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**Leisure Behaviour and Life Satisfaction
of Youths in Eastern District**

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by

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I. OBJECTIVE AND METHOD

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INTRODUCTION

This is a report of a survey on the patterns of leisure behaviour and life satisfaction of 252 youths, from 12 to 25 years of age, who live in Eastern District of Hong Kong Island. The study was initiated by the Community Building Committee of the Eastern District Board in cooperation with the Centre for Hong Kong Studies of The Chinese University of Hong Kong which designed and carried out the survey. Funding of the project was made available by the Eastern District Board.

Preparation and planning for the survey started in September 1987. Data were collected between mid-December 1987 and mid-February 1988. All basic data processing and analyses were completed by late March 1988.

OBJECTIVE

The primary objective of the study is to identify the general patterns of leisure behaviour, including patterns of cultural participation, of youths in Eastern District. Such patterns, it is hoped, should shed light on youths' recreational needs. It is also hoped that the empirical findings would serve as some useful reference for practitioners concerned with the provision of leisure facilities and services.

Built around this primary objective are the following concerns that are included in the study:

- (1) What does leisure mean to youths? What kinds of associations do they make when they think of leisure?
- (2) To what extent are youths home-based as compared with out-of-home in their leisure activities?
- (3) Are there any variations in leisure activity associated with age and with time of the year?
- (4) How much interest do youths have in various out-of-home leisure activities?
- (5) To what extent do youths living in Eastern District engage in out-of-home leisure activities in Eastern District?

(6) Do youths participate in activities sponsored by Government bodies and non-commercial organizations?

(7) What are the activities in which youths would most desire or prefer to engage in their leisure if they could choose freely without any constraint?

(8) How do youths living in Eastern District perceive the sufficiency of various leisure and recreation provisions, such as parks, playgrounds, swimming pools, public libraries, and venues for cultural activities?

(9) What is the level of satisfaction of youths when they think of various domains of life, such as their living environment, law and order, the mass media, their family life and school life, and their work (for those who are employed)?

METHOD

Questionnaire

Dr. Pedro Ng and Dr. Peter Man, both of the Department of Sociology of The Chinese University of Hong Kong, began the design of a structured interview questionnaire for the survey in October 1987. The questionnaire contains three main parts: (a) background information about the interviewee, (b) various aspects of the interviewee's leisure behaviour, and (c) the interviewee's perceived satisfactions with various life domains.

The draft questionnaire was studied and discussed at a meeting of the Community Planning Group of the Eastern District Board in November 1987. Revisions were made to incorporate suggestions arising from that meeting. After pretesting and further modifications to ensure the adequacy of all questions, the questionnaire was finalized toward the end of November. It contains 73 questions, four of which requiring the respondent to write in answers in a matrix format under the instruction of the interviewer. All other questions are handled in the usual interview manner. The whole questionnaire takes about 30 minutes on the average to complete.

The preparation of the final questionnaire for printing proceeded with the assistance of a technician of the Department of Sociology and a research

assistant of the Centre for Hong Kong Studies. They also helped to prepare and launch the fieldwork and subsequent data processing.

Sampling

Ideally, the survey required a sampling frame of all living quarters in Eastern District containing individuals from 12 to 25 years of age. Since such a frame was not available, we had to start with one that contained all living quarters in Eastern District.

With the assistance of the Census and Statistics Department, a sampling frame of all permanent structure living quarters in Eastern District was made available. It contained about 139,000 living quarters. A systematic sample, using a selection interval of 1 out of 73, was taken to give 1898 addresses of living quarters. If temporary structures were also included, the same procedure would produce an additional 104 addresses. Considering the many possible problems in fieldwork dealing with temporary structures (e.g., difficult access), it was decided that all temporary structures would be excluded from the survey.

Originally, the size of the final sample was set at about 500. It was thought that a first sample of about 1900 should be adequate for producing about 500 "successful" cases that also fitted the age requirement. However, as described further below, the final sample consisted of only 252 cases.

The following methods were used to select the interview household and the actual respondent:

(a) To select the interview household If an address contained more than one household that has persons of age 12-25, a random number table was used to first assign a serial number to such households and then to select the household in which to locate the respondent.

(b) To select the actual respondent If the household had more than one person in the 12-25 age range, the persons in the age range were assigned serial numbers in the following manner: first the males were arranged in order of decreasing age, then the females were arranged in the same order. A table designed by L. Kish¹ was then used for selecting the person to be interviewed.

¹L. Kish, *Survey Sampling* (New York: John Wiley, 1965), 396-401.

No replacement was allowed if that person was not present. A return visit would then be necessary.

Fieldwork

Prior to the launching of the fieldwork, letters were sent by the Chairman of the Community Building Committee of the Eastern District Board in early December to all 1898 addresses. It informed them of the survey, elicited their cooperation to respond when visited by the survey's fieldworkers, and asked them to inform the Centre for Hong Kong Studies if they did not have persons belonging to the 12-25 age range.

Interviewers A total of 64 students of The Chinese University of Hong Kong were recruited in two phases, first in mid-December 1987 and then in mid-January 1988, to participate in the fieldwork. All student interviewers were thoroughly briefed and instructed to ensure that all procedures were to be followed in a standardized manner.

Fieldwork difficulties Many fieldworkers were disheartened by the fact that a great number of living quarters did not contain, or the occupants of which claimed not to contain, persons in the 12-25 age range. In cases where there were persons of suitable age range in the household, the selected person was not always present at the time of the fieldworker's first visit or even the second or third visit. As no replacement was allowed lest bias might be introduced, contacting the right respondent was often time-consuming. Further, access to many large private housing estates was not as smooth as anticipated. As the spring academic term started in early January, it was difficult for student fieldworkers to spend substantial periods of time for the interview work.

Fieldwork result Fieldwork was launched from mid-December 1987 to mid-February 1988. Within the limitation of time and manpower available, a total of 1686 living quarters were processed. Leaving out ineligible cases (786 living quarters were found not to contain youths in the 12-25 age range), refusals, difficulties of making contact with the household or the selected respondent, invalid addresses, and some other problems, the final sample used for the study consists of 252 cases. Table 1.1 gives a breakdown of the cases processed during the fieldwork period.

Table 1.1 Breakdown of Cases Processed

	N	%
Complete cases	252	15.0
Incomplete cases	1434	85.0
No persons in 12-25 age range	786	46.6
Failure to contact after 3 visits	223	13.2
Failure to contact after 1 or 2 visits	139	8.2
Refusals	188	11.2
Discarded due to excessive errors, wrong selection, etc.	17	1.0
Other problems, e.g., language barrier, invalid addresses, etc.	81	4.8
Total	1686	100.0

Table 1.2 shows the distribution of the 252 final sample cases by sub-district. It appears that the distribution reflects reasonably well the sub-district distribution of the nearly 1900 addresses of the first sample which was systematically drawn from all living quarters.

Table 1.2 Sub-district Distribution of the First and Final Samples

Sub-district (grouped)	First Sample %	Final Sample %
Causeway Bay: North & South	16.0	12.3
North Point: East & West	21.3	26.2
Quarry Bay: North & South	25.1	22.6
Sai Wan Ho, Shau Kei Wan, & Ah Kung Ngam	13.8	12.3
Chai Wan: North, South & West	23.8	26.6
Total (N)	100.0 (1898)	100.0 (252)

Data Processing and Analysis

All information collected by the interview questionnaires were carefully edited and numerically coded. The coded data were input into the computer by means of an Optical Mark Reader. Using the SPSS-X computer program, the data were then checked for out-of-range coding errors and inconsistent responses. The data were "cleaned" and ready for statistical analyses by early March 1988.

II. PROFILE OF THE RESPONDENTS

Sex and Age

Of the 252 respondents in the sample, 131 or 52 percent are male and 121 or 48 percent are female. Therefore we have a rather even distribution of respondents in terms of sex.

In terms of age distribution, we have more respondents in the "younger" age categories, i.e., 12-17 than in the older age categories, i.e., 18-25. The average, or mean, age of the respondents in our sample is 17.4 years. The table below shows the age-sex distribution of our respondents.

Table 2.1 Age-Sex Distribution of Respondents

Age	Male		Female		Total	
	N	%	N	%	N	%
12-14	38	15.1	36	14.3	74	29.4
15-17	35	13.9	39	15.5	74	29.4
18-21	36	14.3	22	8.7	58	23.0
22-25	22	8.7	24	9.5	46	18.2
Total	131	52.0	121	48.0	252	100.0

Marital Status

Only 6 respondents in our sample are married, constituting a mere 2.4 percent of all respondents. All six of them are female respondents and all are over 21 years of age. In fact, one of the married is 21 years old, one 24 years old, and four are 25 years old. Three of the six married respondents have no children, one has one child, and two have two children each. Those with children live with them.

Religion

The following table shows the distribution of self-reported religious affiliations of our respondents:

Table 2.2 Religious Affiliation

Religion	N	%
Catholic	20	8.0
Protestant	21	8.4
Buddhist	23	9.2
Taoist	2	.8
Others	4	1.6
No Religion	180	72.0
Total	250	100.0

Of the 250 youths who responded to this question, 70 of them or 28 percent claimed to have religious affiliations, while 180 respondents or 72 percent reported no religious affiliations.

Those who reported religious affiliations of some sort included slightly more Buddhists (23 respondents) than Catholics (20 respondents) or Protestants (21 respondents). Members of these three religions comprise the bulk, or 91.4 percent, of the respondents reporting religious beliefs. Two respondents claimed to be Taoists while four respondents said they believed in other religions.

Material Possession

Respondents were asked about their family's possession of a number of selected items or facilities. Table 2.3 below shows the distribution of such possessions, in order of frequency of ownership.

Table 2.3 Material Possessions

	N	%
Television set	248	98.8
Washing machine	211	84.1
Camera	198	78.9
Water heater	189	75.3
Hi Fi system	162	64.5
Air conditioner	154	61.4
Bath tub	148	59.0
Video cassette recorder	127	50.6
Wall unit	127	50.6
Oven	105	41.8
Wooden floor	92	36.7
Vacuum cleaner	89	35.5
Built-in closet	88	35.1
Sewing machine	70	27.9
Personal computer	59	23.5
Dehumidifier	55	21.9
Blender	48	19.1
Store room	33	13.1
Piano	31	12.4
Dryer	30	12.0
Private car	28	11.2
Dish washer	5	2.0

The list of items or facilities are selected on the basis that they are, to various extents, found in people's homes and significantly represent a family's standard of living or its socio-economic status. A gleaning of Table 2.3 shows that some items are present in almost all families while other items are hardly found at all. For instance, 248 respondents or 98.8 percent have at least one television set in their home while only 5 families, or a mere 2 percent, possess dish washers.

Other than the most popular item of television sets, other items or facilities owned by at least half of the families include washing machine (84.1 percent), camera (78.9 percent), water heater (75.3 percent), Hi Fi system (64.5 percent), air conditioner (61.4 percent), bath tub (59 percent), video

cassette recorder (50.6 percent) and wall unit (50.6 percent). Other less popular items or facilities, owned by less than 20 percent of the families, are private car (11.2 percent), dryer (12 percent), piano (12.4 percent), store room (13.1 percent), and blender (19.1 percent).

On three particular items, i.e., television sets, cameras, and air conditioners, respondents were also asked the number of such items they owned. Findings reveal that 37.5 percent of the families own at least two air conditioners, and figures for television sets and cameras are 27.5 percent and 22.3 percent respectively.

School and Education

A majority of the respondents, or 66.1 percent, are studying full-time. Twenty-seven respondents, or 10.8 percent, are studying part-time or in self-study, while 58 respondents or 23.1 percent are not in school.

For those who are studying, 22 percent are in Government schools, 57.6 percent in aided or subsidized schools, and 20.4 percent in private schools.

Regarding school location, almost 60 percent of those who are attending schools go to schools located in Eastern District while slightly more than 40 percent of them go to schools located elsewhere. When asked whether or not they had to attend school on weekends, 27.1 percent responded that they had to attend school on Saturdays while only 1.6 percent, or 3 respondents, attended schools on Sundays.

Table 2.4 below shows the distribution of the education levels of the respondents.

Table 2.4 Educational Level

	N	%
Primary	22	8.7
F.1 - F.3	96	38.1
F.4 - F.7	105	41.7
Post Secondary	22	8.7
University	7	2.8
Total	252	100.0

Table 2.4 above shows that the majority of the respondents have at least some secondary education; 38.1 percent have received some lower secondary (F.1 - F.3) education and 41.7 percent have some upper secondary (F.4 - F.7) education. Comparatively much fewer respondents receive only primary (8.7 percent) or university (2.8 percent) education.

Work, Occupation and Income

Of the 252 respondents in our sample, 88 or 34.9 percent work full-time or part-time or both. Of those who work, 73 respondents or 29 percent work full-time, 9 respondents or 3.6 percent work part-time, and 6 respondents or 2.4 percent hold both full-time and part-time jobs at the same time.

Among those who work, Table 2.5 below shows their major occupational groups.

Table 2.5 Occupational Groups

Occupational Group	N	%
Professional, technical	15	17.0
Administrative, managerial	2	2.3
Clerical	30	34.1
Sales	11	12.5
Service	8	9.1
Production work, operators	22	25.0
Total	88	100.0

Among the 88 youths who work, about one-third of their jobs are clerical in nature and another one-fourth are in production work or serve as operators. Some of the respondents who work are in higher-ranking occupational categories, such as professional or technical (17 percent), and administrative or managerial (2.3 percent). Other youths are either in sales (12.5 percent) or in service work (9.1 percent).

Concerning their work locations, 35.6 percent of the employed youths work in Eastern District, while 64.4 percent of them work elsewhere. On the average, they work 46.5 hours per week.

As for working on weekends and Sundays, 84.1 percent of the employed youths work on Saturdays and 29.5 percent work on Sundays.

Regarding income, those who work earn an average (median) income of \$3,022.8 per month from their employment.

Respondents were asked if they received any pocket money, and if so how much, from their family. We found that 141 respondents or 58.8 percent are given pocket money by their family. For those who receive pocket money from their family, the average amount (median) is \$270 per month.

Household Size and Living Arrangements

Table 2.6 below shows the distribution of household size, which includes the respondent and kins who live together with the respondent.

Table 2.6 Household Size

	N	%
2	9	3.6
3	30	12.0
4	79	31.6
5	60	24.0
6	39	15.6
7	15	6.0
8 or more	18	7.2
Total	250	100.0

The majority of the households in our sample have between three and six members. Together, they comprise 83.4 percent of the households. The average (mean) household size is 4.9 persons per household.

Most of the respondents live with both parents, accounting for 83.5 percent of the youths. Another 10 percent live with either parent while 6.5 percent do not live with their parents. Of those who live with either parent, more youths live with their mother than with their father. Table 2.7 below details such living arrangements.

Table 2.7 Living Arrangements

	N	%
Living with both parents	207	83.5
Living with father	7	2.8
Living with mother	18	7.3
Not living with parents	16	6.5
Total	248	100.1

Parental Education

On the average, the father of the youth in our sample is slightly better educated than the mother. But the difference is small, as shown in Table 2.8 below.

Table 2.8 Parental Education

	Father		Mother	
	N	%	N	%
Post-secondary	38	17.2	33	14.5
Secondary	92	41.6	82	36.0
Primary	64	29.0	75	32.9
No education	27	12.2	38	16.7
Total	221	100.0	228	100.1

From Table 2.8, we can tell that more fathers of the respondents receive secondary or post-secondary education than the mothers. On the other hand, more mothers have no more than a primary education or receive no formal education at all.

Housing Type

Unlike some other districts in Hong Kong, public housing is not the predominant housing type in Eastern District. This is reflected in Table 2.9.

Table 2.9 Housing Type

	N	%
Public Housing	73	29.0
Private Flat	163	64.7
Private Room	9	3.6
Temporary Structure	6	2.4
Others	1	.4
Total	252	100.1

Table 2.9 shows that 29 percent of our respondents live in public housing, compared with 64.7 percent who occupy a flat in private housing. However, it should be pointed out that this category includes home ownership scheme as well, although the number involved is believed to be relatively small. Only 3.6 percent of the respondents occupy a room in private housing and 2.4 percent in temporary structures.

III. LEISURE

In this and the next sections, the findings presented are those for the younger youths (age 12 to 17) and those for the older youths (age 18 to 25) in comparison with each other.

General Characteristics

Leisure time As indicated in Table 3.1, the respondents have more leisure time on Sundays than on Saturdays, and least on weekdays. The median number of leisure hours ranges from 3.2 hours on a weekday to 8.1 hours on Sundays. There seems to be almost no difference in this average measure of leisure time between the younger and the older youths.

Table 3.1: Median Number of Leisure Hours

Day of the week	Younger Youths (N=148)	Older Youths (N=104)
Weekday	3.2 hrs	3.2 hrs
Saturday	5.9 hrs	5.4 hrs
Sunday	8.1 hrs	8.1 hrs

Sufficiency of leisure time The respondents were asked whether, according to their personal needs and experience, they thought their leisure time was "too much," "too little," or "just right." Although on the whole most of them (64 per cent) believe that the amount of their leisure time was just right, there is a notable difference between the two age groups. As shown in Table 3.2, the level of perceived sufficiency of leisure time is clearly higher among the younger youths, 70 per cent of whom think their leisure time is just right as compared with 57 per cent of the older youths. Further, 35 per cent of the older youths, but only 17 per cent of the younger, think they have too little leisure.

Table 3.2 Perceived Sufficiency of Leisure Time

Amount of leisure time is	Younger Youths	Older Youths
	%	%
Too little	16.9	35.3
Just right	69.6	56.9
Too much	13.5	7.8
Total (N)	100.0 (148)	100.0 (104)

Influence on choice of leisure activity There is a distinct difference in who has or have the most influence on choice of leisure activity between the two age groups. For younger youths, while the self is the main source of influence (37 per cent), parents (26 per cent) and schoolmates (28 per cent) are also very influential. Among older youths, however, the self's influence is even greater (45 per cent). Parents become much less important (6 per cent). The importance of schoolmates also decreases (14 per cent) as the source of influence is diversified to include work colleagues (12 per cent) and other friends (18 per cent). Details are given in Table 3.3.

Table 3.3 "Who influence(s) your choice of leisure activity the most?"

Source of Influence	Younger Youths	Older Youths
	%	%
Self	37.2	44.6
Parents	26.2	5.9
Siblings	2.1	1.0
Relatives	1.4	
Teachers	2.1	
Schoolmates	27.6	13.9
Colleagues		11.9
Friends	2.8	17.8
Spouse/children		3.0
Others	.7	
Total (N)	100.0 (148)	100.0 (104)

Money spent on leisure activities Seventeen per cent of the younger youths said that they do not spend any money on leisure. For the rest of this group of youths, the median amount of money spent on leisure per month is HK\$86. The corresponding figure for the older youths is HK\$516. Sixty-eight per cent of the younger youths and 63 per cent of the older ones feel that the amount of money they are spending on leisure is just right, as shown in Table 3.4.

Table 3.4 Perceived Sufficiency of Money Spent on Leisure Activities

Money spent on leisure is	Younger Youths	Older Youths
	%	%
Not enough	22.4	24.5
Just right	68.2	62.8
Too much	9.4	12.8
Total (N)	100.0 (107)	100.0 (94)

Meaning of leisure activity A list of 29 brief statements describing possible meanings and connotations of leisure activities was presented to the respondents who were asked to select three statements that they thought best represent their own feelings. In this report, only the data pertaining to the first selected statement (i.e., representing the most important meaning) are included.

The three most commonly selected meanings among the younger youths are: relaxation (14.6 per cent), killing time (11.1 per cent), and entertainment (7.6 per cent). Those for the older youths are: relaxation (18.4 per cent), diversion from routine (14.6 per cent), and personal peace and quiet (6.8 per cent).

The distribution of selections of the most important meaning of leisure activities for the two age groups is shown in greater detail in Table 3.5. For easier interpretation of the results, the 29 statements are grouped into six categories:

- A. Tension release
- B. Competition, stimulation
- C. Individualistic desires
- D. Aesthetic, cultural experience
- E. Personal development
- F. Social utility

On close examination of Table 3.5, one may make the following observations: First, tension release meanings are the most widely perceived and selected by both younger and older youths. Second, older youths tend to subscribe to meanings in the areas of tension release, competition and stimulation, and individualistic desires somewhat more than do younger youths. Third, in the areas of aesthetic and cultural experience, personal development, and social utility, younger youths seem to be keener than their older counterparts. Whether this reflects any difference in the life experiences and needs between the two "periods" of the life course requires more systematic study.

Table 3.5 Meaning of Leisure Activities

MEANING	Younger Youths	Older Youths	Older Compared with Younger
	(N=144)	(N=103)	
	%	%	
A. Tension Release			
Forgetting troubles	2.1	1.9	-
Diversion from routine	6.2	14.6	+
Killing time	11.1	3.9	-
Spiritual sustenance	6.2	4.9	-
Entertainment	7.6	6.8	-
Relaxation	15.3	18.4	+
Subtotal	48.5	50.5	+

Table 3.5 (Cont'd)

B. <u>Competition/Stimulation</u>			
Excitement	0.0	2.9	+
Sensory stimulation	0.0	1.0	+
Novelty	0.7	1.0	+
Competition	0.7	0.0	-
	-----	-----	
Subtotal	1.4	4.9	+
C. <u>Individualistic Desires</u>			
Personal peace and quiet	4.2	6.8	+
Showing off personal talent	0.0	1.0	+
Doing whatever I like	3.5	3.9	+
	-----	-----	
Subtotal	7.7	11.7	+
D. <u>Aesthetic, Cultural Experience</u>			
Contacting Nature	.7	0.0	-
Soothing one's temperament	2.1	0.0	-
Contacting culture and the arts	1.4	1.9	+
	-----	-----	
Subtotal	4.2	1.9	-
E. <u>Personal Development</u>			
Cultivating interest	4.9	4.9	same
Increasing knowledge	5.6	2.9	-
Increasing confidence	0.0	0.0	-
Creativity	1.4	0.0	-
Acquiring new skills	4.2	1.0	-
Serving society	.7	0.0	-
Gaining life experience	0.0	6.8	+
Health and fitness	4.9	2.9	-
	-----	-----	
Subtotal	21.7	18.5	-
F. <u>Social Utility</u>			
Having a good time with family	1.4	3.9	+
Promoting friendship	6.9	1.0	-
Knowing new friends	4.9	1.9	-
Learning how to get along with others	2.8	4.9	+
Developing a sense of group belongingness	.7	1.0	+
	-----	-----	
Subtotal	16.7	12.7	-

Summer Leisure Activities

We asked the respondents what activities they participated in the most (i.e., spending the most time) in their leisure time during summer (July and August) 1987. The question was asked separately for weekdays and for Sundays. For this purpose a list of 68 activities in seven general groups was used to code the response on site. After fieldwork concluded, the list was expanded to include 77 activities. Effort was made to ascertain whether the activity was engaged in at home or outside the home. The results are shown in Table 3.6.

Weekdays On weekdays, as many as almost one-third of the younger youths watch television in their leisure. The other relatively common leisure activities include going out ("strolling on the streets") (8.4 per cent) and reading books (5.6 per cent). In the case of the older youths, the most common summer leisure activities are more or less evenly shared among watching films (13 per cent), watching television (12 per cent), and reading books (12 per cent). Water sports follows closely (10 per cent). The activities of 57 per cent of the older youths can be classified as out-of-home activities while those of 56 per cent of the younger youths are essentially home-based. Apparently, the older youths tend to have more friendship networks and greater "freedom" to move about in the outside world.

Sundays On Sundays, watching television is still a favourite leisure activity for the younger youths (25.3 per cent), much as going to the movies is for the older ones (13 per cent). For both groups, going out enjoys greater popularity, as can be expected. Water sports is also among the most common leisure pursuits. On the whole, leisure activities are, for both age groups, noticeably more out-of-home than home-based. Thus, the percentage participating in out-of-home activities is 59 per cent among the younger youths and 72 per cent among the older ones.

Upon closer examination of the participation rates of the two age groups, only some of which are shown in Table 3.6, we note that not only are the older youths more active in out-of-home activities but they also tend to participate in a greater variety of leisure activities when compared with their younger counterparts. The latter observation is based on the fact that, participation rates tend to cluster around one or two activities among the younger youths but disperse more across different activities among the older youths.

Table 3.6 Most Mentioned Summer Leisure Activities^a

	Younger Youths		Older Youths
WEEKDAYS	(N=143)		(N=99)
Watching TV	(32.9) ^b	Watching films	(13.1)
Going out	(8.4)	Watching TV	(12.1)
Reading books	(5.6)	Reading books	(12.1)
Travelling	(5.6)	Water sports	(10.1)
Water sports	(4.9)	Resting/sleeping	(8.1)
Football	(4.9)	Going out	(5.1)
SUNDAYS	(N=146)		(N=99)
Watching TV	(25.3)	Going out	(14.1)
Going out	(22.6)	Watching films	(13.1)
Water sports	(6.8)	Water sports	(11.1)
Travelling	(5.5)	Resting/sleeping	(8.1)
Football	(4.1)	Camping/picnicking	(5.1)

^aActivities that are engaged in by fewer than 5 respondents are not included in this table.

^bPercentage taking part in a given activity.

Winter Leisure Activities

We also asked our respondents what their most usual leisure activities were (again, activities in which they spent the most time) during the two months preceding the time at which the survey was taken, or roughly the months of November and December 1987. The results are presented in Table 3.7. Comparison with the pattern found for the summer months would therefore be possible.

Weekdays The most often mentioned weekday leisure activity, especially for the younger youths, is watching television (41 per cent among younger youths and 26 per cent among older youths), which is followed by

book reading. Compared with the summer pattern, these two activities are more common in the winter months (or probably during school term time in general). As in summer, watching films is fairly common among older but not younger youths. In fact, none of the younger youths in our sample mentioned films at all as a weekday leisure activity in winter. Anyway, the major difference between the two seasonal patterns is that leisure activities in winter are much more home-based than those in summer, although the older youths still tend to be more active in non-home activities (34 per cent) than the younger ones (16 per cent) in winter.

Table 3.7 Most Mentioned Winter Leisure Activities^a

	Younger Youths		Older Youths
WEEKDAYS	(N=145)		(N=96)
Watching TV	(40.7) ^b	Watching TV	(26.0)
Reading books	(17.9)	Reading books	(14.6)
Listening to pop music (Hi-Fi/"Walkman")	(4.1)	Watching films	(12.5)
Revision of schoolwork	(4.1)	Resting/sleeping	(9.4)
SUNDAYS	(N=144)		(N=95)
Going out	(26.7)	Going out	(18.9)
Watching TV	(19.9)	Watching films	(15.8)
Reading books	(8.2)	Camping/picnicking	(7.4)
Revision of schoolwork	(6.2)	Reading books	(6.3)
Watching films	(4.1)	Resting/sleeping	(6.3)
Listening to pop music (Hi-Fi/"Walkman")	(3.4)	Church activities	(5.3)
		Watching TV	(5.3)

^aActivities that are engaged in by fewer than 5 respondents are not included in this table.

^bPercentage taking part in a given activity.

We asked our respondents about how much time they spent on their usual leisure activity. For weekdays, the median number of hours so spent is 2.2 hours for the younger youths and 2.1 hours for the older ones. In addition, half of the younger youths reported that most of the time they were in the company of others. The corresponding figure for the older youths is 55 per cent. Thus, the presence of leisure companions is quite common.

Sundays On Sundays, the leisure activities most mentioned by the younger youths are: going out (27 per cent), watching television (20 per cent), and reading books (8 per cent). For the older youths, activities on the top of the list are: going out (19 per cent), watching films (16 per cent), and camping or picnicking (7 per cent).

It is clear that as far as the two most common Sunday activities are concerned, the winter pattern is much the same as the summer pattern, i.e., going out and watching television for the younger youths and going out and watching films for the older youths. On closer comparison of the findings concerned in Tables 3.6 and 3.7, however, we may note that, for both age groups, but especially for the younger group, the occurrence of physically active leisure activities is higher in summer than in winter. Perhaps the most conspicuous difference is that water sports is practically nonexistent while reading books and even revision of schoolwork become part of leisure in winter.

While there is less participation in physically active leisure activities in winter than in summer, the extent of non-home or out-of-home activities is not too different between the two seasonal patterns. For the winter months, 53 per cent of the younger youths and 71 per cent of the older youths take part in out-of-home activities, which compare closely with the summer figures. Naturally, out-of-home activities can be both physically active and less so. If we compare weekdays with Sundays, we may note that the increment in out-of-home activities on Sundays relative to weekdays is considerably greater in winter than in summer. Our findings indicate that this is true of both age groups.

As for the amount of time normally spent on the most usual Sunday leisure activity, the median number of hours is 2.9 hours for the younger youths and 3.1 hours for the older ones. Further, the percentage reporting spending Sunday leisure in the presence of companions is 69 per cent among the younger group and 72 per cent in the older group. This level is higher than that found for weekdays, thus indicating that there is a much greater chance of social interaction during leisure on Sundays than on weekdays.

Leisure Companions

Those who said that they usually spend their leisure with others were asked to elaborate on their leisure companionship. From Table 3.8, we can see that family members are much more likely to constitute leisure companions for the younger youths than for the older ones, both on weekdays and on Sundays. The percentage of younger youths mentioning family members (parents, sibling, or both) as leisure companions is 65 per cent for weekdays and 53.5 per cent on Sundays, while the corresponding figures among older youths are 36 per cent and 13 per cent respectively. Schoolmates are also much mentioned as leisure companions by both age groups, accounting for at least 25 per cent, as is the case among younger youths on weekdays.

If we further examine the findings shown in Table 3.8, not only do we find that family members serve considerably less as leisure companions among the older youths, but we also see that leisure companionship is more diversified among these youths to include their various kinds of peers. Thus, schoolmates, work colleagues, and friends are leisure companions to 51 per cent on weekdays and to 76 per cent on Sundays.

Table 3.8 Leisure Companions^a

Leisure Companions	Younger Youths	Older Youths
WEEKDAYS		
	%	%
Parents	8.3	5.7
Siblings	23.6	0.0
Parents & Siblings	33.3	30.2
Relatives	4.2	3.8
Schoolmates	25.0	30.2
Colleagues	0.0	9.4
Friends	5.6	11.3
Spouse/Children	0.0	7.5
Others	0.0	1.9
	-----	-----
	100.0	100.0
	(N=72)	(N=53)
SUNDAYS		
	%	%
Parents	11.9	0.0
Siblings	13.9	4.4
Parents & Siblings	27.7	8.8
Relatives	4.0	1.5
Schoolmates	35.6	27.9
Colleagues	1.0	20.6
Friends	5.0	27.9
Spouse/Children	0.0	5.9
Boyfriend/Girlfriend	0.0	1.5
Others	1.0	1.5
	-----	-----
	100.0	100.0
	(N=101)	(N=68)

^aThis table includes only those respondents who are usually with others when engaging in leisure activities.

Interest and Participation in Non-Home Leisure Activities

To understand better young people's interest and participation in out-of-home leisure activities, we presented a list of 23 categories of such activities to our respondents during the interview and asked them to indicate the following for each kind of activity: (a) extent of interest in the activity ("no interest," "some interest," "much interest"); (b) number of times of participation in the preceding two months; and (c) whether participation, if any, is in the Eastern District. Table 3.9 summarizes the results.

For our analytic purpose, the 23 categories of activities may be placed under three broader groups. The first group includes a variety of physical activities such as various ball games, outdoor activities, and indoor sports. The second group includes different kinds of "cultural" activities such as going to exhibitions, concerts, stage shows, public libraries, and taking courses. The third group, actually a residual group, includes three activities commonly found among Hong Kong people, namely, watching films, going to teahouses (usually for lunch), and eating out (usually for supper). For lack of a better term, we shall call these "social" activities since they are typically occasions for social or family gatherings. Certainly, such a distinction is rough which is only intended for helping us to grasp the general pattern of the findings. This will be briefly described in the following paragraphs.

Physical activities Level of interest is highest in (1) countryside outdoor activities (camping, hiking, picnicking), (2) cycling, (3) basketball, football, volley ball, badminton. Over 80 per cent of both age groups have at least some interest in the first two categories. In the area of ball games, level of interest is higher among the younger youths (over 87 per cent) than the older ones (65 to 68 per cent). When it comes to actual participation, it is clear that the younger youths tend to participate more in these categories of physical activity. Besides, when they do participate, more of the younger youths do so in Eastern District.

"Cultural" activities The activities in which there is a wide extent of interest include: (1) going to public libraries (but not to do school assignments), (2) attending popular music concerts, (3) seeing exhibitions, and (4) doing volunteer work. There is relatively little difference in interest and in actual participation between the two age groups except for going to public libraries. The younger youths are more likely to be interested in and to actually go to public libraries than are their older counterparts. Further, the likelihood of participating in these four categories of activity in Eastern District is consistently higher among the younger youths, as in the case of many of the physical activities.

Social activities Level of interest and extent of participation in the three social activities are quite high, especially among the older youths. In fact, the participation figures for these activities are highest and way above all the other activities, as clearly shown in Table 3.9, which bears out very well the popularity of eating and watching films as leisure activities in Hong Kong. As to location of activity, we once again find that the younger youths are more likely to engage in these social activities in Eastern District.

Table 3.9 Interest and Participation in Non-Home Leisure Activities

Leisure Activity	(A) % with some or much interest		(B) % partici- pated at least once in past 2 months		(C) % partici- pated in Eastern District given (B)	
	YOUNG	OLD	YOUNG	OLD	YOUNG	OLD
	PHYSICAL					
1. Camping, hiking	83.0	(83.3)	64.1	(57.3)	6.7	(3.7)
2. Cycling	85.8	(80.8)	63.3	(48.0)	26.9	(0.0)
3. Basketball, football, volley ball	87.2	(68.0)	78.1	(40.6)	57.1	(42.5)
4. Badminton	88.5	(65.4)	71.6	(42.8)	54.0	(37.2)
5. Tennis	61.5	(49.5)	25.2	(22.8)	44.4	(21.7)
6. Squash	46.3	(56.7)	15.1	(25.7)	33.3	(23.1)
7. Jogging	57.1	(55.3)	53.4	(28.6)	64.5	(71.4)
8. Strolling	56.8	(61.5)	54.4	(59.4)	69.6	(43.3)
9. Bowling	53.4	(65.0)	27.2	(38.2)	65.0	(64.1)
10. Ice-skating	55.4	(34.0)	32.7	(13.1)	83.0	(69.2)
11. Billiards	31.3	(41.7)	23.1	(34.0)	67.6	(41.2)

Table 3.9 (Cont'd)

CULTURAL			
12. Going to public libraries	78.2 (64.6)	73.1 (56.9)	63.5 (53.4)
13. Popular music concerts	67.6 (72.8)	32.4 (32.4)	17.0 (6.3)
14. Seeing exhibitions	64.2 (66.0)	45.2 (48.0)	15.9 (11.1)
15. Classical music concerts	33.1 (31.1)	15.3 (5.1)	18.2 (20.0)
16. Watching drama/dance	33.8 (30.1)	22.4 (17.0)	43.8 (6.3)
17. Volunteer work	50.7 (45.6)	17.8 (15.0)	30.8 (26.7)
18. Taking courses	37.2 (64.1)	22.8 (40.6)	36.4 (43.6)
19. Religious activity	29.9 (24.3)	25.5 (17.6)	54.5 (44.4)
20. Attending public lectures	19.7 (14.5)	18.4 (14.0)	37.0 (14.3)
SOCIAL			
21. Watching films	91.9 (97.1)	84.5 (98.1)	36.9 (20.8)
22. Going to teahouses	77.7 (80.6)	87.8 (90.2)	37.3 (29.3)
23. Eating out (supper)	73.6 (76.9)	80.3 (90.3)	33.9 (18.5)

Note: Base numbers for the percentages are not shown in order not to clutter the table.

From the figures of Table 3.9, given the way we have grouped the non-home leisure activities, we may obtain this overall impression if we use 40 per cent as an arbitrary "passing mark" : The level of interest and extent of participation are highest in social activities, rather high in physical activities, and considerably lower in cultural activities. Given there is participation, however, the likelihood of engaging in an activity in the Eastern District is fairly high for physical activities, lower for cultural activities, and lowest for social activities. Indeed, this is what we would have if we "simplify" Table 3.9 by showing a single proportion figure for each of the three groups of activities. That is, under (A) interest, (B) participation, and (C) participation in Eastern District, we calculate the proportion of the number of activities in the broader group concerned with at least 40 per cent in the responses. The results are given in Table 3.10. Certainly, this is a somewhat contrived table, but it helps to illustrate the overall pattern.

Table 3.10 Proportion of Activities With At Least 40 Per Cent in the Responses^a (Table 3.9 simplified)

Activity Group	(A)		(B)		(C)	
	Interest		Participation		Participation in Eastern District	
	Young	Old	Young	Old	Young	Old
PHYSICAL	.9	.9	.6	.5	.7	.5
CULTURAL	.4	.4	.2	.3	.3	.3
SOCIAL	1.0	1.0	1.0	1.0	0.0	0.0

^aFor example, there are 11 kinds of physical activities for 10 of which the level of interest among the younger youths is 40 per cent or higher. Thus, the proportion is 10/11 or .9

Participation in Activities Organized by Government Bodies

Over 90 per cent of our respondents (92 per cent among the younger youths and 94 per cent among the older ones) did not participate in activities organized by Government or Government-related bodies. The very few who did participate mentioned such bodies as the Urban Council, Education Department, Police Department, and Music Office. The activities they took part in are mostly sports or cultural activities.

A common reason for non-participation, especially for younger youths, is lack of knowledge of what activities are organized by Government bodies. Forty-one per cent of the younger youths, as compared with 28 per cent of the older group, admitted to this. Two other reasons are also quite common: lack of interest in such activities and lack of leisure time. For older youths, lack of leisure time seems to be even more common a reason for non-participation. Other details are given in Table 3.11.

Table 3.11 Main Reason for Non-Participation in Activities Organized by Government Bodies^a

	Younger Youths		Older Youths	
	%		%	
Don't know what activities	40.8		Not enough leisure	30.9
No interest	24.6		Don't know what activities	27.7
Not enough leisure	22.3		No interest	13.8
No companions	3.8		Don't know how to join	7.4
Don't know how to join	3.8		Time not suitable	7.4
Time not suitable	1.5		Application unsuccessful	5.3
Participants too mixed	1.5		No companions	3.2
Others	1.6		Too far away	2.1
			Others	2.1
		-----		-----
Total	100.0		Total	100.0
(N)	(130)		(N)	(94)

^aThis table includes only those respondents who did not participate in activities organized by Government bodies in the preceding two months.

Participation in Activities Organized by Non-Commercial Bodies

Non-participation in activities organized by non-commercial bodies is also very extensive although not as high as the case with activities organized by Government bodies. The percentage of respondents who did not join activities organized by non-commercial bodies in the preceding two months is 74 per cent among the younger youths and 77 per cent among the older ones. Since the number of participants is somewhat more substantial than in the case of activities organized by Government bodies, the types of organizer and activity are shown in Table 3.12.

Table 3.12 Type of Organization and Activity Mentioned by Those Youths Who Participated in Activities Organized by Non-Commercial Bodies

	Younger Youths	Older Youths
Type of Organization	N	N
School	10	6
Religious	9	8
Non-religious	8	4
Uniform groups (e.g.,scouts)	8	1
Work	1	2
Others	2	2
	----	----
	38	23
Type of Activity Joined		
Sports	14	7
Recreation	9	3
Services	6	5
Cultural	5	5
Courses	3	4
Others	2	
	----	----
	39	24

What is the main reason for non-participation? The three most commonly mentioned main reasons are the same as those for non-participation in activities organized by Government bodies, namely, lack of knowledge, lack of leisure time, and lack of interest. For younger youths, lack of knowledge of what activities are available is the chief reason for 32 per cent. For older youths, not having enough leisure time is cited by 38 per cent as reason for non-participation. Other details are shown in Table 3.13.

Table 3.13 Main Reason for Non-Participation in Activities Organized by Non-Commercial Bodies^a

	Younger Youths	Older Youths
	%	%
Don't know what activities	31.8	37.7
No interest	21.5	28.6
Not enough leisure	23.4	15.6
Don't know how to join	12.1	6.5
Time not suitable	2.8	3.9
Parents don't allow	2.8	2.6
No companions	1.9	5.2
Others	3.7	-----
	-----	Total
Total (N)	100.0 (107)	(N) (77)
		100.0

^aThis table includes only those respondents who did not participate in activities organized by non-commercial bodies in the preceding two months.

Most Desired Leisure Activity

The findings presented so far are all concerned with patterns of actual leisure participation. Actual behaviour, as can be expected, is subject to various situational constraints and thus may not reflect genuine interest or preference. Hence we asked our respondents this question: "If you could freely choose

without any constraint, what would you most want to do in your leisure?" The results are given in Table 3.14.

Both younger and older youths are very similar in that two-thirds of each group choose out-of-home activities as most desired. However, the kinds of activities chosen are not quite the same. The choices of the younger group are highly varied and dispersed over many different activities while those of the older group are somewhat more clustered around three or four activities. The three most often mentioned activities for younger youths are (1) watching films, (2) going out, and (3) camping, hiking, and picnicking. Since the responses are widely dispersed, these account for only 25 per cent. In the older group, the top three choices are (1) travelling (outside Hong Kong), (2) camping, hiking, and picnicking, and (3) resting and sleeping, all of which accounting for 40 per cent of the responses.

It is interesting to note that the degree of dispersion in activities mentioned as most desired is just the reverse of that for actual participation, summer or winter. The patterns for actual participation are such that the younger youths tend to concentrate on one or two activities (notably television viewing) while the older ones tend to spread over a larger variety of activities. When it comes to expression of most desired activities, it is the younger youths who spread over a larger number of different activities while the older ones tend to concentrate on a fewer number. One possible explanation for this is that younger youths have less opportunity to take part in out-of-home activities on their own initiative and less money at their own disposal to enable them to do a larger variety of things. But this does not prevent them from hoping for doing more. Older youths, being more mature and experienced, tend to be in a better position to know what they like as perhaps more indicative of their preferred identity.

Table 3.14 Most Desired Leisure Activity^a

	Younger Youths (N=143)		Older Youths (N=103)
Watching films	(9.1) ^b	Travelling (outside Hong Kong)	(15.5)
Going out	(8.4)	Camping, hiking, picnicking	(12.6)
Camping, hiking, picnicking	(7.7)	Resting, sleeping	(11.7)
Reading books	(7.0)	Going out	(7.8)
Football	(6.3)	Listening to pop music (Hi-Fi, "Walkman")	(5.8)
Resting, sleeping	(6.3)	Cycling	(5.8)
Cycling	(5.6)	Reading books	(4.9)
Badminton	(4.9)		
Watching television	(4.9)		
Listening to pop music (Hi-Fi, "Walkman")	(3.5)		

^aActivities that are mentioned by fewer than 5 respondents are not included in this table.

^bPercentage mentioning a given activity.

It is also interesting to note that while television viewing as an actual leisure activity is most common among the younger youths and fairly common among the older ones, it is hardly mentioned by either group as a most desired activity. Even watching films, which is also fairly common for the older youths, is not at all a most desired leisure pursuit.

When asked whether they would prefer to engage in their most desired leisure activity by themselves or with others, 64 per cent of the younger youths and 65 per cent of the older ones chose to be with others. As indicated in Table 3.15, the most preferred leisure companions are strikingly different between the two age groups. In the younger group, 75 per cent chose schoolmates and 11 per cent chose parents and/or siblings as preferred leisure companions. By contrast, 42 per cent of the older chose schoolmates, another 42 per cent chose work colleagues or other friends, but none chose parents or siblings.

Table 3.15 Most Preferred Leisure Companions^a

Most Preferred Leisure Companions	Younger Youths	Older Youths
	%	%
Parents	1.1	0.0
Siblings	5.5	0.0
Parents and siblings	4.4	0.0
Relatives	1.1	0.0
Schoolmates	74.7	42.4
Work colleagues	3.3	25.8
Friends	7.7	16.7
Boyfriend/girlfriend	0.0	6.1
Spouse/children	0.0	6.1
Others	2.2	3.0
Total	100.0	100.0
(N)	(91)	(66)

^aThis table contains only those respondents who would like to be with others in their most desired leisure activity.

We asked our respondents: "What were the chances of your participating in your most desired leisure activity in the past two months?" There are three response categories: "nearly none," "moderate," (occasionally) and "excellent" (frequently). The results are shown in Table 3.16. Generally speaking, the chances seem to be quite good as more than 70 per cent of both age groups said that the chances are at least moderate. Still, 22 per cent of the younger youths and 29 per cent of the older ones indicated that they hardly have the chance to pursue their most desired leisure activity. The most common reason for this is, particularly in the case of the older youths, they feel they do not have enough leisure time (55 per cent of the younger and 73 per cent of the older).

Table 3.16 Chances of Participating in Most Desired Leisure Activity in the Past Two Months

Chances of Participation	Younger Youths	Older Youths
	%	%
Nearly none	22.0	29.1
Moderate	36.2	43.7
Excellent	41.8	27.2
Total	100.0	100.0
(N)	(141)	(103)

Table 3.17 Main Reason for Not Being Able to Participate in the Most Desired Leisure Activity^a

	Younger Youths	Older Youths
	%	%
Not enough leisure	54.8	Not enough leisure 73.4
No companions	12.9	Not enough money 13.3
Not enough money	6.5	No companions 3.3
Parents don't allow	6.5	Not enough facilities 3.3
Not enough facilities	3.2	in the district
		Unwilling to go out 3.3
Unwilling to go out	3.2	Others 3.3
No equipment at home	3.2	
Others	9.7	Total 100.0
	-----	(N) (30)
Total	100.0	
(N)	(31)	

^aThis table includes only those respondents who said there was practically no chance to participate in their most desired leisure activity in the preceding two months.

IV. LIFE SATISFACTION

Respondents in our sample were asked how satisfied they were with a number of life concerns or domains. Some of these concerns are confined to Eastern District, while others are not. The former includes the environment, law and order, transportation, and public and private facilities in Eastern District. Concerns that are not confined to Eastern District include perception of the media, family, school, work, friends and neighbours, the Government, and life as a whole. Another way to look at these concerns is from the levels of specificity. Some of these concerns are highly specific, such as their family; others are more global in nature, such as their life as a whole. No matter how these concerns or domains are classified, they represent important areas that the youths are likely to be concerned with.

Facilities in Eastern District

Respondents were asked whether or not they were satisfied with the number of entertainment facilities (restaurants, cinemas), public facilities, and commercial facilities (shopping centres, department stores) in Eastern District. Table 4.1 below shows how the two groups of youths feel about such facilities.

Table 4.1 Satisfaction with Facilities in Eastern District

Type of Facility		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
Entertainment Facilities	Young	71.6	10.8	17.6	100.0 (n=148)
	Old	77.7	6.8	15.5	100.0 (n=103)
Public Facilities	Young	40.1	17.7	42.4	100.0 (n=147)
	OLD	28.2	15.5	56.3	100.0 (n=103)
Commercial Facilities	YOUNG	66.0	16.3	17.7	100.0 (n=147)
	OLD	65.4	11.5	23.1	100.0 (n=104)

From the above table, we can tell that most respondents are more satisfied with the number of entertainment facilities in Eastern District than with the commercial facilities. They are least satisfied with the number of public facilities. Only about 40 percent of the younger youths and 28 percent of the older youths are satisfied with the number of public facilities, compared with more than 65 percent for commercial facilities and more than 70 percent for entertainment facilities.

The relative inadequacy of the provision of public facilities can also be seen from another question in which respondents are asked whether they think the provision of various types of public facilities are adequate (in number).

Table 4.2 Adequacy of Public Facilities

Facility	Adequate	Inadequate	Total
	%	%	%
Parks	53.5	46.5	100.0 (n=245)
Rest Places	53.7	46.3	100.0 (n=244)
Children Playgrounds	42.0	58.0	100.0 (n=226)
Basketball Courts	34.3	65.7	100.0 (n=230)
Football Grounds	27.9	72.1	100.0 (n=233)
Swimming Pools	40.1	59.9	100.0 (n=242)
Public Libraries	42.5	57.5	100.0 (n=240)
Performing Venues	15.5	84.5	100.0 (n=226)

We can tell from Table 4.2 that with the exception of parks and rest places, other recreational facilities in Eastern District are regarded as inadequate by a majority of the youths. Only a little over 40 percent of the respondents regard the provision of children playgrounds, swimming pools and public libraries in Eastern District as adequate. The most inadequate provision, however, is that of performing venues: only 15.5 percent of the respondents regard such facilities as adequate.

Transportation and Law and Order

More respondents are satisfied with transportation than they are with law and order in Eastern District. Table 4.3 below shows how respondents feel toward these two issues.

Table 4.3 Satisfaction with Transportation and Law and Order in Eastern District

	Satisfied	Average	Dissatisfied	Total	
	%	%	%	%	
Transportation	YOUNG	73.0	14.2	12.8	100.0 (n=148)
	OLD	71.2	4.8	24.0	100.0 (n=104)
Law and Order	YOUNG	52.0	22.3	25.7	100.0 (n=148)
	Old	49.0	17.3	33.7	100.0 (n=104)

More than 70 percent of both groups of respondents are satisfied with transportation, compared with around 50 percent who feel the same way about law and order. The more favourable view toward transportation can perhaps be explained by the availability of Mass Transit Railway service as well as the opening of the Eastern Corridor. When we examine the "dissatisfied" figures, we find that the older youths are more dissatisfied than their younger counterparts. This more negative view is true of their perception of both transportation and law and order.

Environment

Regarding environmental perception, respondents were asked whether or not they were satisfied with various aspects of the environment as well as environment as a whole in Eastern District.

Table 4.4 Satisfaction with Environment in Eastern District

Environment Aspect		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
Hygiene	YOUNG	40.5	27.0	32.4	99.9 (n=148)
	OLD	37.5	21.2	41.3	100.0 (n=103)
Air Quality	Young	25.7	23.6	50.7	100.0 (n=148)
	OLD	32.7	14.4	52.9	100.0 (n=104)
Noise	YOUNG	23.6	25.7	50.7	100.0 (n=148)
	OLD	25.0	12.5	62.5	100.0 (n=104)
Population Density	YOUNG	33.8	24.3	41.9	100.0 (n=148)
	Old	26.9	17.3	55.8	100.0 (n=104)
Environment Generally	YOUNG	62.8	18.2	18.9	99.9 (n=148)
	OLD	52.9	19.2	27.9	100.0 (n=104)

Table 4.4 shows whether the two groups of youths are satisfied with hygiene, air quality, noise, population density, and environment as a whole in Eastern District. The figures indicate that the youths generally have a fairly

satisfied feeling toward environment as a whole in Eastern District, although more younger respondents (62.8 percent) than older respondents (52.9 percent) hold such a positive view. However, when asked about specific aspects of the environment, such as hygiene, air quality, noise, and population density, both groups of respondents have rather negative reactions. For instance, only 40.5 percent of the younger youths and 37.5 percent of the older respondents perceive the hygiene of Eastern District as satisfactory. Even fewer respondents are satisfied with air quality, noise, and population density. Only one-fourth of the younger respondents and less than one-third of the older respondents are satisfied with air quality in Eastern District. The figures for noise are 23.6 percent and 25 percent, and for population density 33.8 percent and 26.9 percent respectively for the two groups of youths.

On the one hand, the youths are generally satisfied with the environment as a whole in Eastern District. Yet on the other hand, they are quite dissatisfied with various environmental problems, such as air and noise pollution, and high population density. This perhaps shows the impact of rising expectation among our youths. Youths nowadays are not just satisfied with material possession alone, they are also concerned with other issues in the society, such as the demand for a more satisfactory level of environmental quality.

Satisfaction with Eastern District

On the whole, youths are quite satisfied with Eastern District. More than 67 percent of the younger youths and 63 percent of the older youths are satisfied with Eastern District in general. Only slightly more than 11 percent of the younger youths and less than 20 percent of the older youths say they are dissatisfied with Eastern District.

Mass Media

In the area of mass media, respondents were asked whether they were satisfied with news or entertainment received from television, radio, newspapers, and magazines.

Table 4.5 Satisfaction with the Mass Media

Mass Medium		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
TV	YOUNG	75.0	13.5	11.5	100.0 (n=148)
	OLD	71.2	10.6	18.3	100.1 (n=104)
Radio	YOUNG	75.2	17.9	6.9	100.0 (n=145)
	OLD	73.5	7.8	18.6	99.9 (n=102)
Newspaper	YOUNG	79.5	12.3	8.2	100.0 (n=146)
	OLD	87.4	5.8	6.8	100.0 (n=103)
Magazine	YOUNG	69.7	19.0	11.3	100.0 (n=142)
	OLD	74.5	9.8	15.7	100.0 (n=102)

On the whole, the respondents are quite satisfied with news and entertainment provided by the various types of media. For both groups of youths, at least 70 percent say they are satisfied with the media. The younger youths have a slightly more favourable view toward television and radio than their older counterparts; while the older youths perceive the print media, i.e., newspapers and magazines in more positive terms. There is no marked difference in the youths' views toward various types of mass media; only newspapers receive a somewhat higher rating than the other types of media, especially from the older youths. More than 87 percent of the older youths are satisfied with newspapers, compared with less than 80 percent for the younger youths.

Family Life

Youths were asked how satisfied they were with their family life, and relationships with their parents and siblings.

Table 4.6 Satisfaction with Family Life

Family Life Aspect		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
Family Life Generally	YOUNG	85.8	9.5	4.7	100.0 (n=148)
	OLD	86.4	4.9	8.7	100.0 (n=103)
Relationship with Parents	YOUNG	92.6	5.4	2.0	100.0 (n=148)
	OLD	90.2	4.9	4.9	100.0 (n=102)
Relationship with Siblings	YOUNG	91.2	5.9	2.9	100.0 (n=136)
	OLD	90.1	5.0	5.0	100.1 (n=101)

Both groups of youths are highly satisfied with their family life and relationships with their parents and siblings. Around 86 percent of the respondents say they are satisfied with their family life. Levels of satisfaction in relationships with parents and siblings are even higher, with over 90 percent of the youths reporting a favourable view toward such relationships. Less than 10 percent of the youths are dissatisfied with their family life or relationships with their parents or siblings. A similarly small percentage think of such relationships as "average".

School Life

Respondents were asked whether or not they were satisfied with their school life and relationship with their schoolmates.

Table 4.7 Satisfaction with School Life

School Life		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
School Life Generally	YOUNG	85.6	6.8	7.5	99.9 (n=146)
	OLD	73.2	4.9	22.0	100.0 (n= 41)
Relationship with Schoolmates	YOUNG	93.9	6.1	0	100.0 (n=147)
	OLD	94.5	0	5.5	100.0 (n= 55)

The youths are generally very satisfied with their school life and their relationship with schoolmates. More than 85 percent of the younger youths and 73 percent of the older youths say that they are satisfied with their school life. However, some 22 percent of the older youths also report that their school life is unsatisfactory, compared with only 7.5 percent for the younger youths. Youths perceive their relationship with schoolmates in even more positive terms, with around 94 percent of both groups of youths reporting such relationship as satisfactory. Only 5.5 percent of the older youths and none of the younger youths evaluate their relationship with schoolmates in negative terms.

Work

Similar to school life, working youths are asked to assess their work and relationship with colleagues.

Table 4.8 Satisfaction with Work

Work		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
Work Generally	YOUNG	71.4	28.6	0	100.0 (n= 7)
	OLD	54.3	22.2	23.5	100.0 (n= 81)
Relationship with colleagues	YOUNG	66.7	33.0	0	100.0 (n= 6)
	OLD	80.3	10.5	9.2	100.0 (n= 76)

We must be very cautious in interpreting figures of Table 4.8 because of the fact that very few younger youths are working. Bearing this in mind, the above table shows that the working younger youths are quite satisfied with their work (71.4 percent), whereas less than 55 percent of the older youths evaluate their work as satisfactory. The situation is reversed when the two groups of respondents are asked to assess their relationship with colleagues, i.e., older youths tend to report their relationship with colleagues as satisfactory more so than their younger counterparts (80.3 percent vs. 66.7 percent).

Friends and Neighbours

Respondents were asked whether or not they are satisfied with their relationships with friends and neighbours.

Table 4.9 Satisfaction with Friends and Neighbours

		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
Friends	YOUNG	95.9	3.4	.7	100.0 (n=147)
	OLD	90.4	4.8	4.8	100.0 (n=104)
Neighbours	YOUNG	62.9	25.9	11.2	100.0 (n=143)
	OLD	62.6	15.8	21.8	100.0 (n=101)

An examination of the figures in Table 4.9 shows that the youths are much more satisfied with their relationship with friends than they are with neighbours. More than 95 percent of the younger youths and 90 percent of the older youths report their relationship with friends as satisfactory. Concerning relationship with neighbours, less than 63 percent of both groups of respondents assess such relationship as satisfactory. This finding is perhaps not too surprising. We have noted that youths in our sample view their schoolmates and colleagues in highly positive terms, and these two groups of people are the major sources where youths find their friends. Our present finding simply indicates the importance of peer influence in the life satisfaction of youths.

Government

Respondents were asked whether or not they were satisfied with the performance of the three levels of government in Hong Kong: the Hong Kong Government, the Urban Council, and the Eastern District Board.

Table 4.10 Satisfaction with Government

		Satisfied	Average	Dissatisfied	Total
		%	%	%	%
H.K. Government	YOUNG	66.0	20.8	13.2	100.0 (n=144)
	OLD	35.6	27.9	36.5	100.0 (n=104)
Urban Council	YOUNG	66.0	22.2	11.8	100.0 (n=144)
	OLD	40.8	28.2	31.1	100.1 (n=103)
Eastern D.B.	YOUNG	60.8	28.0	11.2	100.0 (n=143)
	OLD	41.7	32.0	26.2	99.9 (n=103)

There is a marked difference between the younger youths and the older youths in their perception of government in Hong Kong. The younger youths have a more favourable view of government in Hong Kong than the older youths. Some 66 percent of the younger youths are satisfied with the Hong Kong Government and the Urban Council, and more than 60 percent are satisfied with the Eastern District Board. We can therefore conclude that the younger youths are fairly satisfied with the various levels of government. In contrast, a much lower percentage of the older youths approve the performance of the three levels of government; less than 36 percent are satisfied with the Hong Kong Government, less than 41 percent are satisfied with the Urban Council, and less than 42 percent are satisfied with the Eastern District Board. Unlike the case with other life concerns, youths do not seem to find government particularly satisfactory. This is especially so among the older youths.

Use of Leisure

The youths are generally quite satisfied with their use of leisure, but the levels of satisfaction among the younger youths and older youths are quite different. While over 70 percent of the younger youths are satisfied with their use of leisure, less than 57 percent of the older youths have similar positive feelings. The difference between the two age groups can also be seen from the number of dissatisfied youths. Less than 15 percent of the younger youths are dissatisfied with their use of leisure, compared with over 24 percent of the older youths who hold similar negative views.

Life as a Whole

The respondents are asked whether or not they are satisfied with life as a whole. This is a more global measure of life satisfaction. As expected, the two groups of youths are very satisfied with their life as a whole, especially the younger ones. More than 86 percent of the younger youths are satisfied with their life as a whole, compared with almost 77 percent of those older ones. On the other hand, few respondents report dissatisfaction with their life as a whole. Less than 7 percent of the younger youths and 9 percent of the older youths are dissatisfied with their life as a whole.

V. SUMMARY AND CONCLUSION

This is a study of the patterns of leisure behaviour and life satisfaction of youths from 12 to 25 years of age, living in Eastern District of Hong Kong. The study aims at identifying the ways in which youths spend their leisure and the patterns of such use according to such factors as age and seasonal variation. Such patterns include various dimensions of leisure behaviour such as interest, actual participation, amount of time spent, companions, and desired participation. The study also pays attention to youths' perceived satisfaction with various domains of life, including family, school, environment, work, and friends. By placing leisure behaviour in a broader context, it is hoped that a better understanding of the nature of youths' leisure may be obtained.

Leisure

Both older (18-25 years) and younger (12-17 years) youths have basically the same average amount of leisure time, being about 3 hours on weekdays and 8 hours on Sundays. Over half of both groups tend to feel that their leisure time is "just right" although older youths are more likely to feel that they have too little leisure time.

Leisure means many things to youths. Generally, they are quite likely to associate leisure with relaxation, killing time, diversion from routine, and entertainment. They may also associate leisure with personal peace and quiet, and cultivating interest, among many other possible meanings. There is some indication that older youths are somewhat more conscious with tension release meanings and individualistic desires.

Usual Leisure Activity Television watching is most common for younger youths, especially on weekdays. Their leisure pattern has less variation than that of older youths, both for weekdays and for Sundays. For the older but not for the younger, watching films and resting and sleeping are rather frequently mentioned as leisure activities. For younger and older youths alike, swimming and other sports are more common in summer than in winter.

One simple but useful way to classify leisure activities is the distinction between home-based and out-of-home activities. We can make the following observations based on the findings: (a) the occurrence of out-of-home activities is higher among older than younger youths; (b) for all youths, the

occurrence of out-of-home activities is higher in summer than in winter and also higher on Sundays than on weekdays.

Leisure Companions Our findings indicate that, on weekdays, leisure activity is nearly as likely to be solitary as to be with companions. On Sundays, however, the likelihood to be with others is considerably greater. Younger youths are more likely to have parents and other family members as leisure companions. By comparison, older youths, especially on Sundays, tend to have schoolmates, work colleagues, and other friends as companions in their leisure pursuits.

Interest and Participation in Out-of-home Activities Twenty-three out-of-home activities are roughly grouped into physical, cultural, and social (watching films, going to teahouses, and eating out at night). We found that the level of interest and extent of participation are highest in social activities, rather high in physical activities, but quite low in cultural activities. Are those who participate in these activities likely to do so in Eastern District? The answer seems to be rather positive for physical activities but much less so for cultural and social activities.

Participation in Organized Activities Over 90 per cent of our respondents did not participate in activities organized by Government bodies in the preceding two months. The corresponding figure for activities organized by non-commercial bodies is about 75 per cent. The three main reasons for non-participation are: (1) lack of knowledge of what organized activities are offered; (2) lack of leisure time; and (3) lack of interest in such activities.

Most Desired Leisure Activity Our respondents are highly varied in their choice of the most desired leisure activity, especially among the younger youths. The three most often mentioned activities for younger youths are watching films, going out, and camping. Since the responses are highly varied, these only account for 25 per cent of the younger group. As for the older youths, the top three choices are travelling (outside Hong Kong), camping, and resting, accounting for 40 per cent. Twenty-two per cent of the younger youths and 29 per cent of the older ones indicated that they hardly have the chance to pursue their most desired activity, largely because, particularly for the older youths, leisure time is insufficient.

Some notable observations may be made based on our findings on the leisure behaviour of youths. First, age and seasonal variations are among the main factors that need to be taken into consideration in the study of patterns of leisure activity. Age reflects differences in the development and acquisition of interests and aptitudes. Thus, we have seen that, compared with the younger

youths, the older youths seem to have a more diversified pattern of leisure participation and to be more active in out-of-home activities. Seasonal variation reflects the availability or feasibility of specific activities at different times of the year. Thus, as can be expected, there is greater participation in physical activities in summer than in winter.

Second, peers serving as leisure companions is quite common, especially among the older youths. This appears to be concomitant with the finding that older youths are more inclined towards out-of-home leisure. The content of their out-of-home leisure is, of course, quite diversified. This study has included inquiry into this content which also indicates the overall distribution of interests and actual participation in specific out-of-home activities. If leisure behaviour is seen as an important component of the subculture of a given category of people, then this study has provided some indication of the nature of the subculture of youths in Hong Kong.

Third, the finding that the great majority of the youths in our sample do not participate in organized leisure activities should be interpreted with care. Does it mean organized activities have little appeal to youths? If so, why? Could it be because young people prefer self-initiated activities or activities in which they have good friends as companions? Alternatively, does it mean the "organizers" (Government or non-commercial bodies) have not been doing enough in the way of publicity and promotion, as suggested by some of the reasons for non-participation given by the respondents?

Life Satisfaction

Respondents are asked about their level of satisfaction with a number of life concerns. Some such concerns are confined to Eastern District while others are not. The former include the environment, law and order, transportation, and public and private facilities in Eastern District. Domains that are not confined to Eastern District include perception of the media, family, school, work, friends and neighbours, the government, and life as a whole.

On the whole, the youths perceive rather high levels of satisfaction in various life domains, particularly among the younger youths, i.e., those between 12 and 17. Both younger and older youths are very satisfied with their family life and relationships with parents and siblings, relationship with schoolmates, relationship with friends, and life as a whole. They are fairly satisfied with entertainment and commercial facilities, transportation, and Eastern District as a whole. They are also quite satisfied with news and entertainment they receive

from television, radio, newspaper and magazine, relationship with their colleagues, and their neighbours.

The younger youths are more satisfied than the older ones in some concerns, such as environment of Eastern District, school life, work, use of leisure time, and government. Among the two age groups, there is a marked difference in their perception of government performance. Over 60 percent of the younger youths are satisfied with performance of the Hong Kong Government, the Urban Council, and the Eastern District Board, compared with about 40 percent for the older youths.

The respondents are quite dissatisfied with such matters as public facilities, hygiene, air quality, noise and population density in Eastern District.

On the whole, it may be said that youths in Eastern District are generally quite happy with their life and that they perceive a rather high level of satisfaction in most life domains. In particular, they are very satisfied with their family life, relationship with peers and life as a whole.

On the other hand, however, our findings also indicate that the respondents, especially the older ones, are dissatisfied with a number of life concerns. For instance, they find the provision of public facilities inadequate, and they are quite dissatisfied with the performance of various levels of government and with specific aspects of the environment in Eastern District.

Such negative findings perhaps warrant the attention of appropriate authorities. Regarding the provision of public facilities, especially performing venues, the Urban Council can perhaps consider redirecting its resources to rectify the situation. The fact that youths are dissatisfied with the government and the environment is not necessarily a bad thing. This may not mean a deterioration of the performance of the government or the environment, but rather a higher expectation on the part of today's youths. Perhaps it indicates that today's youths have become more civic-minded and more conscious of the quality of the environment. If so, our study seems to provide some measure of the success of civic education and environmental education in Hong Kong.

東區青少年的閒暇和生活滿足感調查

(中文摘要)

吳白強、文直良合著

導言

本研究的主題是香港東區十二至二十五歲青少年的閒暇行為模式和生​​活滿足感。研究計劃是由東區區議會社區建設策劃小組發起，香港中文大學香港研究中心協助設計并執行。

本研究的目的是探討青少年如何利用閒暇，以及此等閒暇模式因年齡和季節的變異。閒暇模式在本研究中包括閒暇活動的多方面，例如：興趣、實際參與、所花時間、同伴、和最想參與活動等。同時，本研究亦希望探討青少年在生活上（包括家庭、學校、環境、工作、朋友等）的滿足感，從而對他們的閒暇行為作更深一層的瞭解。

今次的抽樣範疇是由政府統計署提供，包括東區內所有永久性樓宇的居住單位，然後再用系統抽樣的方法從中抽出約一千九百多個居住單位。實際訪問工作由一九八七年十二月中旬開始至一九八八年二月中旬完結。限於時間和人力，經過處理的居住單位共有一千六百八十六個，其中有七百八十六個是沒有合適年齡的成員。再除去拒訪，地址不詳，接觸未果等個案後，最後可用作統計分析的樣本共有二百五十二人。問卷內有題目七十三項，訪問時間約需三十分鐘，訪問工作全部由香港中文大學學生負責。

被訪者的背景

調查所得，男女被訪者的比例很平均，分別佔百分之五十二和四十八。在年齡方面，年輕的（十二至十七歲）佔百分之五十九，年長的（十八至二十五歲）佔百分之四十一，平均年齡為十七點四歲。至於婚姻狀況，只有百分之二點四是已婚，全是女性并且超過二十一歲。此外，約有百分之二十八的被訪者有宗教信仰，其中天主教徒、基督教徒和佛教徒各佔約三分之一。

由被訪者填報的家庭物質擁有品或設備顯示，差不多全部家庭皆擁有電視機，超過四分三的家庭有洗衣機、相機和熱水器。同時，至少有一半的家庭有音響設備、冷氣機、浴缸、錄影機和牆櫃。

差不多有三分二的被訪青少年是全日或半日制的學生，另外百分之十一則是部份時間讀書。他們大部份就讀於津補學校，而其中有百分之六十在東區上學。就教育程度而言，大部份被訪者具有中學程度，百分之四十一更屬高中程度或以上。

至於就業情況，約有百分之三十五的被訪者有全職或兼職工作。他們大部份是文員或從事製作業。超過百分之六十四的在職被訪者的工作地點是在東區範圍以外。他們平均工作時間是每週四十六點五小時，平均月入三千元左右。問卷問及家庭有否給予零用錢，超過百分之六十的被訪者答稱「有」，每月的平均零用錢約為二百七十元。

被訪者的家庭人數大多是在三至六人之間，平均人數為四點九人。超過百分之八十三的被訪者跟父母同住。就父母親教育程度而言，父親的教育水平一般較母親的高。

在住屋方面，約有百分之六十五的被訪家庭居所屬私人樓宇，少於百分之三十居住在公共屋邨，而居住於臨時房屋或私人樓宇房間的則佔很少數。

閒 暇

年輕的（十二至十七歲）和年長的（十八至二十五歲）被訪青少年擁有的閒暇基本上很相近。平均來說，星期一至五有約三小時，而星期日則有約八小時。在兩年齡組別中，均有超過百分之五十的被訪者認為他們的閒暇「剛剛好」，然而，年長的較多覺得閒暇太少。

閒暇對青少年有多種不同的意思。一般而言，他們很可能從閒暇聯想到舒暢身心、消磨時間、調劑生活、尋求娛樂；另一方面，他們亦可以將閒暇跟享受寧靜、培養興趣等等拉上關係。今次調查顯示，年長的被訪青少年稍為比較着意於鬆弛神經和實踐個人慾望。

最常參與的閒暇活動

「看電視」，尤其在星期一至五的日子裡，是年輕被訪者最常提及的閒暇活動。他們的閒暇模式，無論在星期日或星期一至五，也是比年長的少變化。至於年長的被訪青少年，「看電影」、「休息」、「睡覺」是他們比年輕者較多提及的閒暇活動。「游泳」及其他運動項目則不論任何年齡組別都是在夏季比較受歡迎。

一個有用而簡單的閒暇活動分類法就是家裡的及家外的兩類。調查結果顯示年長被訪者較多參與家外的閒暇活動。另一方面，家外的閒暇活動亦是夏季和星期日比較多見。

閒暇同伴

在星期一至五的閒暇活動中，個人參與的和跟其他人在一起的比率差不多，但在星期日的閒暇活動中，有同伴的機會則較大。至於同伴的類別，年輕的較多選擇父母或家人；而年長的，尤其在星期日，就較多選擇同學、同事和朋友作為閒暇活動的夥伴。

家外活動的興趣和參與

研究問卷中有二十三項家外活動，大致分為三大類型：健體的、文化的、和社交的（包括「看電影」、「上茶樓」、「出外吃晚飯」）。其中以社交類型的活動最為被訪青少年所感興趣和最普遍參與，其次為健體活動，再其次為文化活動。究竟這些家外活動有多少是在東區範圍內進行呢？答案是健體活動比較多，文化和社交活動則比較少。

最想參與的閒暇活動

假如可以隨意選擇，青少年最想參與的閒暇活動是甚麼？被訪青少年，尤其是年輕的，所提供的答案非常多樣化。約有百分之二十五的年輕被訪者提及下列三種活動：「看電影」、「行街」、和「露營」；至於年長的，約有百分之四十選擇「到外地旅遊」、「露營」、和「休息」。同時，有百分之二十二年的年輕被訪者和百分之二十九的年長被訪者表示他們很難有機會實際參與所選擇的活動，原因是閒暇不足夠，尤以年長的為然。

組織活動的參與

超過百分之九十的被訪青少年在訪問前的兩個月內沒有參與過由政府部門舉辦的活動。至於由社團舉辦的，則有百分之七十五沒有參與過。不參與的三個主要原因是：（一）不知道所舉辦的活動是甚麼，（二）沒有閒暇，（三）對該等活動不感興趣。

生活滿足感

問卷的部份題目問及青少年對一些生活環節的滿意程度。其中有些涉及東區內的，如環境、治安、交通、和私人及公共設施等；另一些則廣泛地包括對傳播媒介、家庭、學校、工作、朋友、鄰里、政府和一般生活的感受。

總體而言，被訪者——尤其較年輕的——對不同的生活環節都具有頗高度的滿足感。他們最感滿意的包括家庭生活、家庭關係、同學和朋友關係、和一般生活。較為滿意的包括東區的娛樂及商用設施、交通、和對東區的一般感受。傳播媒介（包括電視、電台、報紙、雜誌）提供的訊息及娛樂、同事和鄰里關係，被訪者亦感相當滿意。

就不同的年齡組別而言，年輕的對某些生活環節的滿意程度較年長的為高。這些環節包括東區的環境、學校生活、工作、閒暇使用及政府工作表現。對政府工作表現方面，兩組別差歧最大，超過百分之六十的年輕被訪者對政府、市政局、東區區議會所處理的事務感到滿意，但僅有百分之四十的年長被訪者有同一感受。

其他一些生活環節，包括東區的公共設施、衛生、空氣、噪音和人口密度，被訪者的滿意程度一般較低。