

[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%)

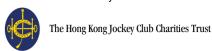
### Behavioural factors

- 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
  - o 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.
  - o 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.