



## Survey Results on the Relationship between Coping Capability, Family Well-Being, and Innovative Family Services in Times of Adversity

*Over 53% of respondents reported high family coping capability*

The Jockey Club SMART Family-Link Project team researched on the “Relationship between Adversity Coping Capability, Family Well-Being, and Innovative Family Services during the COVID-19 Outbreak” and conducted both telephone (landlines and mobiles included) and online surveys for 7,438 Hong Kong adults between February and March 2021. Detailed findings are as follows:

- **High coping capability against adversity:** 53.9% of respondents regarded themselves as having high family coping capabilities in times of adversity, scoring 7 and above (10 as having high coping capability; 0 as having no coping capability at all). Of the total respondents, 46.1% scored 6 or below (low to moderate) in regards to their coping capability (10 as having high coping capability; 0 as having no coping capability at all).
- **More female respondents reported high coping capabilities:** Compared to male respondents (52.1%), more female respondents (55.5%) rated themselves as having family adversity coping capabilities.
- **Coping capabilities positively correlate with age:** A higher percentage of respondents from older age groups (aged 55-64: 64.0%; aged 65 or above: 63.5%) showed greater coping capabilities against adversity, as compared to respondents from younger age groups (aged 18-24: 42.2%; aged 25-34: 42.7%).
- **Coping capabilities positive correlate with education level and household income:** Among the respondents who rated themselves as having higher family coping capabilities against adversity, 65.0% of their families earned a collective salary of HK\$40,000 or more, followed by those who earn HK\$10,000-39,000 (48.5%); and 45.6% of those who earning less than HK\$10,000 collectively showed high coping capabilities.
- **Respondents with higher family adversity coping capabilities had a lower prevalence of anxiety and depressive symptoms:** The survey findings further revealed that respondents with high family coping capabilities were less likely to show symptoms of anxiety (11.2%), and depression (9.0%).
- **More respondents with high family adversity coping capabilities reported themselves as having better personal as well as family well-being:**
  - Good personal health (30.8%);



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- High level of personal happiness (57.8%);
- High level of family happiness (84.9%); and
- High quality of family communication (77.1%)
- **Respondents with lower family adversity coping capabilities were less willing to attend face-to-face family services or activities when they encounter family problems:** Respondents with higher family adversity coping capabilities are more likely to attend face-to-face activities organized by social service agencies to promote family relationships (16.5%) as compared to those with lower coping capabilities (14.0%) in times of family problems.
- **Respondents with low/moderate family coping capabilities preferred emotion and pressure management-related activities organized by social service agencies that were held online:** Respondents with low family coping capabilities against adversity are more willing to attend activities organized by social service agencies on emotional management (55.1%), and stress management (50.4%). Major reasons for their preference for online activities are that they can hide their true identity (37.2%), attend for free (30.8%), avoid face-to-face communication on embarrassing issues (31.1%), and text to avoid being heard by others (23.1%).