

「苦與樂」研討會

「苦與樂」專題討論第一節

Happiness in Hong Kong – A social survey

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Discussion on the idea of happiness is one of the major themes in Chinese and western philosophical tradition. Although opinions on happiness in everyday life may not come directly from any conscious reflection, such conceptions can be traced back to some philosophical theories. Generally speaking, Confucianism, Daoism, Aristotelianism and hedonism are four major theories of happiness that are still predominant in contemporary world. From a telephone survey conducted in February 2004 (N=1,005) this paper explores Hong Kong people's attitudes towards the defining characteristics, the ground and the source of influence of personal happiness. The data are also analyzed against the four theories. The survey shows that most Hong Kong people have adopted an eclectic view on happiness, with no definite philosophical position being the most important.