



【Press Release - Appendix】

Immediate Release

## Results of the Post-pandemic Survey on Perceived Family Xingfu

The Jockey Club SMART Family-Link Project team conducted an online survey of 4,529 Hong Kong residents aged 18 or above between July and August 2023 and reported the findings in “Recovery from the pandemic: the perceived Family Xingfu, its associated factors and innovative family services”. Detailed findings are as follows:

### The link between Family Xingfu and the 3Hs

- Strong correlations have been found between Family Xingfu score, Family Health, Happiness and Harmony (“3Hs”) and overall family well-being, including factors such as individual adversity coping capability, family resilience in facing challenges, perceived mental health and levels of psychological distress.
- Demographic factors
  - 58.0% of respondents reported a high Family Xingfu score (7-10).
  - The higher percentage groups include:
    - Females (60.4%)
    - Individuals in older age groups (55 or above: 64.2%)
    - Those with tertiary education (63.0%)
    - Monthly household income of HK\$60,000 or above (73.7%)
    - Property owners (63.2%)
- Behavioural factors
  - Factors associated with a high Family Xingfu score (7-10):
    - Interaction with family members. E.g. Having fun with family (79.8%), praising family members (75.7%) or accompanying family members (67.3%)
    - Engagement in multiple interactive activities with family members (8 or more: 86.6%)
    - Better family communication quality (86.1%)
    - More frequent face-to-face communication (73.1%)
    - Less loneliness (74.4%)
- Willingness to participate in activities organised by IFSCs/ISCs
  - Respondents expressed a greater willingness to participate in online activities (40.0%) organised by IFSCs/ISCs to improve family relationships compared to face-to-face (30.9%).
  - Reasons for preferring online services:
    - Flexible service hours (64.3%)
    - Professional assistance provided by experts (51.3%)
    - Free service (46.5%)
    - Efficiency in obtaining information/methods (45.9%)
    - Option to keep identity hidden (34.9%)



### Simple steps we can take every day to build higher Family Xingfu

- Communicate often and openly
  - Focus on improving the quality and frequency of communication with family members.
- Prioritise quality time together
  - Spend more time with family. E.g.,
    - ✓ engage in an enjoyable activity together;
    - ✓ express appreciation for or praise a family member's accomplishments; or
    - ✓ accompany family members on an outing.
  - Engaging in more of these actions together will yield even better results.
- Utilise available online resources for support
  - Employ information technology to strengthen family ties by leveraging online family services.