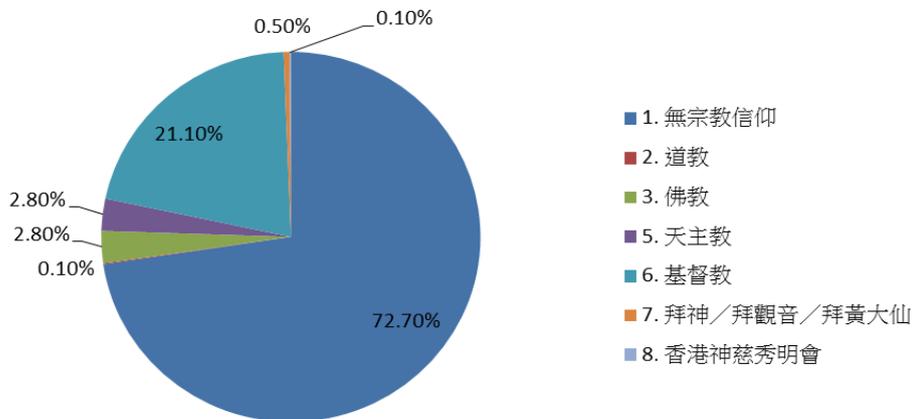
Q38. 「如果可以再活一次，我希保持今世嘅生活不變。」你有幾同意呢個講法呢？



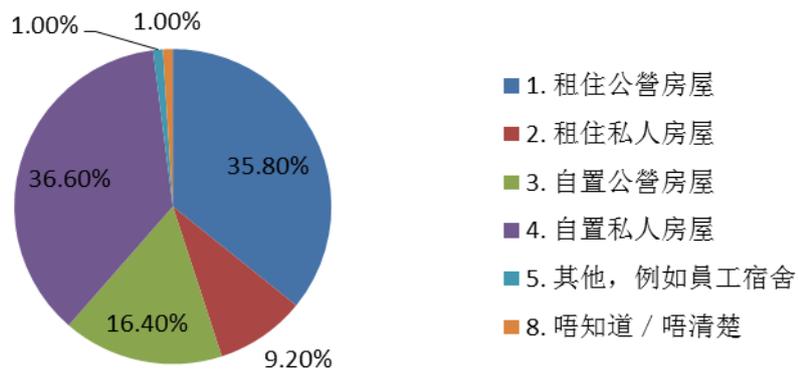
● Composition of Interviewees



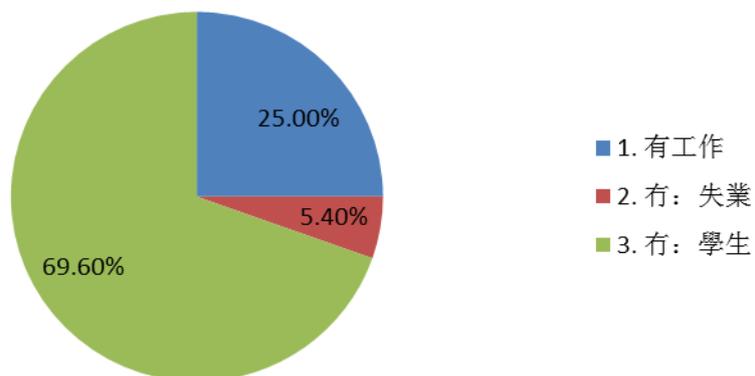
RELIGION: 請問你有無宗教信仰？



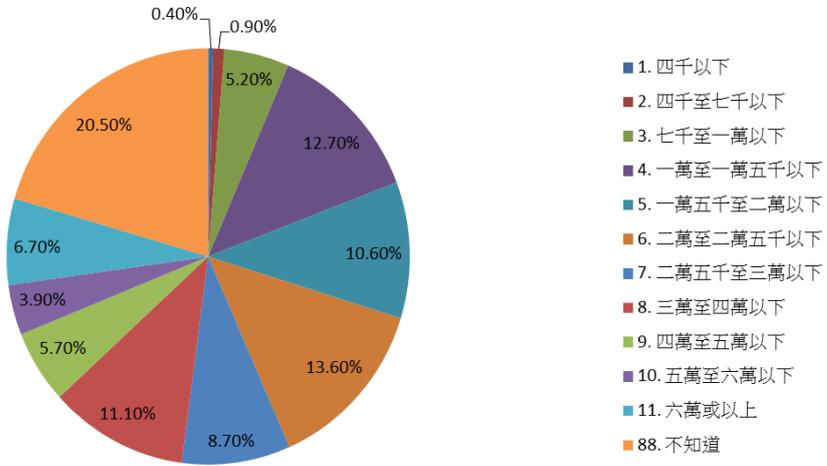
HOUSE: 請問你依家住緊嘅單位係買嘅定係租嘅呢？



WORK: 請問你而家有冇做嘢呢？



INCOME: 請問你全家每個月嘅總收入大約有幾多呢？



Appendix 3: Working Group of the MTR-CUHK Youth Quality of Life Index

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Appendix 4: Ten Schools Selected for the Final Round

| School/College (English) | Title of the Project |
|--|--|
| CNEC Lau Wing Sang Secondary School | 尋找遺忘的回憶 |
| Elegantia College | 重拾本港人情味-提升港人凝聚力 |
| Good Hope School | Define Your Own Beauty Campaign Among Hong Kong Youths |
| Marycove School | 南區「耆」妙人生之旅 |
| Munsang College | LoBal Youth Action |
| Nam Wah Catholic Secondary School | 讀書無用？香港教育對學生學習動機與社會流動的影響 |
| Pok Oi Hospital Tang Pui King Memorial College | 了解真我•敢於實踐 ‘True and Dare’ 基層青少年成長工作坊 |
| SKH Bishop Mok Sau Tseng Secondary School | A For Art |
| St. Stephen's Girls' College | Eco x Cultural Elite Leaders Programme (EXCEL Tour Guide Training Programme) |
| Yan Chai Hospital No.2 Sec School | 微電影@公民教育－從戲劇看公民教育 |