

Family Survey 2015

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Executive Summary

Objectives

1. With a view to gathering updated and empirical information on families in Hong Kong, the Family Council has decided to carry out similar surveys on a biennial basis to keep track of changes and development of Hong Kong families in terms of family structures, attitudes and values, etc.
2. The primary purpose of the Family Survey 2015 (the Survey) is to gather relevant information and data on the existing situation of families in Hong Kong with the following objectives -
 - (a) to ascertain the attitude of respondents on family in terms of -
 - (i) importance of family
 - (ii) parenthood
 - (iii) family functioning
 - (iv) satisfaction with family life
 - (v) work-family balance
 - (vi) availability of social support network
 - (vii) awareness and participation of family-related programmes;
 - (b) to ascertain whether the respondents are aware of any family-related promotion from the Government and / or other organisations;
 - (c) to conduct correlation analysis between (a) and (b) (for comparison and analysis purposes, reference is made to relevant studies and relevant socio-demographic factors);
 - (d) to construct relevant indices on item (a), with breakdown by age group and / or other groups as required, and (b) to conduct trend analysis;
 - (e) to compare the survey results (a) with Family Survey 2011 and 2013 as well as similar survey(s) in overseas countries for benchmarking purpose; and
 - (f) to make recommendations based on the results of the Survey for the promotion of family core values among the public.

3. In addition, having regard to the results of the Family Surveys conducted in 2011 and 2013, the Survey will include in-depth analysis on three select topics, namely (a) parenthood, (b) work-life balance and (c) trans-generational issues.

Research Methodology

4. Both qualitative and quantitative methods were adopted in the Survey, including focus group discussions, a territory-wide household survey and three in-depth surveys. Prior to the Survey, literature research was also conducted with a view to gathering more relevant information in Hong Kong and other countries. Experience in other countries as well as views gathered from the focus group discussions provided the theoretical framework on design of the questionnaire for the territory-wide household survey which was conducted through face-to-face interviews.
5. Regarding the main survey, a representative sample of 2000 persons aged 15 or above was successfully enumerated during the period from June to November 2015, with a response rate of 64%.
6. Three in-depth surveys were also conducted. For the in-depth surveys on parenthood, work-family balance and transgenerational issues, samples of 300 parents with one or more children aged below 18, 300 full-time employees and 400 grandparents with one or more grandchild(ren) were successfully enumerated, representing response rates of 61%, 60% and 62% respectively.

Main Survey

Demographic Characteristics

7. The target respondents of the main survey were Hong Kong residents (excluding foreign domestic helpers) aged 15 or above. Among the 2 000 respondents, 46% were males (54% were either married or co-habiting) and 54% were females (51% were either married or co-habiting), with age distribution as follows: 15-34 (30%), 35-54 (37%) and 55 or above (33%).
8. On educational level, 21% of them had attained post-secondary education or above. 56% of the respondents attained secondary educational level, and 23% had primary or below education. Concerning employment status, 48% of the

respondents were employed. 45% were economically inactive such as retirees, homemakers or students, and another 7% were neither at work nor at school.

Importance of Family

9. During the interview, a number of questions covering the following dimensions were asked to ascertain their attitudes on importance of family -
 - (a) traditional family values;
 - (b) living with parents;
 - (c) marriage and having child;
 - (d) involvement of grandparents in family issues;
 - (e) singlehood;
 - (f) cohabitation;
 - (g) divorce; and
 - (h) practice of filial piety.

10. Results of the Survey indicated that ***most traditional family values were still quite prevalent, but not strong.*** With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable. For traditional views of keeping family disgrace within the family, though about half of the respondents agreed or strongly agreed in 2011, 2013 and 2015, a decreasing trend was observed that 55% of the respondents agreed or strongly agreed in 2011, 50% in 2013 and 49% in 2015.

11. Regarding the attitudes towards living with parents, ***majority of the respondents were willing to live with their parents (70%) and support their living even though they did not live with them (84%).*** With the findings in 2011, 2013 and 2015 compared, agreement on the attitudes towards willingness to live with parents and support parents' living was fairly steady. On the other hand, ***decreasing number of people agreed to live with their adult children over the past five years.*** Amongst all age groups, younger people (aged 15-34) showed more readiness to live with parents and support their parents' living even though they did not live with them.

12. ***Most respondents agreed that marriage is a necessary step in life.*** In 2015, 66% and 55% of the respondents agreed that "marriage is a necessary step in life" and "child bearing is important in marriage" respectively. 42% of the respondents also agreed that "my whole life without having a child is empty". With the findings in 2011, 2013 and 2015 compared, the trend observed was

quite stable.

13. ***Attitudes towards cohabitation varied, but less people opposed cohabitation over the past five years.*** Results of the Survey in 2015 show that 43% of the respondents accepted “cohabitation without intention of getting married”. 44% accepted that “cohabitation before marriage is a good idea”. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable. Besides, results of the Survey also indicated that younger people aged 15-34 were more likely to accept cohabitation.
14. ***Attitudes towards singlehood varied.*** 46% of the respondents accepted the view of “being single and not having any plan to get married”. At the same time, 35% of the respondents found it acceptable for a woman to give birth to a child if she had no intention of getting married. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable. Besides, results of the Survey also indicated that younger people aged 15-54 were more likely to accept singlehood.
15. Concerning the attitudes on divorce, results of the Survey indicated that ***over half of people agreed that “divorce is usually the best solution for a married couple without child who cannot live together harmoniously”*** (56%), only 15% disagreed. However, there was no consensus when the couple already had children. Besides, 45% of the respondents accepted marrying a divorced person, while 15% did not accept. With the findings in 2011, 2013 and 2015 compared, the trend observed on the attitudes that “divorce is usually the best solution for a married couple who cannot live together harmoniously even though they already have children” and “divorce affects woman more than man” was quite stable.
16. On involving grandparents in family matters, ***majority of people valued the contribution and help of grandparents, however, number of respondents showing agreement decreased in 2015.*** 60% and 51% of the respondents agreed that “many parents today appreciated the help that grandparents give” and “people today valued the roles played by grandparents in family life” respectively. With the findings in 2011, 2013 and 2015 compared, the agreements on the attitudes decreased by about 5% and 7% respectively in 2015 from 2013.
17. ***In general, most people practiced filial piety to their parents.*** The

respondents were asked about how often they had engaged in each of the six filial piety practices (caring, respecting, greeting, pleasing, obeying and providing financial support) during the previous three months. Results of the Survey in 2015 show that more than half of the respondents (excluding students) had practised filial piety rather a lot or very much to their parents such as “respecting” (67%), “greeting” (63%), “caring” (63%), and “pleasing” (59%) during the previous three months.

Parenthood

18. Concerning parenthood, a number of questions covering the following dimensions were asked -
 - (a) attitudes towards parenthood;
 - (b) impact on having and raising children;
 - (c) intention to have children;
 - (d) role models;
 - (e) parenting methods;
 - (f) parental stress;
 - (g) taking care of grandchildren; and
 - (h) attitudes towards tri-parenting.

19. ***Raising children was stressful for some parents.*** 52% of the parents agreed that they often found the stress of raising their children overwhelming, indicating that majority of them were not confident of their ability in both raising children and handling the associated stress. With the findings in 2011 (62%), 2013 (64%) and 2015 (52%) compared, decreasing number of parents who often found the stress of raising their children overwhelming was observed in 2015.

20. ***Views on raising children by grandparents were diversified.*** We have solicited views of the respondents as to whether their parents render assistance in taking care of their grandchildren. Views were diversified (45% agreed, whereas 33% disagreed). On the other hand, 65% of the parents agreed that “I am willing to raise my grandchildren in the future” and “having children was better for me personally than I thought it would be” (62%). With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

21. ***Most parents agreed to set role models for their children.*** Majority of the parents agreed to set good examples to their children (83%), to admit fault

when doing wrong (72%), to explain to their children when they do something wrong (78%) and to set good examples to children so that they would respect and take care of their grandparents (78%) in 2015.

22. ***Over half of those non-parents aged 35-54 had no intention to have children in the future.*** In 2015, 92% of those non-parent respondents aged 55 or above had no intention to have children in the future, whilst only 1% still had intention to have children in the future. It is noticeable that younger people aged 15-34 (71%) and those female respondents who had never married (61%) were very likely or somewhat likely to have children in the future in 2015. The major reasons for non-parent respondents for not having children were “I did not have a partner/not married” (35%) and “I was too old” (29%) in 2015.
23. ***Weak desire to have more children among those parents aged 18-54.*** 6% of the parents aged 18-54 had desire to have more children in the future, 83% did not have desire to have more children in the future and 8% did not make the decision yet. The major reasons for not having more children in the future were “we are satisfied with the number of children we have” (43%), “we are too old” (33%) and “the financial burden of raising children is heavy” (26%). Analysed by two age groups of parents, 53% of the parents aged 18-34 and 88% of the parents aged 35-54 had no desire to have more children in the future whereas 21% of the parents aged 18-34 and only 3% of the parents aged 35-54 had desire to have more children. It is noticeable that the desire became weaker within the past two years for both age groups of parents.
24. ***Most parents cared about children’s needs and behaviour.*** Over 90% of parents with children aged 18 or below indicated that they often or sometimes adopted positive approaches in teaching their children such as “care for my children’s needs when they are small” (91%), “point out and rectify my children’s mistakes immediately” (90%), “explain the reason with my children” (90%) and “play with my children” (91%).
25. ***About half of parents agreed that grandparents have the responsibility to discipline their grandchildren, while slightly less than half of parents stated that grandparents should not intervene in their parenting method.*** Considering the attitudes towards tri-parenting, more than half of parents agreed or strongly agreed with “care of domestic helpers weaken the self-care ability of children” (62%) and about half of them agreed that “grandparents have the responsibility to discipline their grandchildren” (49%). On the other

hand, the opinions on “inter-generational parenting has a negative impact on children” among the respondents were diversified.

26. ***Though over half of the parent respondents claimed that they had no private time, about two-thirds were happier than before.*** Regarding parental stress after the birth of child, despite the lack of personal time, most parents were found happier than before. The majority of parents agreed or strongly agreed that they were more tired than before (70% in 2015), large part of their life is controlled by the needs of children (57%) and had no private time (56%). However, about two-thirds of the parents (65%) were happier than before.

Family Functioning

27. Family functioning comprises two components: family interaction and parenting. To assess the family functioning in Hong Kong, the Chinese Family Assessment Instrument (CFAI)¹ was adopted in this Survey. It is a 33-item instrument which can be classified in the following five dimensions to assess family functioning: (1) Mutuality, (2) Communication and Cohesiveness, (3) Conflict and Harmony, (4) Parental Concern, and (5) Parental Control.
28. Result of the Survey indicated that ***families functioned very well in general (76%)***. Respondents considered that (a) there was mutual trust and concern among family members, (b) a very good parent-child relationship was maintained and (c) parent showed concern about their children. In addition, respondents also considered that they (d) communicated quite well and their families were cohesive in general.

Satisfaction with Family Life

29. Concerning satisfaction with family life, questions focusing on the following main areas were asked -
- (a) relationship with family members;
 - (b) dependence of the family members; and
 - (c) satisfaction with family life.
30. ***On the whole, respondents were quite satisfied with the relationship with their***

1 “Psychometric Properties of the Chinese Family Assessment Instrument in Chinese Adolescents in Hong Kong” by Andrew M.H. Siu and Daniel T.L. Shek, 2005

family members and their family life. 80% of the respondents were satisfied or very satisfied with their family life whereas only 2% were not satisfied with their family life. Compared with the findings in 2013, the proportion of respondents who were satisfied or very satisfied with their family life increased from 76% in 2013 to 80% in 2015, bouncing back to a level similar to that in 2011 (81%). When making comparison with similar statistics found in other countries², it was found that the proportion of respondents in Hong Kong that were satisfied with their family life was higher than some of the Asian countries like, Vietnam (75%), Malaysia (73%) and China (71%).

31. Besides, ***relationship with family members was fairly close in general.*** 85% of the respondents considered their relationship close (fairly close and very close) with their fathers and 91% with their mothers. 94% had close relationship with their partners and 93% with their children. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.
32. Nevertheless, the Survey results showed that ***time spent with parents was limited, but with improvement in the past two years.*** About one-third of the respondents talked to their parents for less than 30 minutes a week and 13% had not talked to their fathers, while 10% had not talked to their mothers at all in the week prior to enumeration. When compared with communication with parents, ***partners communicated with each other more frequently,*** with only 7% did not speak to each other; 49% talked to each other for more than 4 hours, 11% for 2 to 4 hours, 10% for 1 to 2 hours, and 15% for less than half hour a week. 19% chatted with their children for less than 30 minutes a week and 12% did not talk to each other at all. With the findings in 2011, 2013 and 2015 compared, ***increasing number of respondents spent more time to talk with their partner and children.***
33. ***Increasing number of people frequently or sometimes used modern technologies (e.g. SMS, WhatsApp) in communication with family members.*** In 2015, about half of the respondents frequently or sometimes used modern technologies in communication with children (51%), mothers (46%) and fathers (44%). The proportion of respondents who frequently or sometimes used modern technologies in communication with partners (64%) was higher than

2 The Pew Research Center: People in Emerging Markets Catch Up to Advanced Economies in Life Satisfaction, Spring 2014. The percentages of those respondents rated 7 to 10 on a scale of 0 to 10 were compiled for comparison.

that of other family members. With the findings in 2013 compared, number of respondents frequently or sometimes used modern technologies in communication with children, mothers and fathers increased from 31%, 30% and 44% respectively.

Balancing Work and Family

34. Work-life balance continues to remain a challenge in Hong Kong. ***One quarter of those at work found it difficult to strike a balance between work and family in view of competing priorities.*** In 2015, about one quarter of the respondents at work shared the views that “I often felt guilty about the amount of time I spent at work and not with my family” (25%) and “I want to spend more time with my family but am afraid that it would hurt my chances for advancement at work” (24%). With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.
35. ***Nearly half of those at work reported stress in balancing work and family.*** On the whole, 45% of the respondents who were currently at work reported that the need of striking a balance of work and family caused them a great deal of stress or some stress, 36% did not have very much stress and 16% did not have stress at all. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.
36. The major problems associated with poor work-life balance of those respondents at work were “I often felt tired, sleepy and exhausted” (35%), “I did not have private time to enjoy leisure activities or sports at all” (20%) and “I did not have enough time to get together with my partner and family” (18%). On the other hand, 44% of the respondents at work reported that they have not encountered any problems associated with poor work-life balance.

Social Support Network

37. Social support network refers to a social structure which made up of individuals such as family members, friends and peers or organisations. Views on social support network were asked to collect opinions on -
- (a) help seeking behaviour; and
 - (b) availability of assistance from social support network.
38. ***Majority of the respondents indicated that they would seek help or advice***

from their “close friends” and “spouses” when they encountered difficulties.

When financial problems were encountered, in 2015, 31% of the respondents would seek help from spouse, 24% from parents, 24% from brothers/sisters, 23% from close friends and 15% from children. When emotional problems were encountered, in 2015, 42% and 31% of the respondents sought help from close friends and spouse respectively.

39. ***When problems encountered, family members were helpful and supportive.***

The respondents considered their family members supportive (slightly supportive or very supportive) when they were sick (89%), when they wanted to share the happiness with their family members (86%), when they needed to make an important decision (84%), when they had financial problems (82%), when they were depressed and upset (77%) and when they were unemployed and could not get a job (64%). Compared with the findings in 2013, more respondents expressed that family members were helpful and supportive when problems encountered in 2015.

Awareness and Participation of Family-related Programmes

40. Information on the level of awareness and the reasons for not participating in family-related activities/programmes was also collected in the Survey.

41. ***Nearly half of the respondents were not aware of any family-related promotional activities or programmes organized by the Government and/or non-government organisations (NGOs).*** 45% of the respondents were not aware of such programmes and 44% had heard of such programmes but had not participated. 9% participated in programmes organised by the Government and/or NGOs. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

In-depth Survey - Parents

42. An in-depth survey was conducted with parents with one or more children aged below 18 (“the parents”).

Parent-child Interactions

43. Regarding the parent-child interactions, over three quarters of the parents indicated that they were satisfied with chatting with their children (83%), they

discussed with their children on issues about them (77%) and they thought they would tell their children about their true feelings towards some issues (76%).

Balancing Work and Family

44. Over half of the parents at work shared the views that “Because of different pressures at work, sometimes I don’t even want to do things I like at home” (55%), “My pressure and anxiety from family life often lower my working capability” (53%), “Reducing the number of hours I spent at work was simply not an option” (52%) and “My time spent on my family roles often affects my role at work” (51%).
45. ***Nearly half of those parents at work reported stress in balancing work and family.*** 38% of the parents at work reported that it would be very difficult or quite difficult in balancing the demands of work and family whereas 62% expressed that it would be quite easy or very easy in balancing work and family.

In-depth Survey - Employees

46. An in-depth survey was conducted with full-time employees (“the employees”).

Balancing Work and Family

47. About 58% of the employees indicated that reducing the number of hours they spent at work was simply not an option. About 43% of the employees shared the view that “Because of different pressures at work, sometimes I don’t even want to do things I like at home”. About 36% stated that they often felt exhausted after work affecting their contribution for family.
48. ***About two-fifths of the employees reported stress in balancing work and family.*** On the whole, 40% of the employees reported that balancing the competing demands of work and family caused them a great deal of stress or some stress in 2015. It is worth noting that 5% reported that balancing work and family caused them a great deal of stress and the corresponding proportion was higher than that of the main survey. 40% did not have very much stress and 16% did not have stress at all.

Family-friendly Employment Practices Offered by Employers

49. About 51% of the employees indicated that their employers offered personal leave due to family-related issues. About one-third of the employees indicated that their employers offered extra paid maternity leave (36%) and five-day week (34%).
50. The majority of the employees considered the family-friendly employment practices (FFEPs) offered by their employers useful and they were satisfied with the practices. The proportions of the measures adopted by the employer ranged from 4.2% on child care support services to 50.8% on personal leave due to family-related issues.

In-depth Survey - Grandparents

51. An in-depth survey was conducted with grandparents with one or more grandchildren (“the grandparents”).

Roles as a Grandparent

52. ***Disciplining grandchildren’s behaviour” was the most agreed role of grandparents.*** Over half of the grandparents considered that the five important roles as a grandparent included – (1) supervising / teaching grandchildren behaviours (61%); (2) teaching grandchildren to cope with emotions (52%); (3) providing guidance on relationship (52%); (4) taking care of grandchildren’s daily living (50%); and (5) inheriting rules and culture of family (45%).

Grandparents’ Pressure

53. ***About one quarter of the grandparents worried about their grandchildren’s health some time or most of the time.*** About one-fifth of the grandparents felt pressure for the responsibility to take care of their grandchildren (21%) and worried about their poor health (19%) some time or most of the time.

Changes of Relationship with Adult Children

54. About 68% of the grandparents indicated that the relationship with their adult children did not change after grandchildren were born, whereas 26% stated that

the relationship with their adult children improved. Only 2% indicated that the relationship with their adult children deteriorated.

55. Among those grandparents who indicated that the relationship with adult children improved due to their role as grandparent, the major reasons were “there are more opportunities to contact my children” (52%), “grandchildren strengthen the link between my children and me” (36%), “my children respect me more” (33%) and “my children need my support and help” (33%).

Recommendations

Importance of Family

56. The greater variety of family forms and continued changes in attitudes on family values raise important issues for family support services. In view of the increasing number of divorce cases and the potential adverse impact on children of divorced families, as well as declining fertility rate in Hong Kong, such ready acceptance of divorce and singlehood warrants closer attention. Educational workshops on parenting skills, marriage enrichment and marriage counselling are desired. It is recommended that steps be taken to strengthen parenting skills and pre-marriage education, counselling services and couple communication programmes, especially for youth and young adults.
57. Family life education in child care, child rearing as well as parental and in-law relationships is valuable for young adults. To minimize adverse impact on the divorced couples and their children, it is also recommended to strengthen pre- and post-divorce counselling to those couples contemplating separation and divorce. Apart from the services for married couples already with problems, more preventive programmes are recommended to be developed and promoted.

Parenthood

58. Parents, especially working mothers and fathers, are very busy and often find that unpredictability of parenting leads to additional stress. In view of the stress faced by parents in raising children which will inevitably affect the quality of parenting and well-being of children, it is recommended to promote stress management techniques among parents as taking a proactive stance on stress management is important. Moreover, stress relief programmes should be sector specific to achieve better result.

59. Even small amounts of stress can affect one's health. One can prevent a significant amount of stress from occurring. It is recommended to develop and promote stress relief programmes among parents so as to help those in need to learn more about effects of stress and find some effective stress management techniques to incorporate into their lives.

Balancing Work and Family

60. The employers or the top management of the organisations have to understand the trade-offs between various important activities occurring simultaneously and prioritise and allocate proper resources to avoid unnecessary tensions and work pressure. Then, the individuals will have more time to tackle with work and family issues effectively. Furthermore, apart from monetary benefits, a conducive and friendly working environment and job assurance is crucial for creating balance. Regarding the publicity, it is recommended to organise dialogue sessions for the business sectors (e.g. professional associations, grass-roots community groups, labour unions, etc.) to promote stress management techniques and to raise the awareness on the need for FFEPs.
61. It is recommended to continue to promote FFEPs among employers. Through direct and candid communication between employers and employees, a family friendly employment culture may be cultivated in near future.
62. Apart from encouragement, it is recommended to demonstrate effective means in implementing FFEPs according to different industries i.e. business environments and operations. Good practices or guidelines are advised to be consolidated to share among different sectors.

Awareness of Family-related Programmes

63. Some grandparents may experience a diminishing of their grandparenting role. Support services should continue to raise awareness among grandparents of the range of support available to them in the community. Support services for grandparents may help the grandparents understand their roles in the families, establish their value as well as maintain and prolong a good quality life. It is also recommended to promote and organize more intergenerational activities to strengthen family structures and intergenerational harmony as well as to involve more young people in family-related programmes. Apart from

intergenerational activities, it is also recommended to arrange activities and programmes to attract male and disinterested family members to participate in family-related programmes.

The Future of Family Survey

64. The findings of the Family Surveys provide useful information based on which changes over time in people's attitude and behaviour related to family can be monitored and studied. Given that wide span of subject areas covered in the survey, it is practically not feasible to probe further into individual subject areas without affecting response rate and data quality of the survey. It is recommended that the Family Survey should be conducted periodically. It is worth exploring if the sample size of future survey could be further expanded to cope with the need of in-depth analysis, if necessary.
65. For future surveys, it may be worthy to explore how FFEPs can help address the difficulties experienced by parents at work in balancing work and family. More specifically, it will be advisable to explore the impact of five-day week on family life satisfaction, parental stress as well as parent-child and grandparent-grandchild relationship.

Chapter 1 | Introduction

1.1 *Background*

Family Council

1.1.1 The Family Council (the Council), set up in December 2007, is an advisory body to the Government. The Council advocates cherishing the family and promotes family core values as a main driver and the cornerstone for social harmony, so as to build a closer and harmonious relationship amongst family members. It also provides a cross-sector and cross-bureau platform to study and address family-related problems with a view to providing high-level steer and advice, and fostering effective coordination and collaboration to maximize efforts and achieve synergy. To foster loving family relationship in the community, the Council now actively promotes family core values of Love and Care (愛與關懷), Respect and Responsibility (責任與尊重), and Communication and Harmony (溝通與和諧).

Family Surveys 2011 and 2013

1.1.2 With a view to gathering updated and empirical information on families in Hong Kong, the Council conducted the first territory-wide family survey in 2011 to collect information and data on the existing situation of families in Hong Kong, so as to have a better understanding of the current situation of Hong Kong families. In view of the useful data gathered, the Council agreed that the Family Survey should be conducted on a biannual basis. The fieldwork of the Family Surveys 2011 and 2013 was completed in September 2011 and November 2013 respectively, with a sample size of about 2 000 respondents. Both Surveys provided useful information to keep track of families in Hong Kong, as well as insight into the changes in Hong Kong families including the challenges they face and the types of support required.

1.2 Objectives

1.2.1 The primary purpose of the Family Survey 2015 is to gather relevant information and data of the existing situation of families in Hong Kong. Policy 21 Ltd was engaged to conduct the “Family Survey 2015” (the Survey).

1.2.2 The objectives of the Survey are as follows:

- (a) to ascertain the attitude of the respondents on family in terms of:
 - (i) importance of family
 - (ii) parenthood
 - (iii) family functioning
 - (iv) satisfaction with family life
 - (v) work-family balance
 - (vi) availability of social support network
 - (vii) awareness and participation of family-related programmes;
- (b) to ascertain whether the respondents are aware of any family-related promotion from the Government and / or other organisations;
- (c) to conduct correlation analysis between (a) and (b) (for comparison and analysis purposes, and reference should be made to relevant studies and relevant socio-demographic factors);
- (d) to construct relevant indices on item (a), with breakdown by age group and / or other groups as required, and (b) to conduct trend analysis;
- (e) to compare the survey results (a) with Family Survey 2011 and 2013 as well as similar survey(s) in overseas countries for benchmarking purpose; and
- (f) to make recommendations based on the results of the Survey for the promotion of family core values among the public.

Chapter 2 | Methodology

2.1 Method of Data Collection

- 2.1.1 This Survey collected both qualitative and quantitative data. The qualitative data was collected through focus group discussions, whereas the quantitative data were collected through a household survey. Prior to conducting the Survey, literature research was also conducted to gather relevant information in Hong Kong and other countries. Information and views collected through overseas research and focus group discussions help set the design of the questionnaire and the household survey.
- 2.1.2 The Survey covers all persons (either fluent in Cantonese or Putonghua or English) aged 15 or above residing in Hong Kong as target population. The target respondents are as follows:
- (i) persons aged 15 or above are to be successfully enumerated as main sample;
 - (ii) parents with one or more children aged below 18 as an in-depth survey;
 - (iii) full-time employees³ as an in-depth survey; and
 - (iv) grandparents with one or more grandchild(ren) as an in-depth survey.
- 2.1.3 A pilot survey was conducted to pre-test the operation of the household survey. Based on feedback of the pilot survey, the questionnaires were further enhanced. It is composed of two components: the “Household Questionnaire” (household characteristics and demographic characteristics of individual household members) (**Annex 1a-d**), and the “Personal Questionnaire” (personal views on existing situation of families in Hong Kong) (**Annex 2a-d**).
- 2.1.4 Six sessions of focus group discussions were organised with two research staff acting as facilitators. Participants in the focus group discussions were drawn from different age-gender and socio-economic groups. Information obtained from the focus group discussions had facilitated the design of the questionnaire for the household survey and yielded an insight into views of certain groups

3 Full-time employees are persons who have been at work for pay or profit or have had formal job attachment, including unpaid family workers and persons who were on leave/holiday (except home-makers), within seven days before enumeration.

among general public covered in the study. In addition, the reasons of some findings which showed deviation from the general trend of the previous surveys were examined. However, it is worth noting that some deviation of findings from past five years might not be detected or explored by the findings of focus group meeting. Summaries of the focus group discussions are listed in **Annex 3**.

Table 2.1.1: Focus groups conducted

Focus Group	Target respondents	Date conducted	No. of participants
Group 1	Grandparents	19-May-15	8
Group 2	Parents	20-May-15	9
Group 3	Employed person	21-May-15	9
Group 4	Grandparents and parents	22-Jan-16	8
Group 5	Parents at work and parents without children	5-Apr-16	10
Group 6	Grandparents and single-parents	7-Apr-16	11

Enumeration results

2.1.5 A total of 3,600 living quarters (LQs) were randomly sampled from the Frame of Quarters maintained by the Census & Statistics Department.⁴ A total of 2,000 quarters (with eligible respondents aged 15 or above) were successfully enumerated, representing a response rate of 64%. The sample size and enumeration results are shown in the table below:

Table 2.1.2: Sample size and enumeration results

	Number	%
Total no. of living quarters (LQs) sampled	3,600	100.0
No. of invalid LQs excluded	488	13.6
No. of eligible LQs	3,112	86.4
Total no. of valid LQs	3,112	100.0
No. of LQs refused to be interviewed	345	11.1
No. of non-contact LQs	767	24.6
No. of LQs successfully enumerated	2,000	64.3
No. of respondents successfully interviewed	2,000	

4 A two-stage stratified sample design was adopted. The frame of living quarters (LQs) maintained by Census & Statistics Department (C&SD) was first stratified by geographical area and type of quarter. In the second stage, a household member aged 15 or above in the household sampled was randomly selected for interview. The selection method was based on “Last birthday method”.

2.1.6 Regarding the in-depth surveys, 300 interviews with parents with one or more children aged below 18, 300 interviews with full-time employees and 400 interviews with grandparents with one or more grandchild(ren) were successfully enumerated, representing response rates of 61%, 60% and 62% respectively.

2.2 *Scope of the Survey*

Main survey

2.2.1 The main survey aims at assessing the current situation in respect to the importance of family and satisfaction of family life. The main survey covered the following aspects:

- (a) importance of family;
- (b) parenthood;
- (c) family functioning;
- (d) satisfaction with family life;
- (e) work-family balance ;
- (f) social support network; and
- (g) awareness and participation of family-related programmes.

2.2.2 Questions developed in the Family Surveys 2011 and 2013 are likely to be very stable and can be replicated over time. As a result, the indices compiled from these question items are more able to measure changes in people's perception of the issues under study in a precise manner overtime. Most of the questions asked in the previous round of surveys were adopted, while some questions/aspects would be asked in alternate round of survey to avoid long questionnaire design.

In-depth survey – Parents with one or more children aged below 18

2.2.3 The findings of the 2013 Survey revealed that raising children was stressful for some parents. 64% of the parents agreed that they often found the stress of raising their children overwhelming, indicating that most of them were not confident of their ability in both raising children and handling the associated stress. When compared the findings of 2013 with 2011, there is an gradual increase from 2 to 5 percentage points in the agreement on the views that (a) the stress of raising their children are overwhelming; (b) their relationship with their children had gotten worse when they grew up; and (c) they often felt inadequate as a parent. As more parents reported that the stress of raising their children overwhelming, more research would be conducted to probe into the sources of and factors affecting parental stress, as well as ways and means to help parents in bringing up their children.

2.2.4 The in-depth survey of parents with one or more children aged below 18 aims at assessing the stress in raising children and issues related to parenthood. The survey covers the following aspects to ascertain the respondents' attitudes on:

- (a) attitudes towards parenthood;
- (b) parent-child relationship;
- (c) attitudes towards work-family balance;
- (d) problems associated with poor work-life balance;
- (e) the level of difficulty and stress resulting from efforts to meet competing demands of work and family;
- (f) problems faced by the families
- (g) the satisfaction with the amount of time spent at work and with family; and
- (h) family satisfaction.

In-depth survey – Full-time employees

2.2.5 The findings of the 2013 Survey indicated that work-life balance continues to remain as a challenge in Hong Kong. One quarter of those at work found difficulty in striking a balance between work and family in view of competing priorities. Some respondents currently at work have experienced the feelings of guilt in time spent on work far exceeding time on family (25%) and the anxiety of hindered career development if more time is spent with family (21%).

2.2.6 Nearly half of those at work reported stress in balancing work and family. On the whole, 45% of the respondents currently at work reported that the need of striking a balance of work and family caused them a great deal of stress or some stress, 39% did not have very much stress and 13% did not have stress at all.

2.2.7 The major problems encountering by those respondents at work were “I often felt tired, sleepy and exhausted” (43%), “I did not have personal time to enjoy leisure activities or sports at all” (23%), “I did not have enough time to get together with my partner and family” (18%) and “my work affected my relationships with friends” (17%). On the other hand, 38% of the respondents at work reported that they have not encountered the problems from poor work-life balance.

2.2.8 Based on the observations of the 2013 Survey, the in-depth survey of full-time employees aims at assessing the work-life balance among the full-time employees. The survey covers the following aspects to ascertain the respondents' attitudes on:

- (a) work-life balance measure;
- (b) attitudes towards work-family balance;
- (c) problems associated with poor work-life balance;
- (d) the level of difficulty and stress resulting from efforts to meet competing demands of work and family;
- (e) the satisfaction with the amount of time spent at work and with family;
- (f) job satisfaction;
- (g) turnover intention;
- (h) family satisfaction; and
- (i) views on policy related to family-friendliness.

In-depth survey – Grandparents with one or more grandchildren

2.2.9 Grandparents are the unsung heroes of our society. Upon involving grandparents in family matters, it is heartening to note that contribution of grandparents are recognised as more people valued the contribution and assistance of grandparents as shown in the findings in 2011 and 2013. Compared with the findings in 2011, the findings in 2013 indicate a significant increase of 7 percentage points in the agreements that (a) “many parents today appreciate the help that grandparents give” and (b) “people today valued in the roles played by grandparents in family life”.

2.2.10 Based on the observations of Family Survey 2013, the in-depth survey of grandparents with one or more grandchildren aims at assessing the trans-generational issues including tri-parenting, values, roles and functions in their families as well as problems encountered in raising grandchildren. The survey covers the following aspects to ascertain the respondents' attitudes towards:

- (a) trans-generational issues including tri-parenting, values, roles and function in their families;
- (b) parenting method;
- (c) the level of difficulty and stress resulting from raising grandchildren;
- (d) the changes of role of grandparents;

- (e) parent-child relationship;
- (f) parent-grandchildren relationship; and
- (g) family satisfaction.

2.3 *Statistical Analyses*

- 2.3.1 The survey results were weighted (i.e. grossed-up) to infer the population in Hong Kong.⁵ On the basis of the ratio between the data collected from the survey and the data on the 2015 mid-year population released by the Census & Statistics Department, the total population aged 15 or above was estimated using the ratio estimation method. The survey data were adjusted proportionally to account for gender, age, and location of residence of the respondents.
- 2.3.2 Descriptive statistics were used to summarise findings of the Survey. This report focuses on (a) the holistic picture of existing situation of families in Hong Kong, and (b) its associations with selected social demographic variables such as sex, age, marital status and district, where appropriate.
- 2.3.3 Attention is drawn to the fact that some figures may not add up to the total or 100% due to rounding. Likewise, summation of percentages may exceed 100% since more than one answer(s) were allowed to be selected for some questions. In most cases, “agree” includes “agree” and “strongly agree” and “disagree” includes “disagree” and “strongly disagree”, unless otherwise specified. The same applies to “satisfy” and “dissatisfy”.
- 2.3.4 With an effective sample size of 2 000, based on simple random sampling for the Survey, the precision level of the estimates is within the range of ± 2.2 percentage points at 95% confidence level.

5 The resulting estimation of total population aged 15 or above was reconciled with the mid-year population in 2015 (i.e. 6 437 000 for those aged 15 and over). The estimated number of households was 2 431 000.

Chapter 3 | Demographic Characteristics

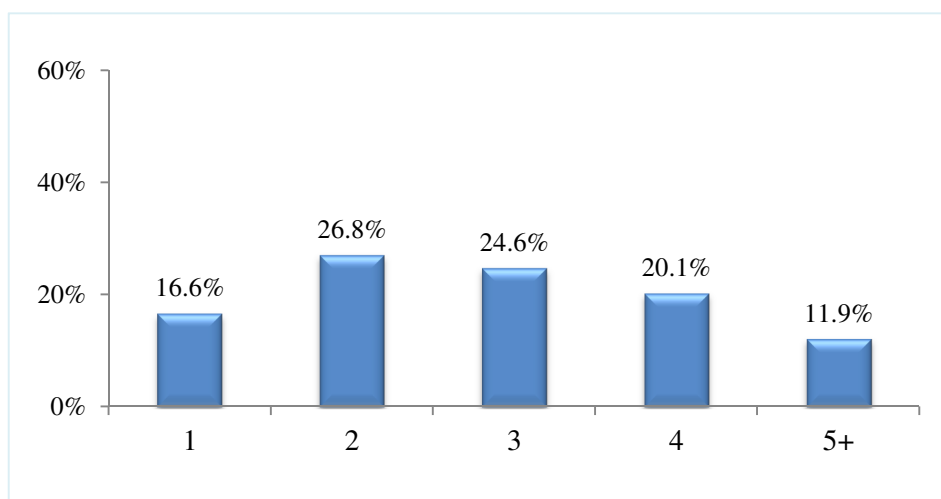
3.1 Household Characteristics

3.1.1 Information on the household characteristics, including household size, tenure accommodation and household income was collected.

Household Size

3.1.2 Small households predominated: 27% were 2-person households, 25% were 3-person households and 20% were 4-person households. Households with one person and with 5 or more persons accounted for 17% and 12% respectively.

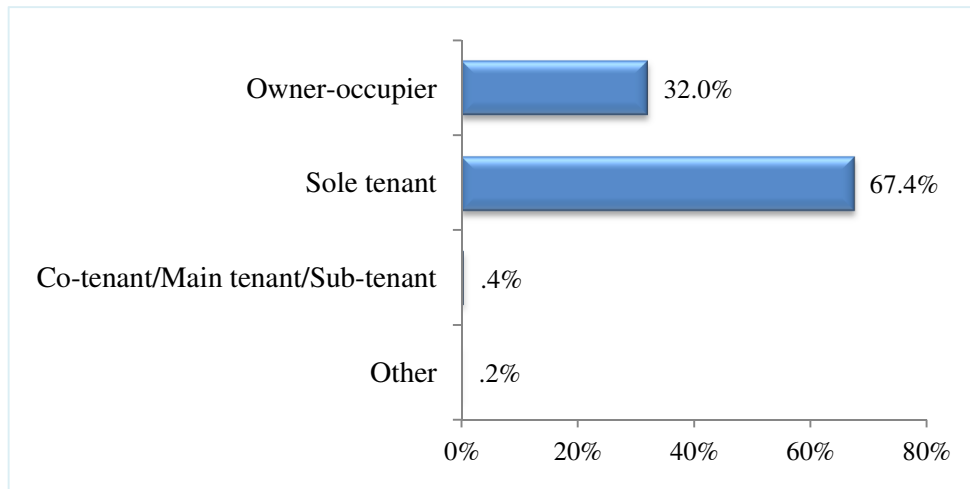
Chart 3.1.1: Household size (%)



Tenure of Accommodation

3.1.3 67% of the households were sole tenants and 32% were owner-occupiers. Only less than 1% of the households shared living quarters with other households, i.e. they were either main tenants, sub-tenants or co-tenants.

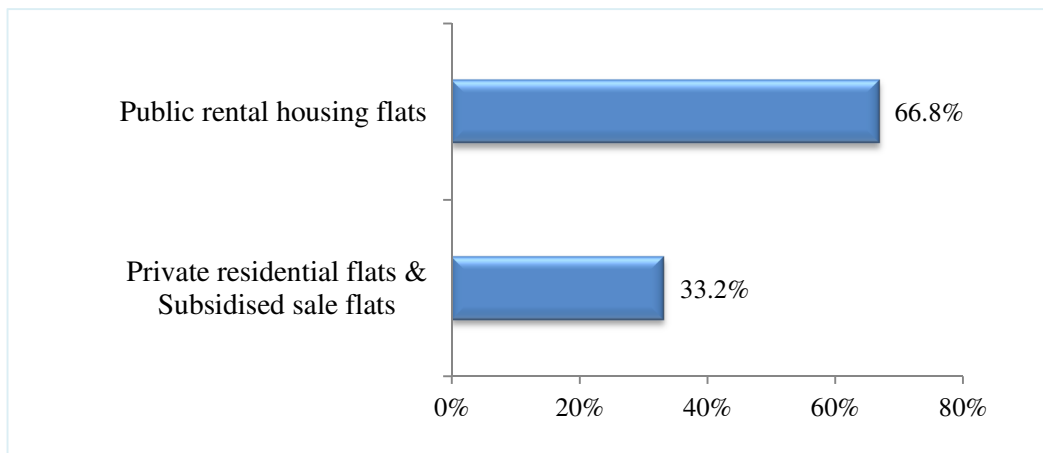
Chart 3.1.2: Tenure of accommodation (%)



Type of quarters

3.1.4 67% of the households were living in public rental housing flats while 33% were living in private residential flats or subsidised sale flats.

Chart 3.1.3: Type of quarters (%)



Household composition

3.1.5 About 14% of households were composed of a couple only and the proportion of one-person households was 16%. The proportion of households composed of a couple with unmarried children was around 39%.

3.1.6 On the other hand, about 12% of all types of households were living with at least one of their parents (i.e. 10% of households were composed of living with at least one of their parents, 1% of households were composed of couple and living with at least one of their parents and less than 1% were composed of lone parent, unmarried children and at least one of their parents).

Chart 3.1.4: Household Composition (%)

	<i>%</i>
Composed of couple only	14.0%
Composed of living with at least one of their parents and/or couple	10.1%
Composed of couple and unmarried children	39.2%
Living with at least one of their parents	1.2%
Not living with any of their parents	37.9%
Composed of lone parent and unmarried children	12.5%
Living with at least one of their parents	0.4%
Not living with at least one of their parents	12.1%
Composed of couple and married children	3.4%
Relative households	3.3%
One-person households	16.2%
Non-relative households	1.3%

Couples aged 25 to 44

3.1.7 Among the couples both aged 25 to 44, around 52% of them lived together with their unmarried children only. Another 15% of couples lived together with at least one of their parents (i.e. 11.4% of households lived with at least one of their parents only and 3.3% lived with at least one of their parents and their unmarried children). On the other hand, 17% of the couples both aged 25 to 44 lived with other relationship combination.

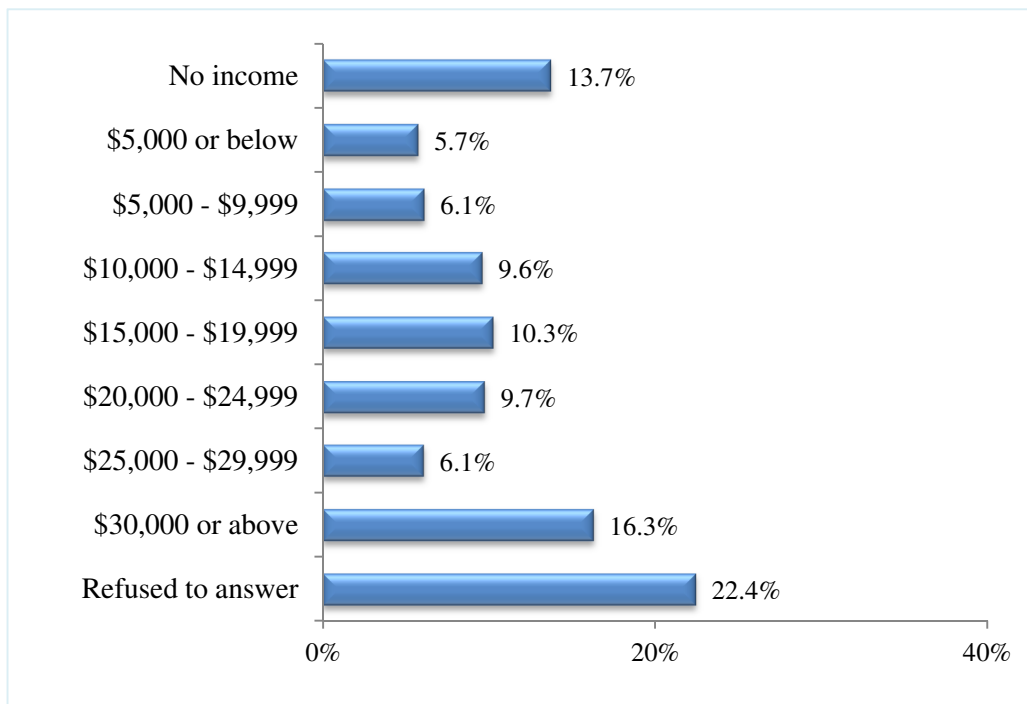
Chart 3.1.5: Household composition of couples both aged 25 to 44

	%
Couple only	9.0%
Living with unmarried children only	52.3%
Living with married children	7.1%
Living with at least one of their parents only	11.4%
Living with at least one of their parents and their unmarried children	3.3%
Composed of other relationship combination	16.8%

Monthly Household Income

3.1.8 12% of the households had an average monthly household income⁶ of \$9,999 or below, 20% had monthly household income of \$10,000 to \$19,999, 16% had monthly household income of \$20,000 to \$29,999 and 16% had monthly household income at \$30,000 or more a month. The Survey results also indicated that 14% of the households had no income at all (e.g. the retired couples). It was worth noting that 22% of the respondents refused to provide household income information. In view of the high refusal rate, care should be taken in interpreting the findings on income.

Chart 3.1.6: Average monthly household income (%)



6 Monthly household income refers to the total cash income (including earnings from all jobs and other cash incomes and not including CSSA or other assistance) received in the month before enumeration by all members of the household.

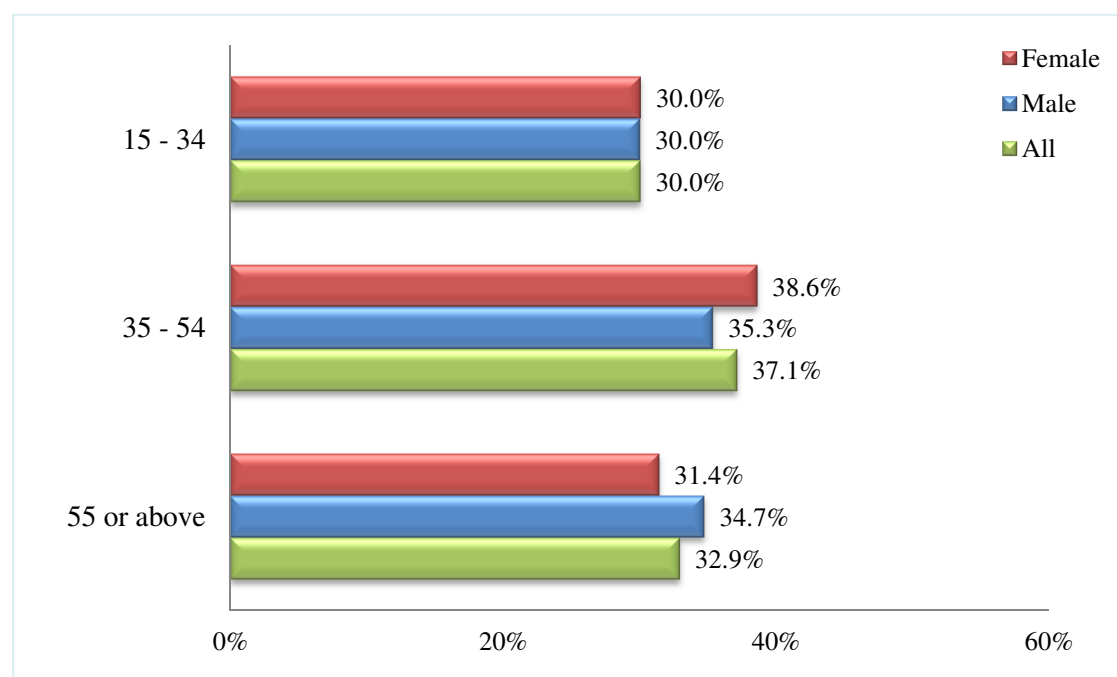
3.2 Demographic Characteristics

3.2.1 Information on the demographic characteristics of individual household members including gender, age, marital status, educational attainment, economic activity status, occupation, average working hours per week and length of residence in Hong Kong was collected. An analysis of their socio-economic characteristics is set out in the following paragraphs.

Age and Gender

3.2.2 54% of the respondents were female and 46% were male. 30% were between the age of 15 and 34, 37% aged 35-54 and the remaining 33% were aged 55 or above.

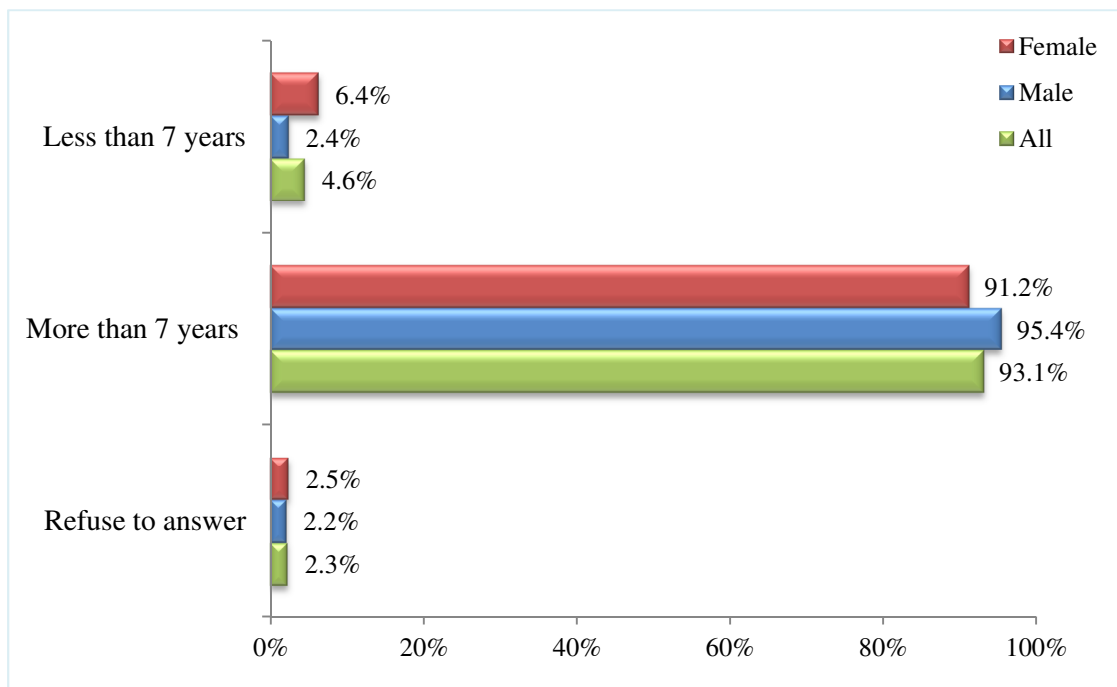
Chart 3.2.1: Age group (%)



Length of Residence in Hong Kong

3.2.3 93% of the respondents lived in Hong Kong for more than 7 years and 5% of them were new arrivals who have lived in Hong Kong for less than 7 years. There was a higher proportion of female new arrivals (6%), as compared to the corresponding figure of 2% for male new arrivals in which majority of new arrivals were One-way Permit Holders who came from the Mainland to join their husbands in Hong Kong.

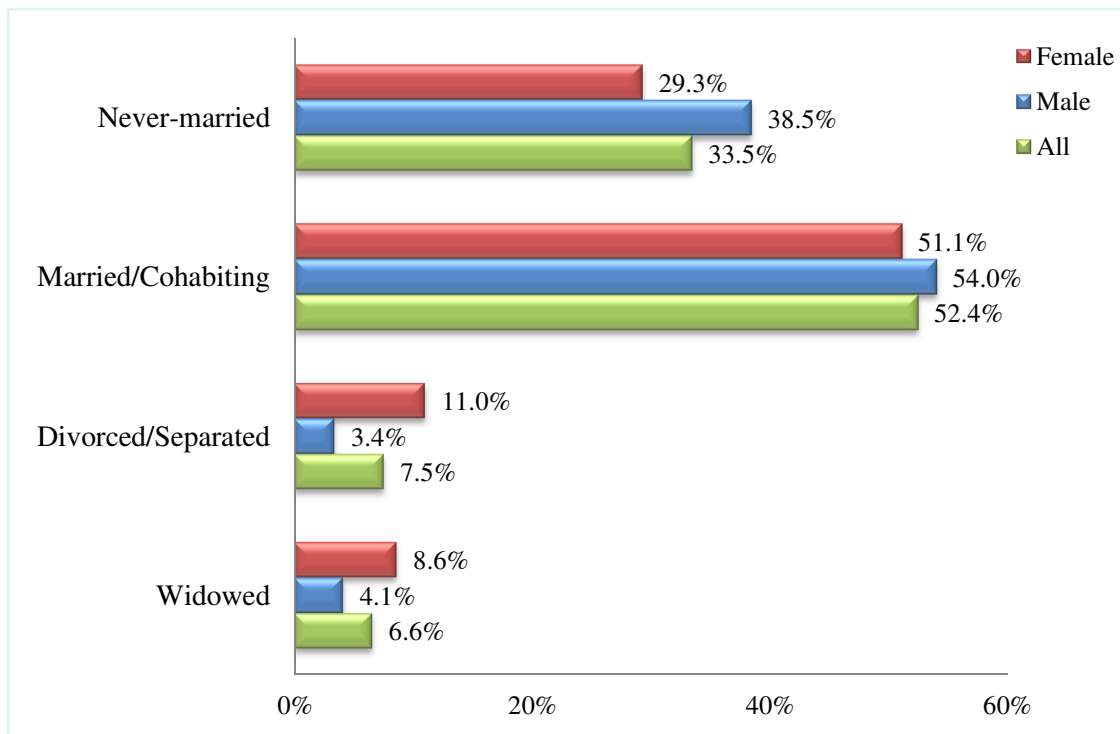
Chart 3.2.2: Length of residence in Hong Kong (%)



Marital Status

3.2.4 52% of the respondents were either married or cohabiting and 34% were not yet married. Divorced/separated and widowed constituted the remaining 8%. It was also noticeable that the number of female respondents who were either divorced or separated was about three times more than that of male respondents.

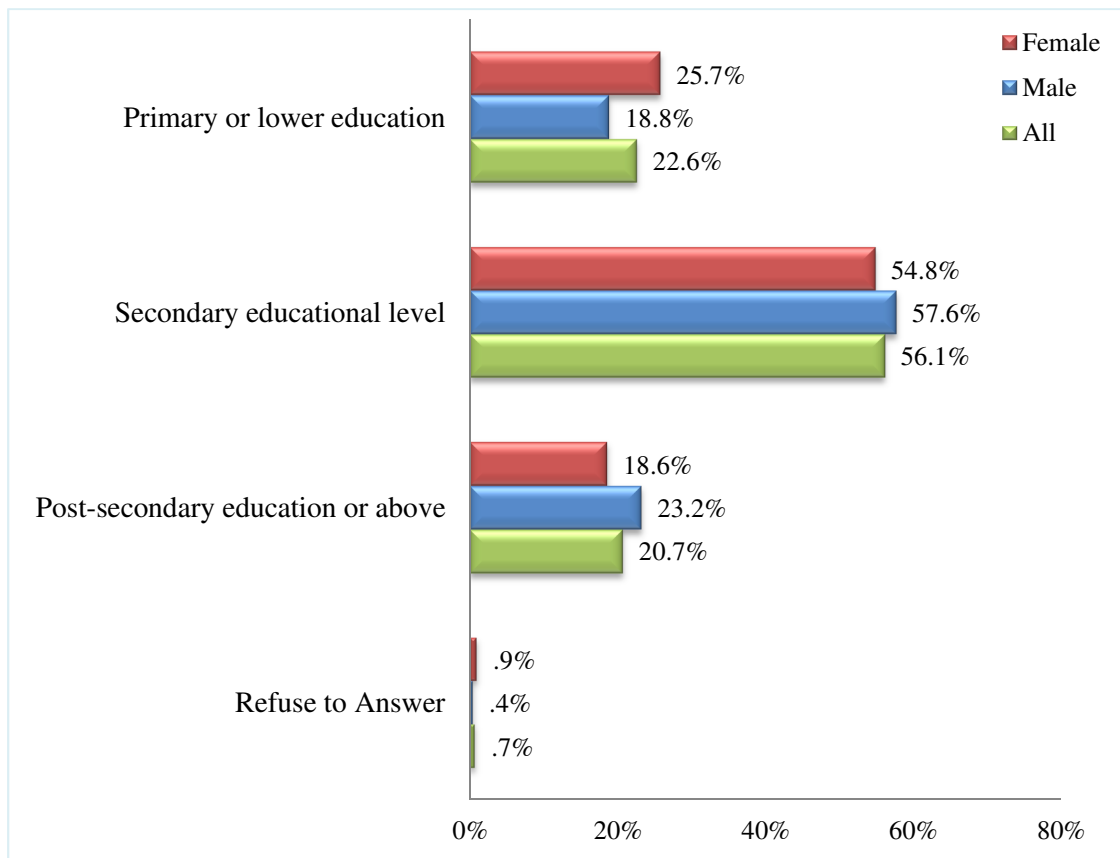
Chart 3.2.3: Marital status (%)



Educational Level

3.2.5 21% of them had post-secondary education or above, 56% of the respondents attained secondary educational level and 23% had primary education or below. The educational level of male respondents was higher than that of female respondents in general.

Chart 3.2.4: Educational level (%)

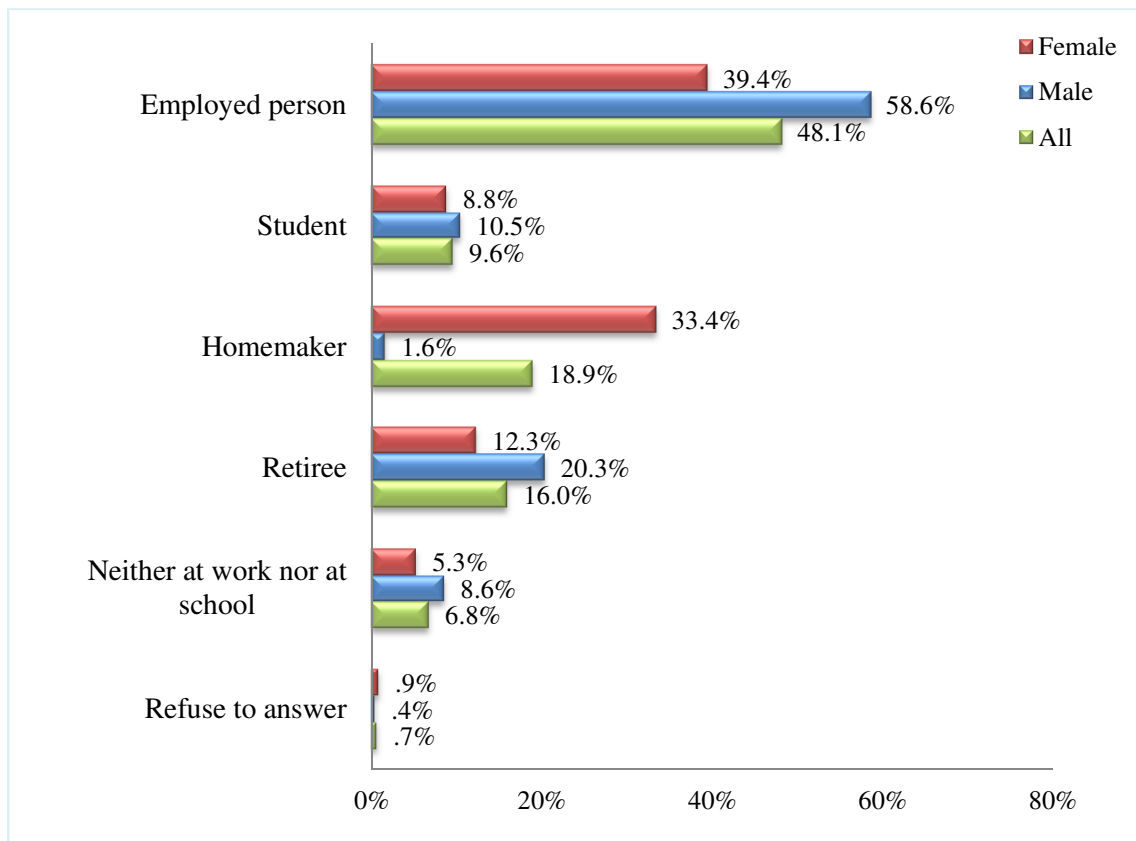


Economic Activity Status

3.2.6 48% of the respondents were employed. 45% were economically inactive, such as retired, home-makers or students, and another 7% were neither at work nor at school.

3.2.7 59% of the male respondents were employed, and about 2% was home-makers. Regarding the female respondents, 39% of them were employed, 54% were economically inactive who were homemakers (33%), retired (12%) or students (9%). Another 5% were neither at work nor at school.

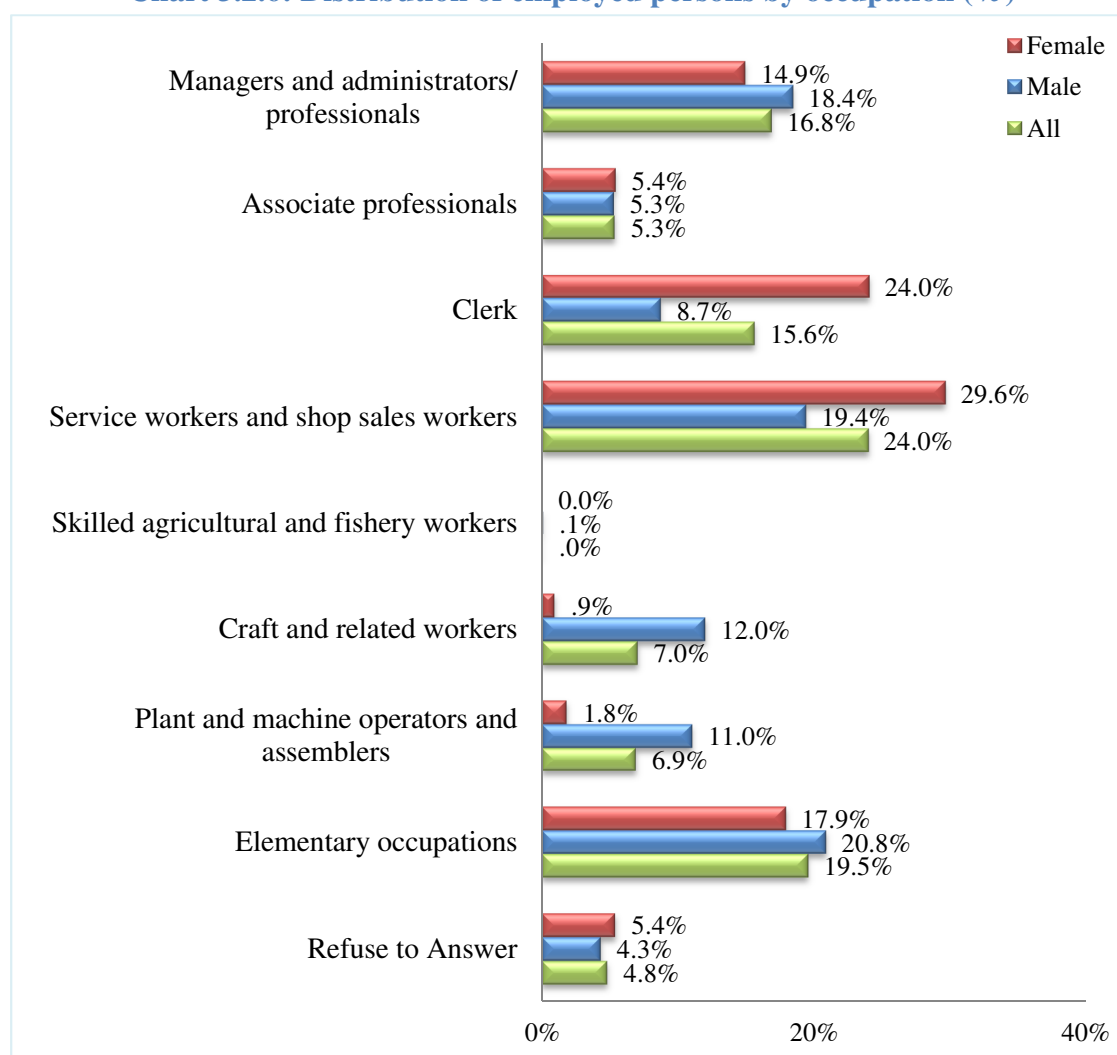
Chart 3.2.5: Economic activity status (%)



Occupation

3.2.8 Of the employed persons, 19% of the male respondents and 30% of the female respondents were service and shop sales workers. 21% of the male respondents and 18% of female respondents were elementary workers.⁷ 18% of the male respondents and 15% of the female respondents were managers and administrator/ professionals. Survey results showed that females worked fewer hours per week than males. On average, the male respondents worked 49.0 hours, while the female respondents worked 44.8 hours a week.

Chart 3.2.6: Distribution of employed persons by occupation (%)

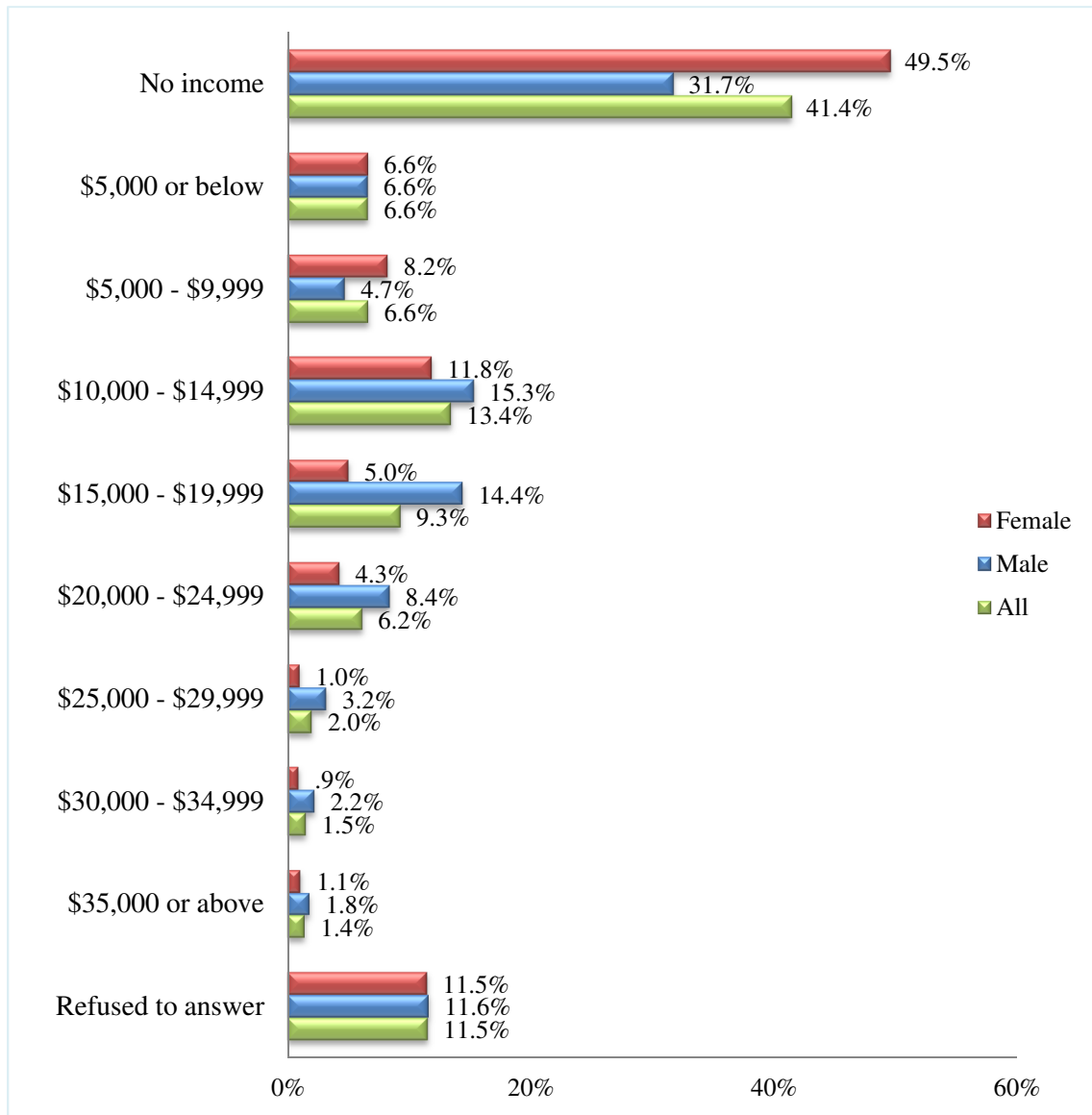


⁷ Elementary occupations – including street vendors; domestic helpers and cleaners; messengers; private security guards; watchmen; freight handlers; lift operators; construction labourers; hand packers; agricultural and fishery labourers. (According to classification by Census and Statistics Department)

Monthly Personal Income

3.2.9 On the whole, 41% of the respondents had no monthly personal income.⁸ Monthly personal income of male respondents was higher than that of the female respondents. Overall, 13% of the respondents earned less than \$10,000, 23% earned \$10,000 to \$19,999. Only 1% of the respondents earned \$35,000 or above. This notwithstanding, care should be taken in interpreting the figures as 12% of the respondents refused to provide information on monthly personal income.

Chart 3.2.7: Monthly personal income distribution (%)



⁸ Personal income included earnings from employment and other cash income such as rent, dividend, cash gift received and other capital gains.

Key Demographic Characteristics in 2013 and 2015

3.2.10 The key demographic characteristics including sex, age groups, marital status, economic activity status, length of residence in HK and educational level of the respondents in 2013 and 2015 are shown in the table below:

Chart 3.2.8: Key demographic characteristics in 2013 and 2015 (%)

Sex	2013	2015	Economic activity status	2013	2015
Female	54%	54%	Economically active	48%	48%
Male	46%	46%	Economically inactive	52%	44%
Age groups	2013	2015	Length of residence in HK	2013	2015
15-34	30%	30%	New arrivals	6%	5%
35-54	38%	37%	Not new arrivals	92%	93%
55 or above	32%	33%			
Marital status	2013	2015	Educational level	2013	2015
Never married	30%	29%	Primary or below	22%	26%
Married/cohabiting	56%	51%	Secondary	54%	55%
Divorced/separated/ widowed	14%	20%	Tertiary	23%	19%

Note: Some figures may not add up to 100% as some respondents refused to provide the information.

Chapter 4 | Importance of Family

4.1 Introduction

4.1.1 Family is the basic unit of a community, while individual is the basic element within this unit. Thus, behaviour and attitudes of individuals towards family affect harmonious relationship among family members, which in turn may lead to many social problems, and affect harmony of the community.

4.1.2 Family attitudes ⁹ refer to attitudes of individuals towards a wide range of family issues, including the role of men and women, cohabitation, marriage, divorce, parenthood, childlessness, premarital and extramarital sex, childbearing as well as filial piety. ¹⁰ Questions covering the following dimensions were asked to ascertain their family attitudes:

- (i) traditional family values;
- (j) living with parents;
- (k) marriage and having child;
- (l) involvement of grandparents in family issues;
- (m) singlehood;
- (n) cohabitation;
- (o) divorce; and
- (p) practice of filial piety.

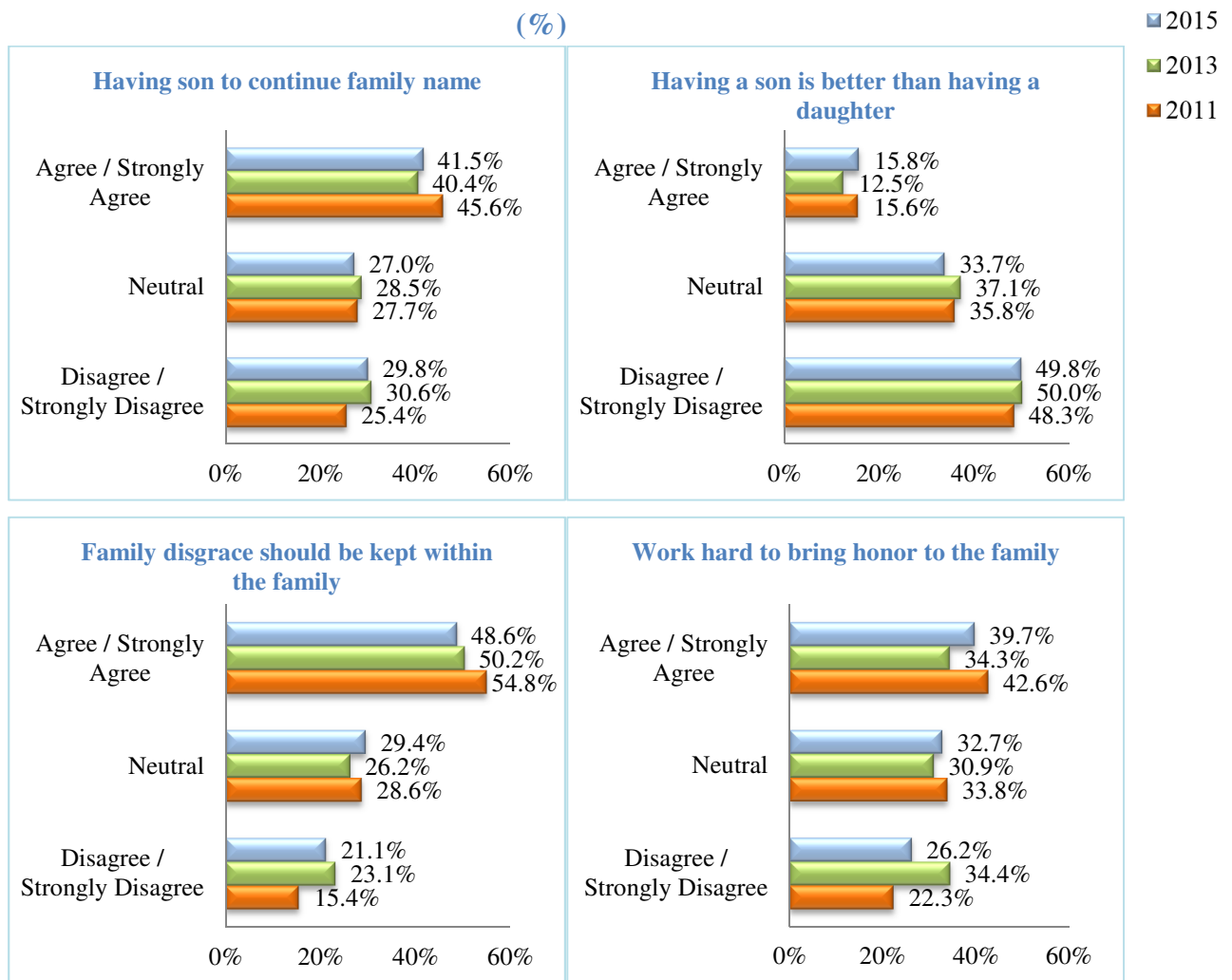
9 Excerpt of “Trend in family attitudes and values in Hong Kong” by Professor Nelson Chow and Dr Terry Lum, University of Hong Kong, August 2008.

10 Excerpt of “The erosion of filial piety by modernisation in Chinese cities” by Cheung, C. & Kwan, A.Y.H. 2009, *Ageing & Society* 29(2):179-198.

4.2 Attitudes towards Traditional Family Values

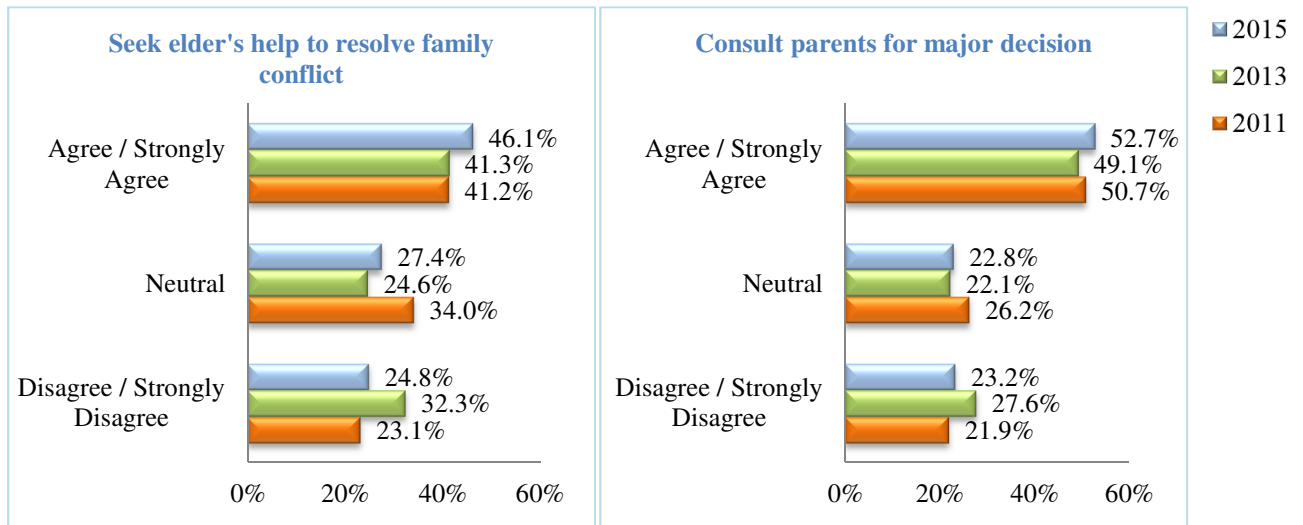
- 4.2.1 ***Most traditional family values were still quite prevalent, but not strong.***
- 4.2.2 For traditional views of having son to continue family name, the percentage of those agreed/strongly agreed ranged from 40% to 46% whereas the percentage of those disagree/strongly disagree ranged from 25% to 31% in 2011, 2013 and 2015. For traditional views of having a son is better than having a daughter, about half of the respondents disagreed or strongly disagreed in 2011, 2013 and 2015. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.
- 4.2.3 For traditional views of keeping family disgrace within the family, about half of the respondents agreed or strongly agreed in 2011, 2013 and 2015 and a decreasing trend was observed that 55% of the respondents agreed or strongly agreed in 2011, 50% in 2013 and 49% in 2015.
- 4.2.4 The attitudes towards traditional views of working hard to bring honor to the family varied. The percentage of those agreed/strongly agreed ranged from 34% to 43% whereas the percentage of those disagree/strongly disagree ranged from 22% to 34% in 2011, 2013 and 2015.

Chart 4.2.1: Attitudes towards traditional family values in 2011, 2013 and 2015



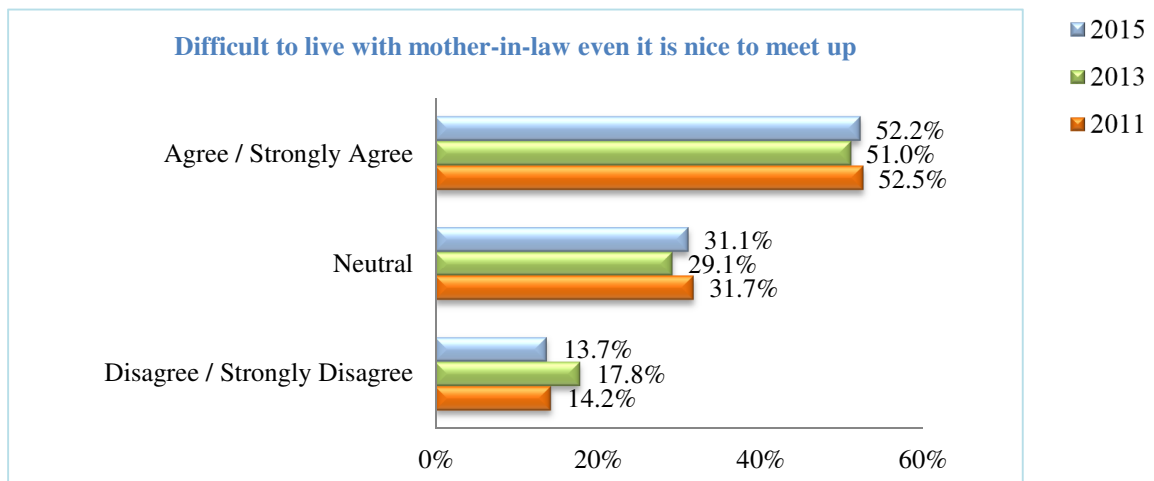
4.2.5 For traditional views about advice seeking within the family (including “seek elder’s help to resolve family conflict” and “consult parents for major decision”), the percentage of those agreed/strongly agreed ranged from 46% to 53% in 2015. With the findings in 2011, 2013 and 2015 compared, the agreements on the attitudes that “seek elder’s help to resolve family conflict” and “consult parents for major decision” increased by about 5% and 3% respectively in 2015 from 2011.

Chart 4.2.2: Attitudes towards advice seeking within the family in 2011, 2013 and 2015 (%)



4.2.6 Regarding the attitude towards living with mother-in-law, slightly more than half of the respondents agreed/strongly agreed that it was difficult to live with mother-in-law even it was nice to meet up in 2011, 2013 and 2015. With the findings in 2011, 2013 and 2015 compared, agreement on the attitude was fairly steady.

Chart 4.2.3: Attitude towards living with mother-in-law in 2011, 2013 and 2015 (%)



4.2.7 Analysed by age group, older people aged 55 or above were more likely to agree with the traditional family values, such as “family disgrace should be kept within the family” (50% in 2015; 51% in 2013; 61% in 2011) and “having son to continue family name” (46.9% in 2015; 48.0% in 2013; 54.0% in 2011).

4.2.8 On the other hand, only about 14% of younger people (15-34) and 15% of middle-aged (35-54) agreed that “having a son is better than having a daughter” in 2015.

Table 4.2.4: Agreement on attitudes towards traditional family values by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Having son to continue family name	2015	38.7	39.0	46.9
	2013	36.5	37.1	48.0
	2011	42.3	41.9	54.0
Having a son is better than having a daughter	2015	14.2	14.9	18.2
	2013	9.8	9.5	18.7
	2011	12.5	14.5	20.3
Family disgrace should be kept within the family	2015	49.6	46.4	50.0
	2013	53.0	47.5	50.6
	2011	49.0	54.7	61.3
Work hard to bring honor to the family	2015	38.5	39.2	41.2
	2013	35.2	29.2	39.4
	2011	43.3	37.7	48.3
Seek elder’s help to resolve family conflict	2015	52.5	43.8	43.0
	2013	43.3	40.2	40.7
	2011	44.7	37.4	42.7
Difficult to live with Mother-in-law even it is nice to meet up	2015	42.8	56.6	55.6
	2013	43.0	53.9	55.0
	2011	44.7	58.4	53.0
Consult parents for major decision	2015	58.8	51.0	49.0
	2013	55.2	47.0	46.0
	2011	53.7	48.9	49.7

4.2.9 Analysed by marital status, male respondents who were married/cohabiting with child (19% in 2015; 19% in 2013; 18% in 2011) and respondents who were widowed (23% and 20% of male and female respondents respectively in

2015; 19% and 23% of male and female respondents respectively in 2013) were more likely to agree that “having a son is better than having a daughter”. Besides, female respondents who were divorced/separated were more likely to agree with “difficult to live with mother-in-law even it is nice to meet up” (59% in 2015 and 2013; 56% in 2011).

Table 4.2.5: Agreement on attitudes towards traditional family values by marital status and gender in 2011, 2013 and 2015 (%)

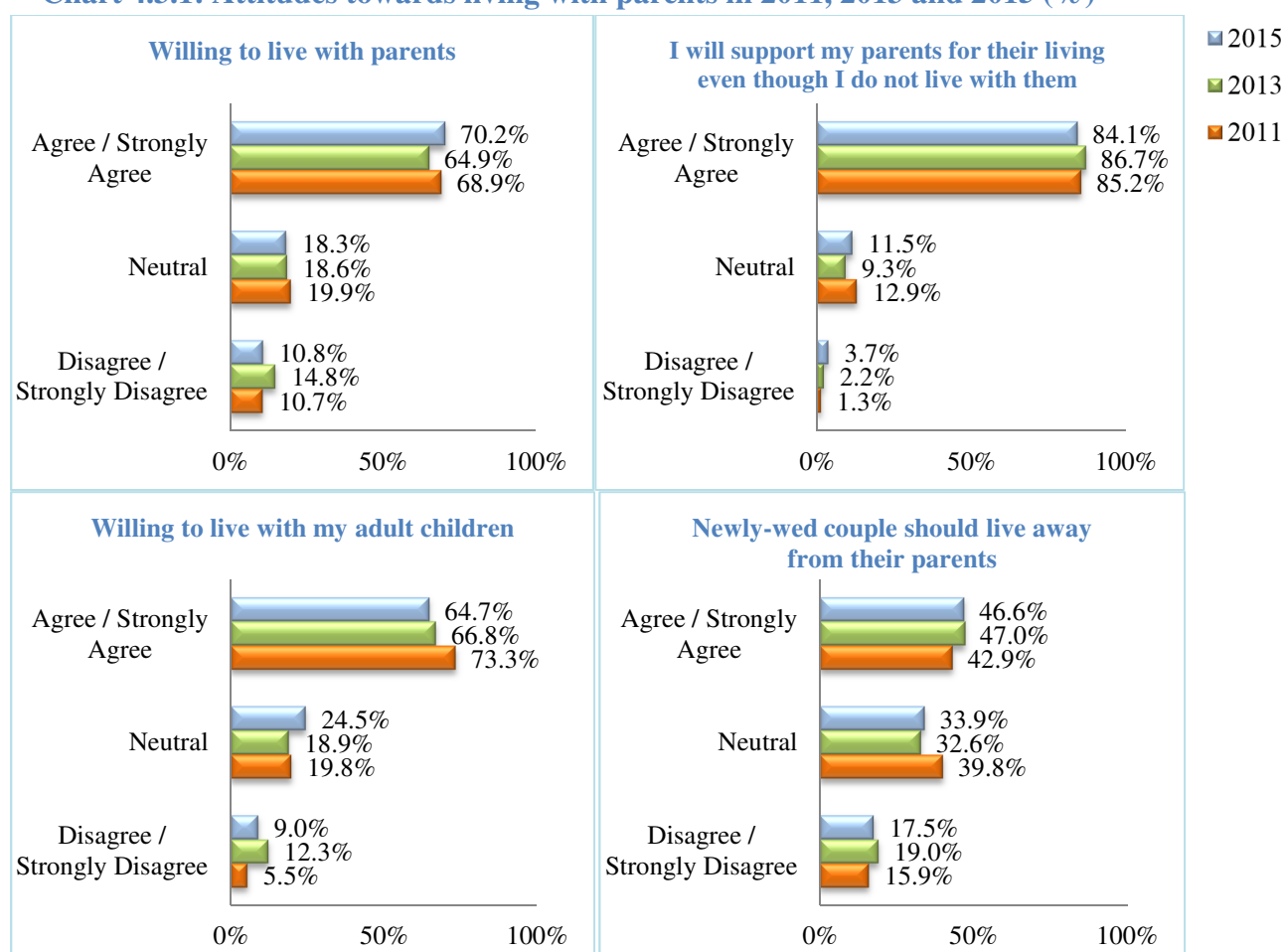
	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Having son to continue family name	2015	45.5	30.1	41.2	35.1	47.4	42.0	41.5	29.3	53.9	48.6
	2013	44.4	26.3	33.6	11.9	52.0	40.7	33.3	30.3	48.5	48.3
	2011	43.3	38.4	35.3	30.9	56.3	43.2	67.0	53.0	43.7	45.8
Having a son is better than having a daughter	2015	17.7	11.4	16.3	10.8	18.9	13.2	23.4	16.1	22.6	19.6
	2013	13.8	7.1	8.9	0.9	19.0	9.1	12.0	9.0	18.9	22.9
	2011	18.3	10.8	16.4	15.4	17.5	13.8	40.4	20.2	4.6	11.9
Family disgrace should be kept within the family	2015	54.9	43.0	50.3	38.1	51.0	46.2	48.6	39.5	64.9	53.7
	2013	53.3	50.6	49.5	38.0	56.2	45.8	19.3	46.6	48.6	57.2
	2011	52.0	47.0	57.6	50.2	62.0	54.2	74.8	57.6	64.7	47.9
Work hard to bring honor to the family	2015	46.8	30.0	43.1	23.7	44.4	38.9	31.2	38.5	52.7	38.2
	2013	39.3	32.3	28.5	23.5	38.0	30.1	25.8	27.1	47.4	44.0
	2011	47.5	41.4	43.4	27.1	44.7	39.2	48.0	51.8	39.1	38.2
Seek elder’s help to resolve family conflict	2015	55.0	46.8	61.0	43.4	40.8	42.2	47.2	41.7	43.8	48.4
	2013	50.4	41.6	47.9	18.0	42.5	38.3	40.0	42.7	30.7	38.2
	2011	43.8	44.8	37.5	41.4	40.4	38.8	49.5	41.9	43.2	36.0
Difficult to live with mother-in-law even it is nice to meet up	2015	41.7	49.6	47.9	54.1	54.9	56.1	67.0	58.9	56.3	54.7
	2013	41.7	44.7	44.3	63.5	53.2	57.2	44.5	58.9	39.4	51.2
	2011	44.9	44.3	57.9	62.4	55.4	55.2	46.4	56.3	63.6	57.0
Consult parents for major decision	2015	63.3	53.5	60.7	55.8	50.8	48.3	42.8	44.3	48.1	47.4
	2013	52.3	58.3	35.1	42.2	42.0	51.8	43.9	52.1	36.9	51.0
	2011	47.1	57.1	36.6	49.4	49.3	53.3	52.6	52.5	51.5	43.5

4.3 Attitudes towards Living with Parents

4.3.1 **Majority of the respondents were willing to live with their parents and support their living even though they did not live with them.** In 2015, 70% of the respondents were willing to live with their parents and 84.1% agreed to support their parents' living even though they did not live with them. 65% agreed "to live with their adult children". At the same time, 47% of the respondents agreed that "newly-wed couple should live away from their parents". With the findings in 2011, 2013 and 2015 compared, agreement on the attitudes towards willingness to live with parents and support parents' living was fairly steady.

4.3.2 **Decreasing number of people agreed to live with their adult children within the past five years.** There was a decreasing trend observed that the agreement on the attitude towards willingness to live with their adult children decreased from 73% in 2011 to 65% in 2015.

Chart 4.3.1: Attitudes towards living with parents in 2011, 2013 and 2015 (%)



4.3.3 Similar views were held by the respondents across all age groups. However, younger people aged 15-34 were more likely to be willing to live with their parents (75% in 2015; 73% in 2013; 74% in 2011) than those in the older age groups. Majority of the respondents were willing to support their parents' living even though they did not live with them, especially the younger people aged 15-34 (90% in 2015; 95% in 2013 and 90% in 2011 of them sharing such a view).

Table 4.3.2: Agreement on attitudes towards living with parents by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Willing to live with parents	2015	75.3	65.9	70.3
	2013	73.2	62.7	59.6
	2011	74.4	66.7	66.0
I will support my parents for their living even I do not live with them	2015	89.5	81.7	81.8
	2013	95.0	87.3	78.1
	2011	89.5	86.3	79.0
Willing to live with adult children	2015	63.1	66.5	64.2
	2013	69.9	65.4	65.6
	2011	73.5	77.3	67.8
Newly-wed couple living away from their parents	2015	40.9	49.0	49.2
	2013	41.7	45.1	54.5
	2011	39.5	43.3	46.0

4.3.4 Analysed by marital status, female respondents who were never married were more likely to be willing to live with their parents (82% in 2015; 76% in 2013; 80% in 2011) and support their parents' living even though they did not live with them (89% in 2015; 97% in 2013; 90% in 2011).

Table 4.3.3: Agreement on attitudes towards living with parents by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Willing to live with parents	2015	74.0	81.7	54.4	56.7	68.0	65.7	68.4	68.5	59.5	76.7
	2013	73.3	76.1	58.0	45.4	63.5	59.3	61.2	61.2	55.8	67.5
	2011	71.8	79.8	66.4	60.7	67.1	67.0	60.2	60.8	62.7	66.8
I will support my parents for their living even I do not live with them	2015	87.6	88.6	79.3	87.7	81.6	82.5	85.4	74.8	81.6	84.9
	2013	88.4	96.7	90.5	89.2	83.4	86.9	74.8	84.2	62.2	77.6
	2011	86.3	90.4	82.7	87.6	82.4	88.7	73.5	73.5	74.8	85.1
Willing to live with adult children	2015	58.6	61.1	50.9	46.8	67.6	73.7	73.3	57.0	64.3	68.7
	2013	62.0	65.2	57.4	48.8	69.2	73.6	47.4	65.1	61.3	71.8
	2011	69.6	71.9	53.9	70.9	78.0	80.9	66.9	65.5	51.7	69.7
Newly-wed couple living away from their parents	2015	41.7	45.4	45.7	48.4	48.3	48.9	47.6	44.0	51.6	49.6
	2013	39.8	41.5	42.7	63.4	53.7	48.8	43.8	36.6	36.2	49.9
	2011	40.2	38.5	44e.4	45.0	42.3	48.2	55.3	38.0	36.0	46.5

Views collected from focus group discussions

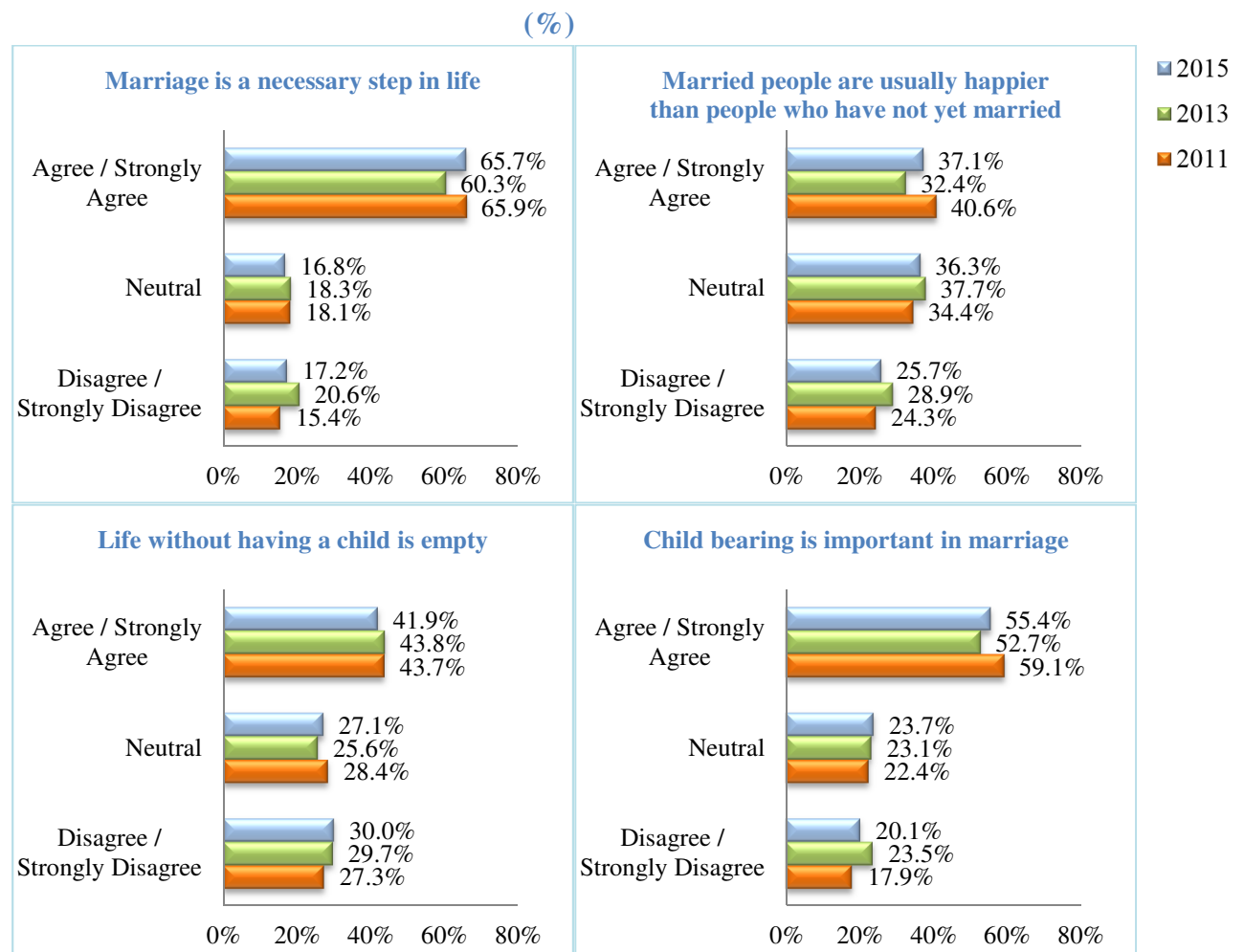
- 4.3.5 Apart from the findings collected from the questionnaire survey, views on the intention to live with parents or adult children were solicited from participants during the focus group discussions.
- 4.3.6 Majority of adult children of the focus group discussions were willing to live with their parents and the major reasons were that their parents could take care of their daily lives as well as their grandchildren. They also indicated that they could spend more time with their parents if they live together. This was also a resolution to them since that they did not have money to live elsewhere. On the other hand, some adult children were not willing to live with their parents and the major reasons were that they perceived that newly-wed couples should live away from their parents and they wanted to build up their own families and live independently.
- 4.3.7 Majority of parents were willing to live with adult children and the major reasons were that they could take care of adult children's daily lives, they could have more time with their adult children and they could help take care of their grandchildren. On the other hand, few of the parents were not willing to live with their children and the major reasons were that they perceived that their children should live away from them, their children should build up the own families and they wanted to have more time for themselves.

4.4 Attitudes towards Marriage and Having Child

4.4.1 **Most people agreed that marriage is a necessary step in life.** In 2015, 66% and 55% of the respondents agreed that “marriage is a necessary step in life” and “child bearing is important in marriage” respectively. 42% of the respondents also agreed that “my whole life without having a child is empty”. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

4.4.2 On the other hand, the opinions towards the view that “married people are usually happier than those who have not married” were diversified.

Chart 4.4.1: Attitudes towards marriage and having child in 2011, 2013 and 2015



4.4.3 Analysed by age group, different views were held by the respondents across all age groups. Older people aged 55 or above were more likely to agree that “marriage is a necessary step in life” (66% in 2015; 65% in 2013; 71% in 2011), “child bearing is important in marriage” (61% in 2015; 62% in 2013; 69% in 2011), “life without having a child is empty” (51% in 2015; 61% in 2013; 59% in 2011) and “married people are usually happier than people who have not yet married” (41% in 2015; 39% in 2013; 49% in 2011).

Table 4.4.2: Agreement on attitudes towards marriage and having child by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Marriage is a necessary step in life	2015	67.3	63.8	66.3
	2013	59.9	57.0	64.6
	2011	64.9	63.0	70.9
Married people are usually happier than people who have not yet married	2015	30.3	38.9	41.4
	2013	25.6	32.7	38.6
	2011	32.7	40.4	49.1
Life without having a child is empty	2015	30.9	43.0	50.7
	2013	27.1	42.9	60.8
	2011	31.6	41.4	59.2
Child bearing is important in marriage	2015	48.6	55.6	61.3
	2013	44.2	52.1	61.5
	2011	49.8	59.0	69.0

4.4.4 Analysed by marital status, respondents who were married/cohabiting with child were more likely to agree that “marriage is a necessary step in life”.

Table 4.4.3: Agreement on attitudes towards marriage and having child by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Marriage is a necessary step in life	2015	53.1	54.9	69.5	77.8	74.0	75.5	48.8	43.7	72.2	73.0
	2013	47.9	48.7	56.8	55.0	76.6	64.7	38.6	43.9	75.3	59.7
	2011	57.6	52.4	51.0	58.2	75.6	72.8	84.1	74.3	67.6	57.2
Married people are usually happier than people who have not yet married	2015	26.4	25.3	45.9	28.3	48.2	44.0	26.1	25.8	22.8	48.6
	2013	19.8	23.6	23.4	20.0	64.3	57.0	18.8	31.3	62.3	61.0
	2011	33.0	25.5	46.6	35.0	47.8	48.6	42.5	46.2	30.8	29.4
Life without having a child is empty	2015	25.7	26.2	27.1	26.1	56.1	56.5	31.6	32.3	33.2	54.5
	2013	34.6	33.4	37.2	36.4	69.2	64.4	47.9	42.9	78.9	56.4
	2011	29.4	24.1	27.9	27.8	53.3	55.4	59.2	59.2	40.2	53.4
Child bearing is important in marriage	2015	39.6	40.7	41.6	48.6	66.8	69.6	48.4	36.3	56.2	72.6
	2013	21.1	19.5	35.9	36.6	48.5	35.1	17.6	12.2	39.4	31.7
	2011	48.8	40.2	50.5	39.8	70.5	69.5	72.8	64.3	61.4	57.3

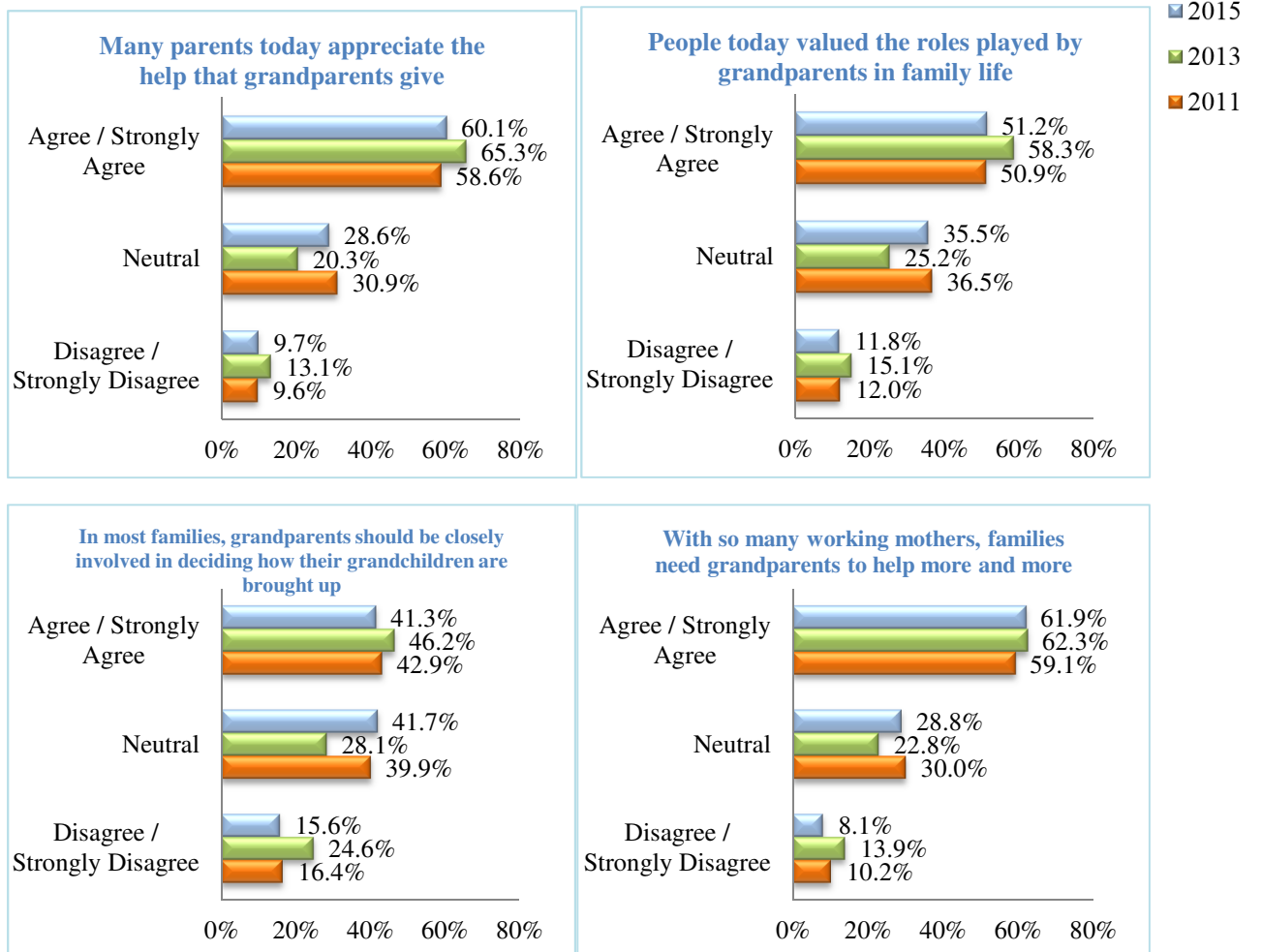
Views collected from focus group discussions

- 4.4.5 Apart from the findings collected from the questionnaire survey, views on whether marriage was a necessary step in life were solicited from participants during the focus group discussions. Most of the grandparents wanted their children to get married and agreed that marriage was a necessary step in life. Some of the elder adults wanted their children to get married, yet accepted other young adults not getting married.
- 4.4.6 On the other hand, more than half of the youth and younger adults accepted cohabitation before marriage. They expressed that marriage was not a necessary step in life, but if one met a right person, a family would be formed after marriage.
- 4.4.7 Most of the single parents agreed that marriage was a necessary step in life. Some of the single parents indicated that they could take care of their children until their children became adult.

4.5 Attitudes towards Involvement of Grandparents in Family Matters

- 4.5.1 **Majority of people valued the contribution and help of grandparents. However, number of respondents showing agreement decreased in 2015.** In 2015, 60% and 51% of the respondents agreed that “many parents today appreciated the help that grandparents give” and “people today valued the roles played by grandparents in family life” respectively. With the findings in 2011, 2013 and 2015 compared, the agreements on the attitudes decreased by about 5% and 7% respectively in 2015 from 2013.
- 4.5.2 In 2015, 62% of the respondents agreed that “with so many working mothers, families needed grandparents to help more”. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.
- 4.5.3 On the other hand, the opinion towards the view that “grandparents should be closely involved in deciding how their grand-children are brought up” varied. 41% of the respondents agreed, 42% remained neutral and 16% disagreed in 2015. In view of the findings in 2011, 2013 and 2015, no particular trend was observed.

Chart 4.5.1: Attitudes towards involvement of grandparents in family matters in 2011, 2013 and 2015 (%)



4.5.4 Number of respondents showing agreement on involvement of grandparents in family matters decreased among older respondents aged 55 or above within the past five years. The proportion of older respondents (aged 55 or above) agreed with one statement that was “with so many working mothers, families need grandparents to help more” decreased from 64% in 2013 to 59% in 2015. Middle-aged respondents aged 35-54 were more likely to agree with this attitude in 2015 (66%).

4.5.5 Moreover, number of older people (aged 55 or above) who agreed with the statement that “in most families, grandparents should be closely involved in deciding how their grandchildren are brought up” decreased significantly from 52% in 2013 to 40% in 2015. Middle-aged respondents aged 35-54 were more likely to agree with this view in 2015 (45%).

Table 4.5.2: Agreement on attitudes towards involvement of grandparents in family matters by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Many parents today appreciate the help that grandparents give	2015	60.2	61.6	58.3
	2013	66.9	65.8	63.2
	2011	59.2	55.9	61.6
People today place enough value on the part grandparents play in family life	2015	52.6	52.0	48.9
	2013	59.4	59.1	56.3
	2011	53.5	46.2	54.3
In most families, grandparents should be closely involved in deciding how their grandchildren are brought up	2015	38.1	45.4	39.7
	2013	41.9	44.9	51.7
	2011	42.6	39.1	48.0
With so many working mothers, families need grandparents to help more and more	2015	60.2	65.7	59.1
	2013	60.4	62.2	64.2
	2011	54.9	58.1	64.8

4.5.6 It is not surprising to learn that people who were married/cohabiting with child were in general showed positive views on the involvement of grandparents in family matters.

Table 4.5.3: Agreement on attitudes towards involvement of grandparents in family matters by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Many parents today appreciate the help that grandparents give	2015	57.4	58.4	59.0	56.5	68.0	60.8	55.1	52.6	48.7	55.3
	2013	57.9	68.2	66.3	50.3	70.4	66.9	47.4	66.9	69.0	62.9
	2011	57.4	57.3	39.7	45.7	65.7	59.8	56.9	60.6	52.7	58.3
People today place enough value on the part grandparents play in family life	2015	50.3	51.6	53.1	35.7	55.3	53.2	45.1	43.5	37.5	49.1
	2013	56.8	56.5	61.5	44.4	64.6	59.4	44.8	51.8	61.8	52.0
	2011	49.6	49.8	34.5	48.7	53.3	54.5	40.5	54.4	47.5	44.7
In most families, grandparents should be closely involved in deciding how their grandchildren are brought up	2015	39.4	39.5	39.5	30.1	46.8	44.1	34.6	40.1	24.2	36.5
	2013	43.7	42.0	60.0	17.3	52.2	44.3	25.6	47.2	62.0	57.2
	2011	39.4	42.9	28.4	34.1	47.7	42.2	33.3	54	42.5	47.2
With so many working mothers, families need grandparents to help more and more	2015	58.6	59.0	64.2	55.0	67.3	64.9	56.8	55.4	63.3	57.1
	2013	54.0	56.1	66.6	51.3	66.5	66.8	65.2	66.1	61.7	63.8
	2011	52.6	54.9	54.1	53.3	63.9	64.8	51.6	62.9	54.3	52.1

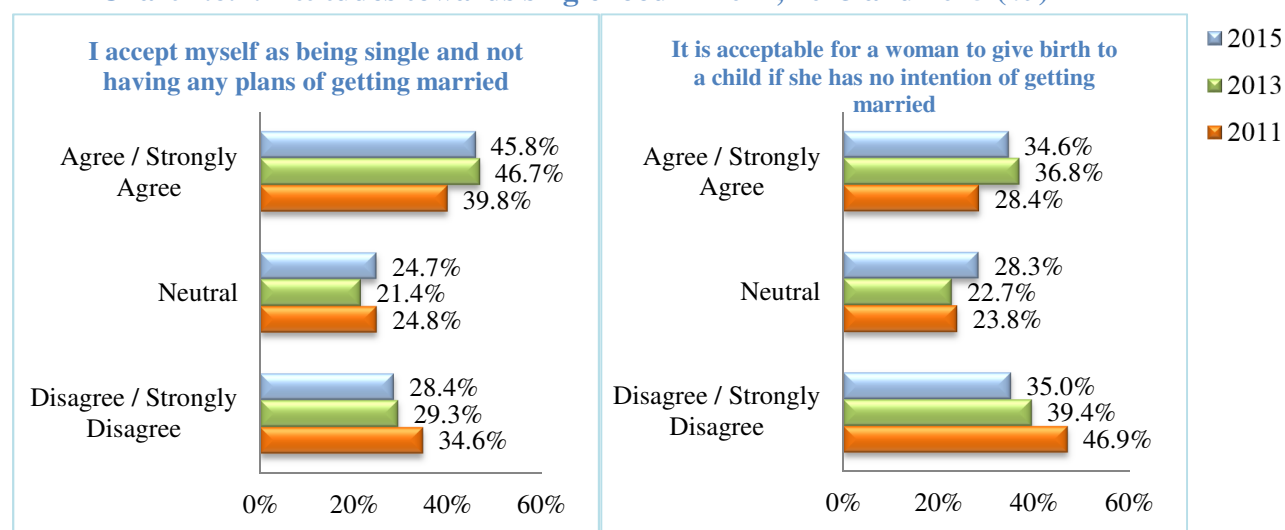
Views collected from focus group discussions

- 4.5.7 Apart from the findings collected from the questionnaire survey, views on the grandparents' involvement in taking care of grandchildren and parenting were solicited from participants during the focus group discussions.
- 4.5.8 Most of the grandparents of the focus group discussions were willing to take care of their grandchildren if they were capable to. The more common reasons for raising their grandchildren were that "they were already retired", "it was expensive to hire domestic helpers" and "they were not feeling good when letting others (e.g. domestic helpers) to take care of their grandchildren". Notwithstanding different parenting styles, not much confrontation between parents and grandparents. In addition, some grandparents indicated that they were not educated and lack of knowledge, therefore, they could not teach their grandchildren on their school work
- 4.5.9 For parents who had full-time job, some of them were willing to let their grandparents to take care of their children to their grandparents when they were out for work. For parents who were home-makers, most of them would take care of and teach their children. Besides, most of the parents did not want their children to rely on domestic helpers as the children had to learn to be independent
- 4.5.10 Regarding the parenting method, generally, parents of the focus group discussions perceived that the level of involvement of grandparents in raising their children was "about right". Some parents would not argue with grandparents directly as it was considered not appropriate in the context of filial piety in traditional culture. Some parents would re-educate their children with their own parenting in the absence of grandparents. And some parents would prefer the grandparents taking care of the daily lives of the children instead of parenting.

4.6 Attitudes towards Singlehood

4.6.1 *Attitudes towards singlehood varied.* In 2015, 46% of the respondents accepted the view of “being single and not having any plan to get married”. At the same time, 35% of the respondents found it acceptable for a woman to give birth to a child if she had no intention of getting married. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

Chart 4.6.1: Attitudes towards singlehood in 2011, 2013 and 2015 (%)



4.6.2 Analysed by age group, middle-aged people aged 35-54 were more likely to agree that “being single and not having any plan to get married” (51% in 2015; 52% in 2013) whereas younger people aged 15-34 were more likely to agree that “woman to give birth to a child if she has no intention of getting married” (38% in 2015; 44% in 2013; 33% in 2011).

Table 4.6.2: Agreement on attitudes towards singlehood by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
I accept myself as being single and not having any plans of getting married	2015	46.0	51.3	39.5
	2013	51.0	51.5	37.0
	2011	45.7	43.0	29.3
It is acceptable for a woman to give birth to a child if she has no intention of getting married	2015	37.8	37.2	28.7
	2013	44.4	38.8	27.3
	2011	32.5	31.2	20.6

4.6.3 Analysed by marital status, respondents who were divorced/separated were more likely to accept themselves as “being single and not having any plan to get married” (73% and 67% of male and female respondents respectively shared such view in 2015; 77% and 69% of male and female respondents respectively shared such view in 2013) and accept “a woman to give birth to a child if she had no plan to get married” (52% and 47% for male and female respondents respectively in 2015; 45% and 51% for male and female respondents respectively in 2013). Respondents who were never married were also more likely to accept “a woman to give birth to a child if she has no intention of getting married”.

Table 4.6.3: Agreement on attitudes towards singlehood by marital status and gender in 2011, 2013 and 2015 (%)

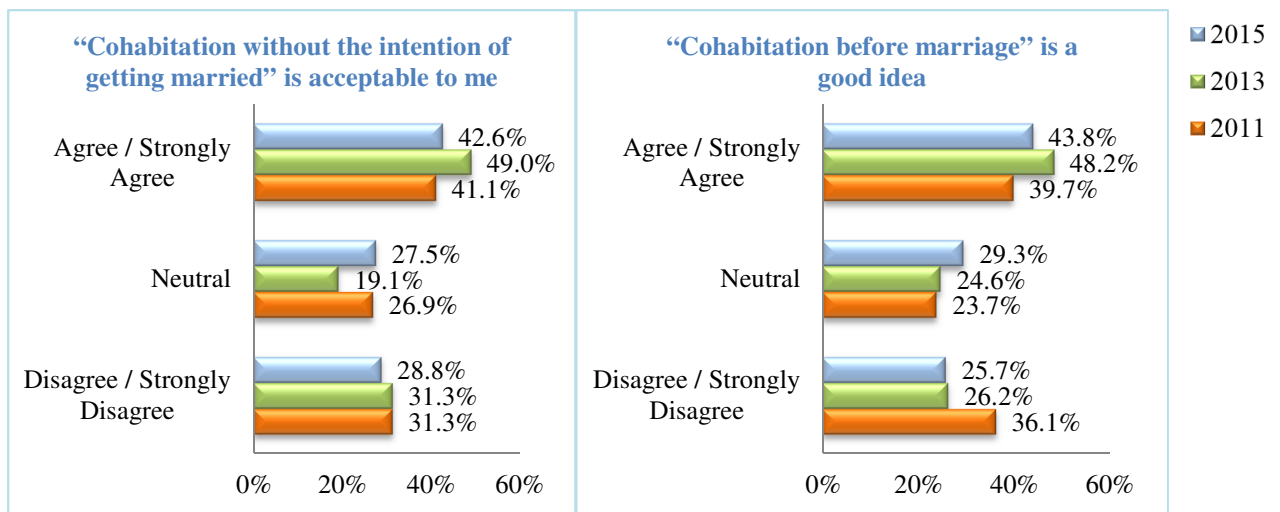
	Year	Never married		Married/ cohabiting without child		Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
I accept myself as being single and not having any plans of getting married	2015	62.3	56.7	41.0	37.9	34.6	36.0	72.9	67.4	28.3	34.3
	2013	60.6	56.7	50.6	50.3	35.8	38.7	77.2	69.4	34.8	36.3
	2011	50.8	60.6	31.2	45.1	31.4	27.1	31.7	28.1	67.8	62.1
It is acceptable for a woman to give birth to a child if she has no intention of getting married	2015	41.6	42.4	28.7	27.3	27.9	31.2	51.9	47.4	21.7	26.2
	2013	45.7	45.8	45.2	45.5	29.0	32.7	45.2	51.0	23.0	20.5
	2011	32.2	36.5	27.1	28.1	25.5	22.8	22.1	19.0	55.7	46.5

4.7 Attitudes towards Cohabitation

4.7.1 *Attitudes towards cohabitation varied, but less people opposed cohabitation in the past five years.* Results of the Survey in 2015 show that 43% of the respondents accepted “cohabitation without intention of getting married”. 44% accepted that “cohabitation before marriage is a good idea”. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

4.7.2 Even though quite a high proportion of the respondents accepted “cohabitation without intention of getting married” and “cohabitation before marriage is a good idea”, at the same time, there were still 29% showed disagreement to “cohabitation without intention of getting married” and 26% disagreed that “cohabitation before marriage” is a good idea in 2015.

Chart 4.7.1: Attitudes towards cohabiting in 2011, 2013 and 2015 (%)



4.7.3 Analysed by age group, younger people aged 15-34 were more likely to accept “cohabitation without intention of getting married” (50% in 2015; 55% in 2013; 49% in 2011) and “cohabitation before marriage” (52% in 2015; 54% in 2013; 50% in 2011).

Table 4.7.2: Agreement on attitudes towards cohabitation by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
“Cohabitation without the intention of getting married” is acceptable to me	2015	49.8	45.4	32.8
	2013	54.5	55.2	36.3
	2011	49.4	42.4	25.8
“Cohabitation before marriage” is a good idea	2015	51.8	47.4	32.4
	2013	53.8	53.6	36.4
	2011	49.5	42.5	30.3

4.7.4 With respect to marital status, male respondents who were never married and divorced/separated respondents were more likely to accept “cohabitation without the intention of getting married” and “cohabitation before marriage”.

Table 4.7.3: Agreement on attitudes towards cohabitation by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/ cohabiting without child		Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
“Cohabitation without the intention of getting married” is acceptable to me	2015	55.0	49.6	43.4	48.1	37.4	35.7	63.2	49.5	26.4	22.2
	2013	65.1	45.2	56.9	66.9	47.2	41.4	57.3	66.6	37.0	30.1
	2011	57.7	43.6	51.8	46.7	33.4	32.4	30.9	16.3	62.4	42.2
“Cohabitation before marriage” is a good idea	2015	57.5	46.0	49.7	42.5	37.2	40.1	67.6	54.7	27.0	20.8
	2013	63.3	43.8	49.5	56.8	47.7	42.5	45.4	65.3	26.1	37.0
	2011	54.5	46.3	53.3	48.1	35.2	34.8	44.4	23.8	55.5	36.5

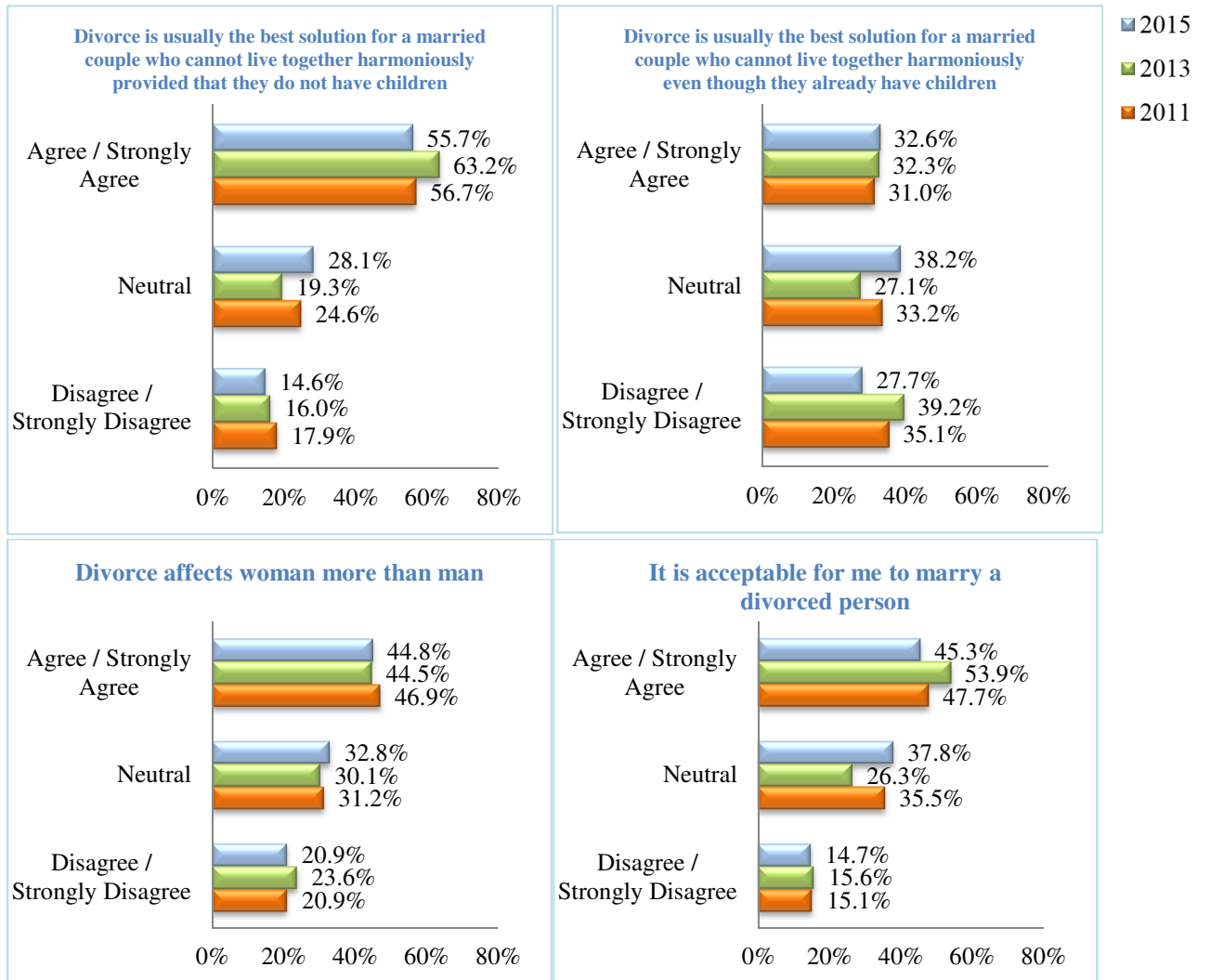
4.8 *Attitudes towards Divorce*

4.8.1 *Over half of people agreed that “divorce is usually the best solution for a married couple without child who cannot live together harmoniously”.*

In 2015, over half of respondents accepted “divorce being the best solution for a married couple who cannot live together harmoniously provided that they do not have children” (56%). However, there was no consensus when the couple already had children. About 33% of the respondents indicated agreement on “divorce is usually the best solution for a married couple who cannot live together harmoniously even though they already have children”. At the same time, 45% accepted marrying a divorced person. 45% agreed that divorce affected women more than men.

4.8.2 With the findings in 2011, 2013 and 2015 compared, the trend observed on the attitudes that “divorce is usually the best solution for a married couple who cannot live together harmoniously even though they already have children” and “divorce affects woman more than man” was quite stable.

Chart 4.8.1: Attitudes towards divorce in 2011, 2013 and 2015 (%)



4.8.3 Compared with other age groups, middle-aged respondents (35 – 54) were more likely to support divorce as the best solution for a couple who could not get along well with each other if the couple had no child (59% in 2015; 70% in 2013; 61% in 2011) and they were also likely to accept marrying a divorced person (52% in 2015; 61% in 2013; 53% in 2011).

Table 4.8.2: Agreement on attitudes towards divorce by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Divorce is usually the best solution for a married couple who cannot live together harmoniously provided that they do not have children	2015	55.3	58.7	52.8
	2013	58.6	69.8	59.6
	2011	54.6	60.8	53.8
Divorce is usually the best solution for a married couple who cannot live together harmoniously even though they already have children	2015	30.2	36.1	30.8
	2013	27.4	36.5	32.0
	2011	28.9	32.9	30.8
Divorce affects woman more than man	2015	42.2	46.9	44.9
	2013	40.9	46.6	45.4
	2011	49.9	46.0	45.2
It is acceptable for me to marry a divorced person	2015	43.5	52.3	39.1
	2013	51.8	60.7	47.7
	2011	49.7	53.4	38.1

4.8.4 Analysed by marital status, respondents who were divorced/separated were more likely to agree that “divorce is usually the best solution for a married couple who cannot get along well with each other if the couple do not have child” (80% and 66% for male and female respondents respectively in 2015) or “divorce is usually the best solution for a married couple who cannot live together harmoniously even though they already have children” (55% and 44% for male and female respondents respectively in 2015). Likewise, they were more likely to accept marrying a divorced person.

Table 4.8.3: Agreement on attitudes towards divorce by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Divorce is usually the best solution for a married couple who cannot live together harmoniously provided that they do not have children	2015	54.9	61.4	66.1	59.2	51.5	52.4	79.9	65.6	61.1	45.9
	2013	57.3	65.5	54.7	54.2	66.5	67.6	53.2	81.9	35.5	51.5
	2011	54.4	59.7	47.0	64.6	56.8	54.5	39.4	51.7	86.2	76.8
Divorce is usually the best solution for a married couple who cannot live together harmoniously even though they already have children	2015	30.5	34.4	35.3	34.5	33.7	28.5	55.3	44.1	30.0	29.1
	2013	30.6	36.4	25.8	21.9	34.7	29.0	43.5	56.5	23.3	26.3
	2011	31.4	32.6	23.2	33.4	27.1	29.1	32.7	26.1	65.4	58.2
Divorce affects woman more than man	2015	37.3	46.0	42.4	53.1	44.7	48.6	35.1	43.4	41.1	50.9
	2013	32.5	36.0	37.0	36.6	45.8	54.8	17.3	69.8	21.9	55.2
	2011	43.3	47.3	48.0	56.0	41.7	54.0	39.6	44.9	31.5	50.6
It is acceptable for me to marry a divorced person	2015	48.8	48.4	55.1	31.3	48.3	40.6	74.2	50.1	42.7	25.8
	2013	48.7	56.0	58.3	67.8	53.2	54.8	70.3	63.7	54.7	38.0
	2011	53.6	49.1	48.0	55.8	44.3	45.9	43.0	29.5	76.0	61.6

Views collected from focus group discussions

- 4.8.5 Apart from the findings collected from the questionnaire survey, views on divorce were solicited from participants during the focus group discussions. Similar comments were collected from some participants of focus group discussions that they accepted divorce as the best solution for a married couple who could not live together harmoniously provided they did not have children.
- 4.8.6 On the other hand, some participants indicated that they would not accept divorce as the best solution provided that they had children given the adverse impact of divorce on children i.e. massive change to the life of a child, absence of one parent in the child's life and unpleasant experience about the loss of love between parents.

4.9 Practice of filial piety

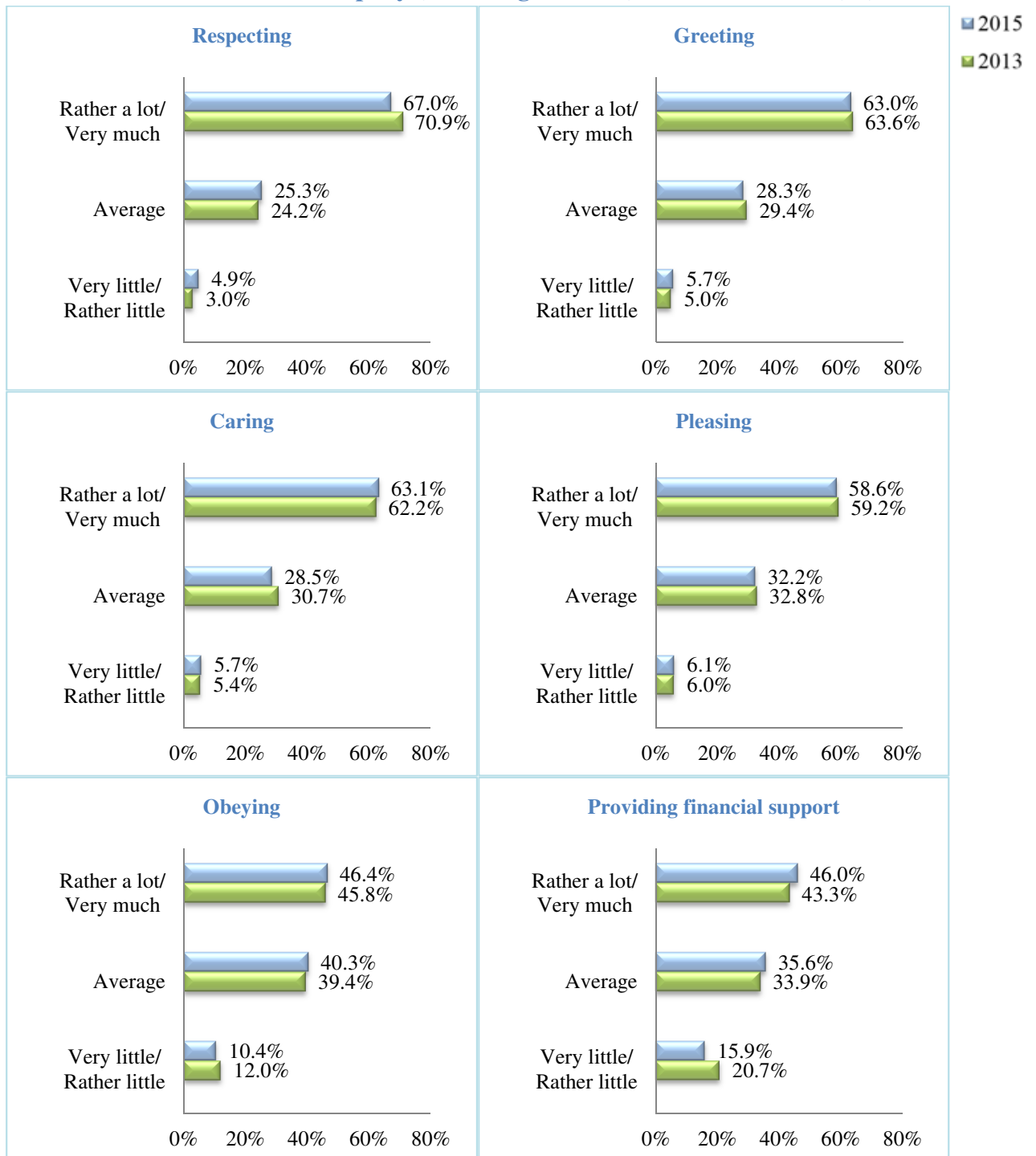
- 4.9.1 ***In general, most people practiced filial piety to their parents.*** The respondents were asked about how often they had engaged in the six filial piety practices, namely caring, respecting, greeting, pleasing, obeying and providing financial support in three months¹¹ prior to enumeration. These six practices referred to various aspects of interactions between parents and children for useful and reliable reference.¹²
- 4.9.2 Results showed that more than half of the respondents (excluding students¹³) had practised filial piety very much or rather a lot to their parents such as “respecting” (67%), “greeting” (63%), “caring” (63%), and “pleasing” (59%) in three months prior to enumeration. Less than half of the respondents (excluding students) had practised “obeying” (46%) and “providing financial support” (46%) rather a lot or very much to their parents.
- 4.9.3 It was worth noting that 16% of the respondents (excluding students) provided very little or rather little financial support to their parents in the three months prior to enumeration.
- 4.9.4 Compared with the findings in 2013, the practice of filial piety was more or less than same in 2015.

11 Cheung, C. & Kwan, A.Y.H. 2009. “The erosion of filial piety by modernisation in Chinese cities.” *Ageing & Society* 29(2):179-198.

12 Ng, S. H. 2002. Will families support their elders ? Answers from across cultures. In Nelson, T. D. (ed.), *Stereotyping and Prejudice against Older Persons*. MIT Press, Cambridge, Massachusetts, 295–310.

13 Students were assumed to provide no financial support to their parents.

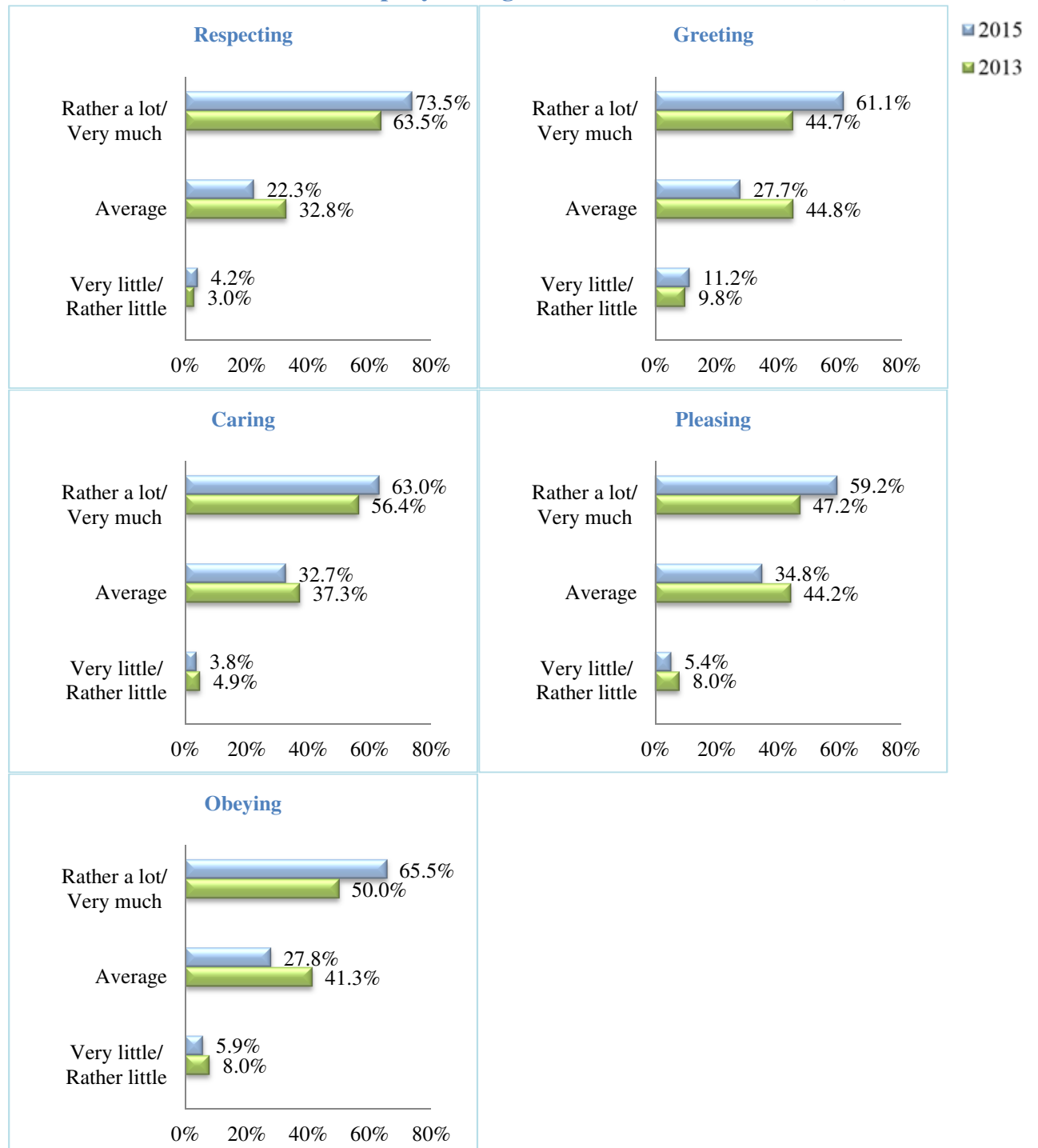
Chart 4.9.1: Practice of filial piety (excluding students) in 2013 and 2015 (%)



4.9.5 For those respondents who were students, half or more than half of them had practised filial piety rather a lot or very much to their parents such as “respecting” (74%), “obeying” (66%), “caring” (63%), “greeting” (61%) and “pleasing” (59%) in three months prior to enumeration.

4.9.6 Compared with the findings in 2013, the proportion of practice of filial piety among students increased significantly in 2015.

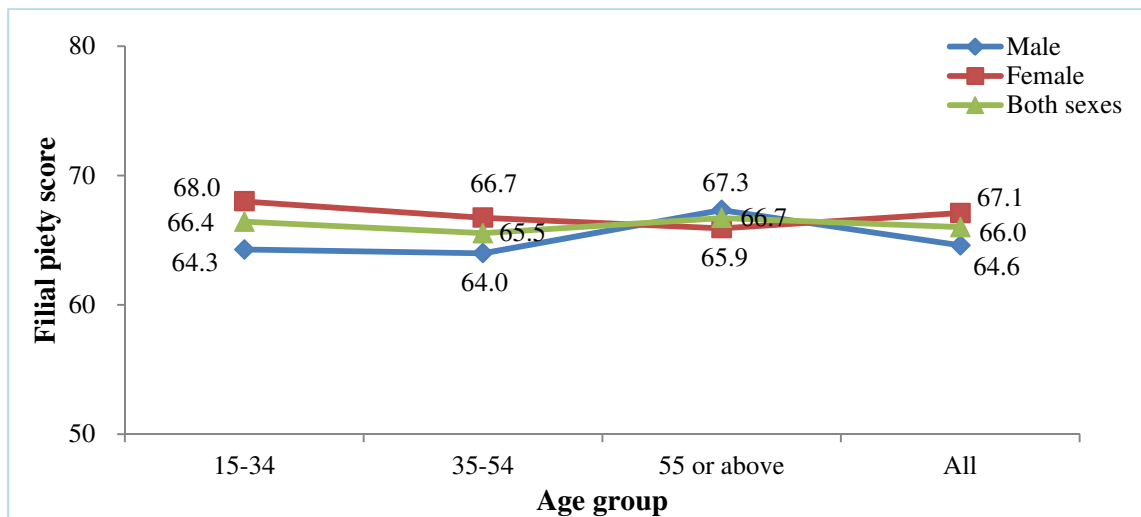
Chart 4.9.2: Practice of filial piety among students in 2013 and 2015 (%)



Filial Piety Score

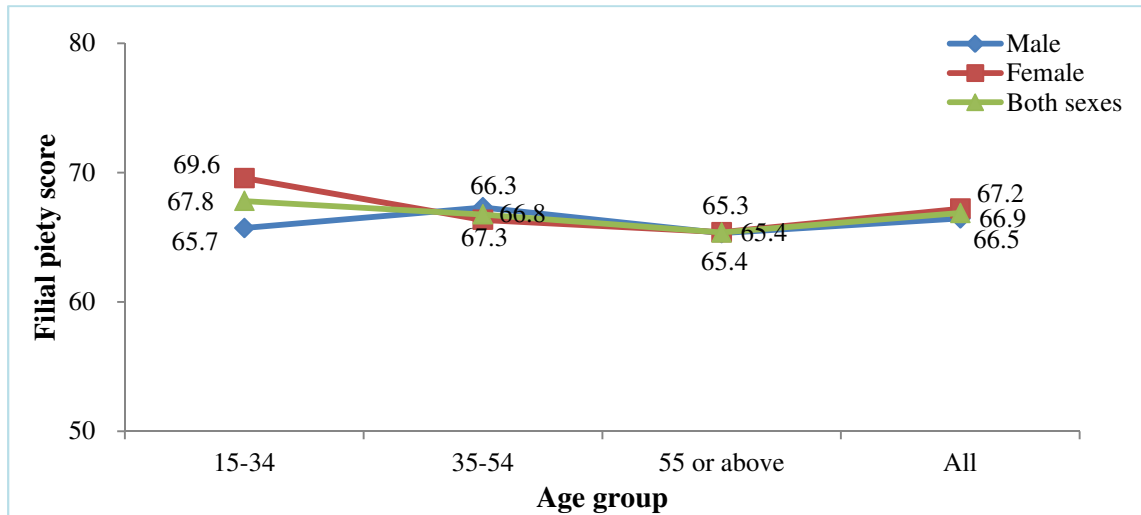
4.9.7 To evaluate the observance of the six filial piety practices of all respondents (excluding students), the filial piety scores were compiled as a composite of these practices¹⁴. The average filial piety scores were 66 out of 100 (male: 64.6; female: 67.1) and 66.9 out of 100 (male: 66.5; female: 67.2) in 2013 and 2015 respectively which were above average as 100 was the possible maximum.

Chart 4.9.3: Filial piety score (excluding students) by gender and age group in 2013



14 Each of the filial piety practice were rated in five categories that were allocated to a scale from '0' to '100' (0 for "very little", 25 for "rather little", 50 for "average", 75 for "rather a lot", and 100 for "very much"). The measure of filial piety exhibited a reliability (α) coefficient of 0.86 in this Survey.

Chart 4.9.4: Filial piety score (excluding students) by gender and age group in 2015



4.9.8 Analysed by marital status, female respondents who were widowed were more likely to practise filial piety to their parents in 2013 and 2015.

Chart 4.9.5: Filial piety score (excluding students) by gender and marital status in 2013

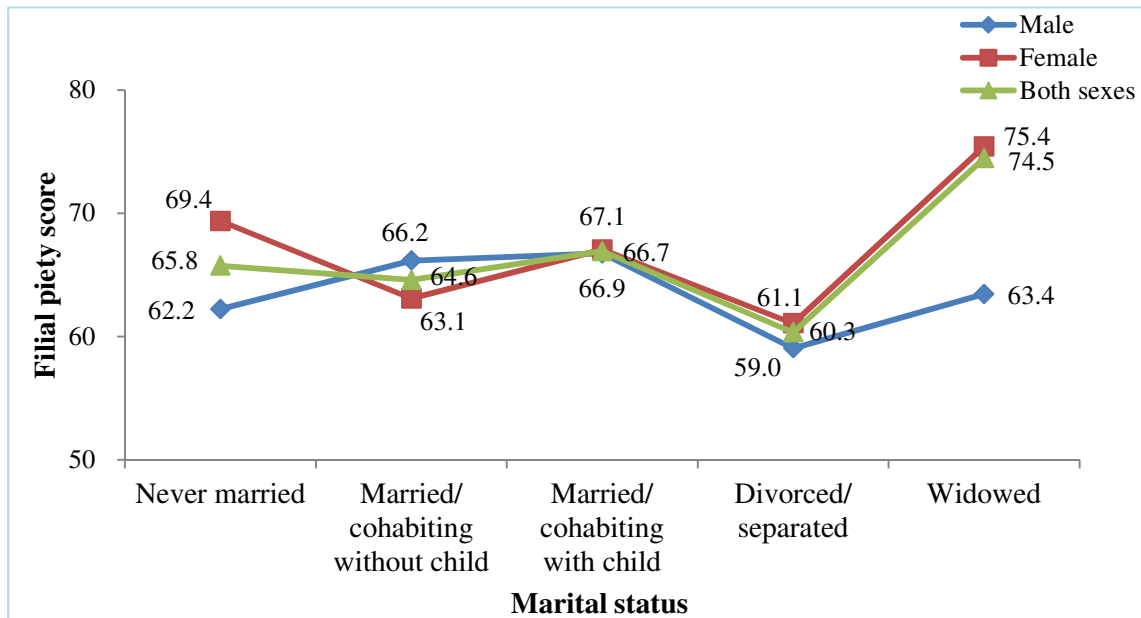
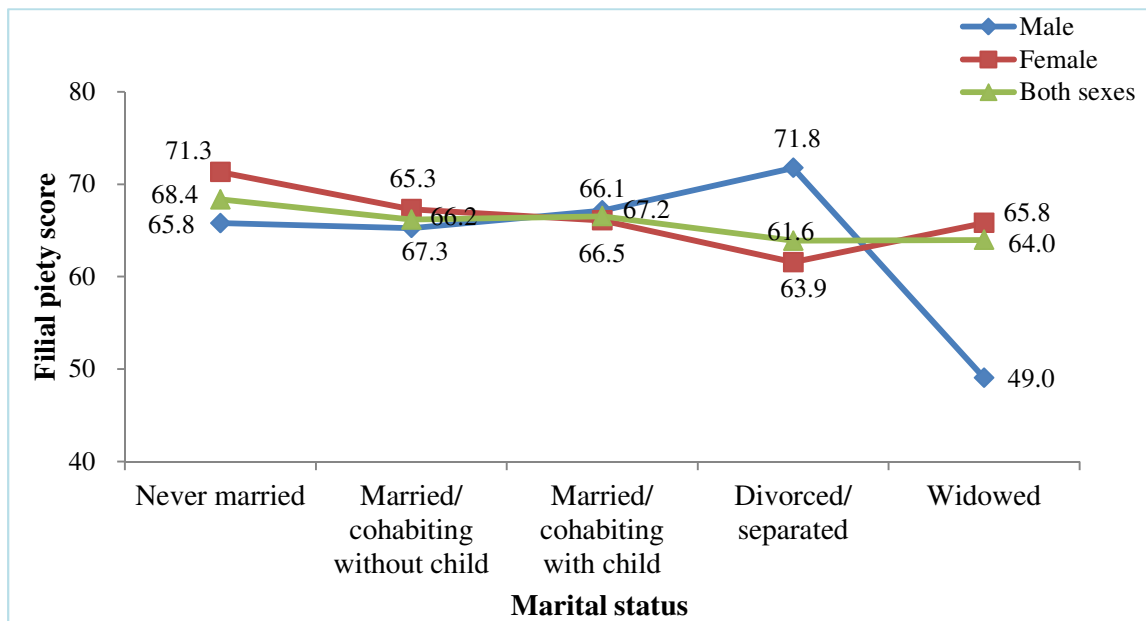


Chart 4.9.6: Filial piety score (excluding students) by gender and marital status in 2015



Chapter 5 | Parenthood

5.1 Introduction

5.1.1 Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. Different parenting style has different impact on children. The questions from the Canadian family survey¹⁵ are adopted in our focus group discussions and public survey. Main areas of concern are:

- (a) attitudes towards parenthood;
- (b) impact on having and raising children;
- (c) role models; and
- (d) parenting method

5.1.2 There is no single or definitive model of parenting. What may be right for one child may not be suitable for another. Parenting strategies also play a significant role in a child's development. Information on parenting, including the types of approaches adopted in disciplining children such as a verbal reprimand, withdrawing privileges, sending the child to his/her room and a "time out" and spanking, was gathered in the Survey.

5.1.3 It was worth noting that family size decreased in recent years. More and more couples indicated no intention to have children. Views on the likelihood of having children for those non-parents, the desire to have more children for those parents and the respective reasons were solicited from the respondents in the Survey.

5.1.4 In view of the stress faced by parents in raising children which will inevitably affect the quality of parenting and well-being of children, factors affecting parental stress, childcare arrangements as well as the attitudes towards tri-parenting were gathered in the Survey.

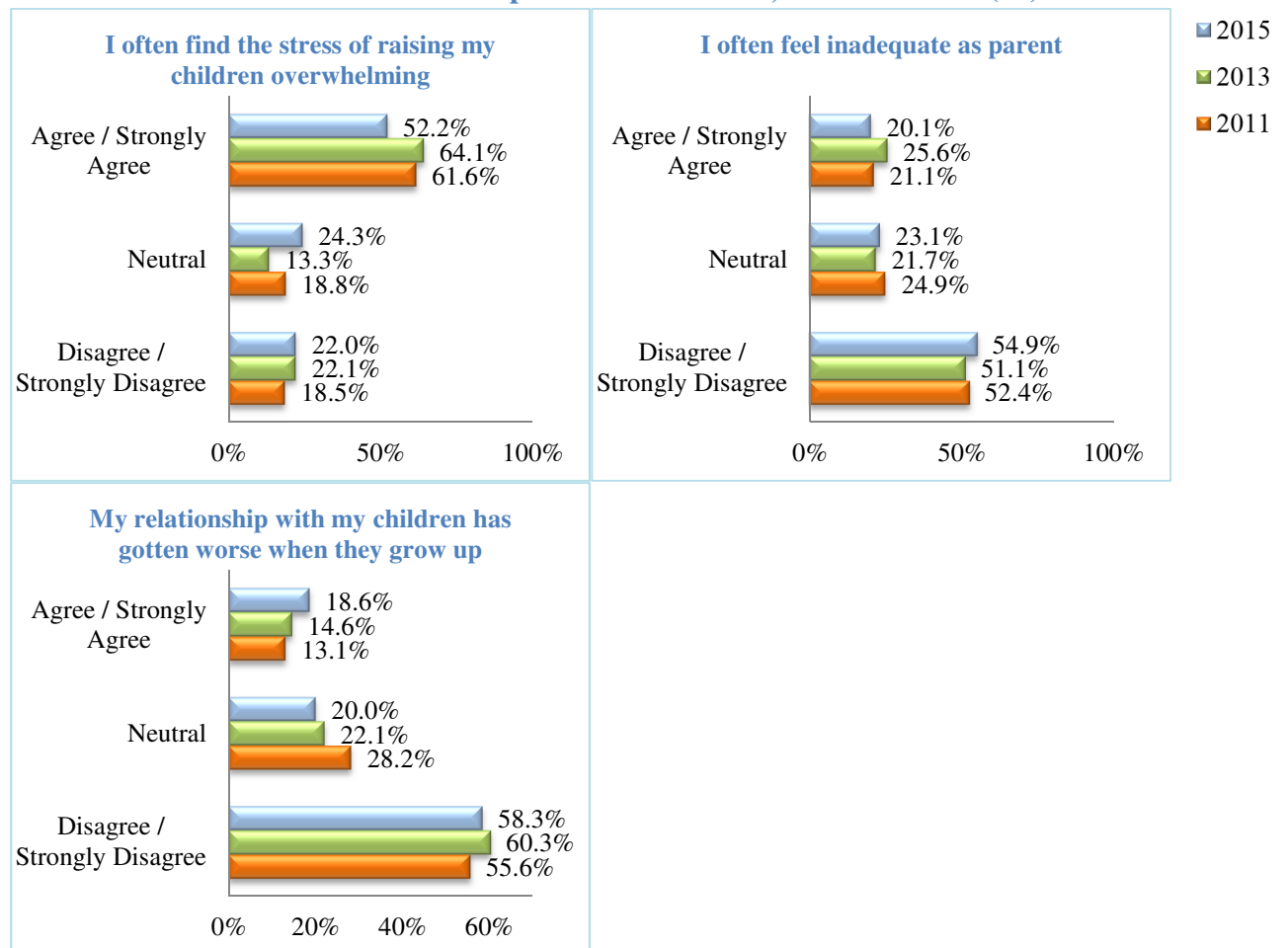
15 Canadian Attitudes on the Family: The Complete Report 2002, Focus on the Family Canada Association

5.2 Attitudes towards Parenthood

5.2.1 **Raising children was stressful for some parents.** In 2015, 52% of the parents¹⁶ agreed that they often found the stress of raising their children overwhelming, indicating that majority of them were not confident of their ability in both raising children and handling the associated stress. With the findings in 2011, 2013 and 2015 compared, decreasing number of parents who often found the stress of raising their children overwhelming was observed in 2015.

5.2.2 At the same time, there was 20% agreed that they often felt inadequate as a parent and 19% of them agreed that their relationship with their children had gotten worse when they grew up. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

Chart 5.2.1: Attitudes towards parenthood in 2011, 2013 and 2015 (%)

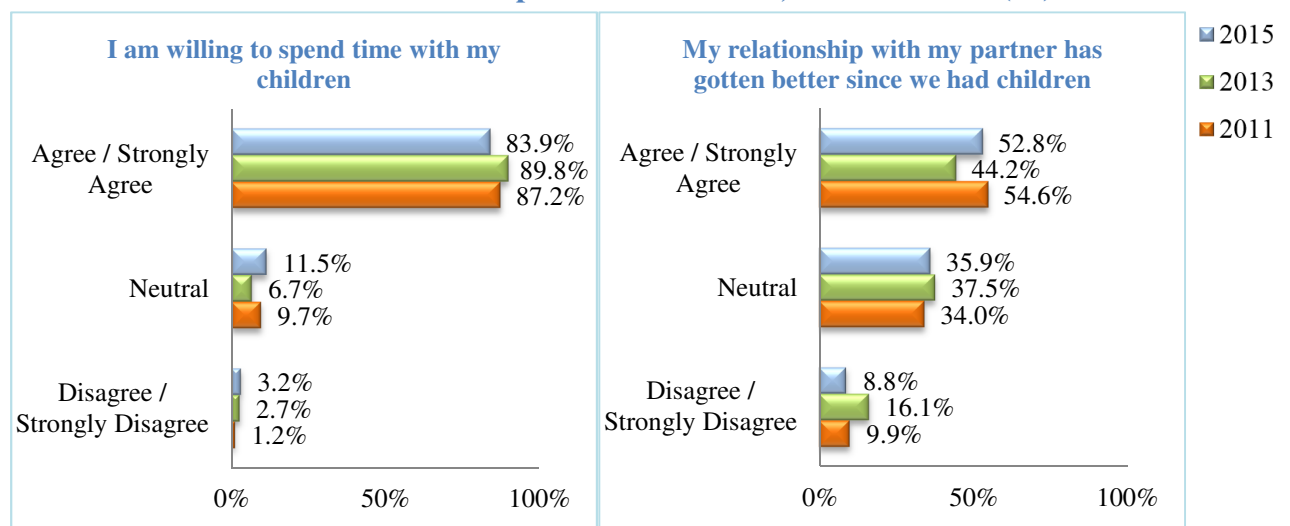


16 Questions in the section 5.2 -5.4 were asked to the respondents who had children (parents).
Total number of respondents for those who have children = 1 302.

5.2.3 In 2015, 84% of the parents indicated that they would be willing to spend time with their children and 53% considered that their relationship with their partner got better after they had children. On the other hand, there was only 9% of the parents expressed that their relationship with partners got worse since they had children.

5.2.4 Compared with the findings in 2013, the agreement on the view that the parents are willing to spend time with their children decreased in 2015. However, more parents reported that their relationship with partners got better since they had children in 2015.

Chart 5.2.2: Attitudes towards parenthood in 2011, 2013 and 2015 (%)



5.2.5 Analysed by age group, middle-aged parents (aged 35-54) were more likely to agree that they often found the stress of raising their children overwhelming (56%). The majority of the parents were willing to spend time with their children, especially the younger parents (94% in 2015; 96% in 2013).

Table 5.2.3: Agreement on attitudes towards parenthood by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
I often find the stress of raising my children overwhelming	2015	49.6	55.7	49.2
	2013	69.2	63.1	64.1
	2011	53.0	64.0	60.8
I often feel inadequate as parent	2015	24.8	22.5	20.1
	2013	38.6	26.4	22.3
	2011	22.7	22.2	19.4
My relationship with my children has gotten worse when they grow up	2015	10.9	22.2	16.6
	2013	13.7	14.2	15.2
	2011	9.3	11.4	15.8
I would be willing to spend time with my children	2015	93.5	84.8	81.5
	2013	96.4	93.6	84.7
	2011	88.5	93.7	79.9
My relationship with my partner has gotten better since we had children	2015	58.1	54.0	50.7
	2013	45.5	41.3	46.8
	2011	54.5	52.8	56.6

5.2.6 Mothers who were divorced/separated were more likely to agree that they often found the stress of raising children overwhelming (67% in 2015; 76% in 2013; 70% in 2011).

Table 5.2.4: Agreement on attitudes towards parenthood by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F
I often find the stress of raising my children overwhelming	2015	47.7	55.4	56.2	66.9	50.8	45.1
	2013	63.0	62.8	43.4	75.8	68.0	70.0
	2011	56.3	63.7	47.4	69.8	60.7	73.6
I often feel inadequate as parent	2015	21.6	19.3	28.8	19.1	15.3	18.9
	2013	20.0	27.7	34.7	42.1	19.9	26.4
	2011	18.0	20.9	16.7	23.3	30.6	36.9
My relationship with my children has gotten worse when they grow up	2015	20.2	15.6	32.7	29.0	26.8	14.0
	2013	15.3	13.0	25.4	18.3	14.4	14.5
	2011	14.3	10.5	6.3	12.4	24.1	21.6
I would be willing to spend time with my children	2015	78.9	88.3	80.9	91.0	89.9	80.3
	2013	87.3	93.0	76.5	93.2	89.0	86.1
	2011	85.6	91.3	60.9	85.6	82.1	85.1
My relationship with my partner has gotten better since we had children	2015	57.9	54.7	28.0	37.6	42.3	46.4
	2013	53.8	43.3	4.9	13.8	47.7	39.3
	2011	58.5	56.6	56.3	50.4	26.5	27.5

Views collected from focus group discussions

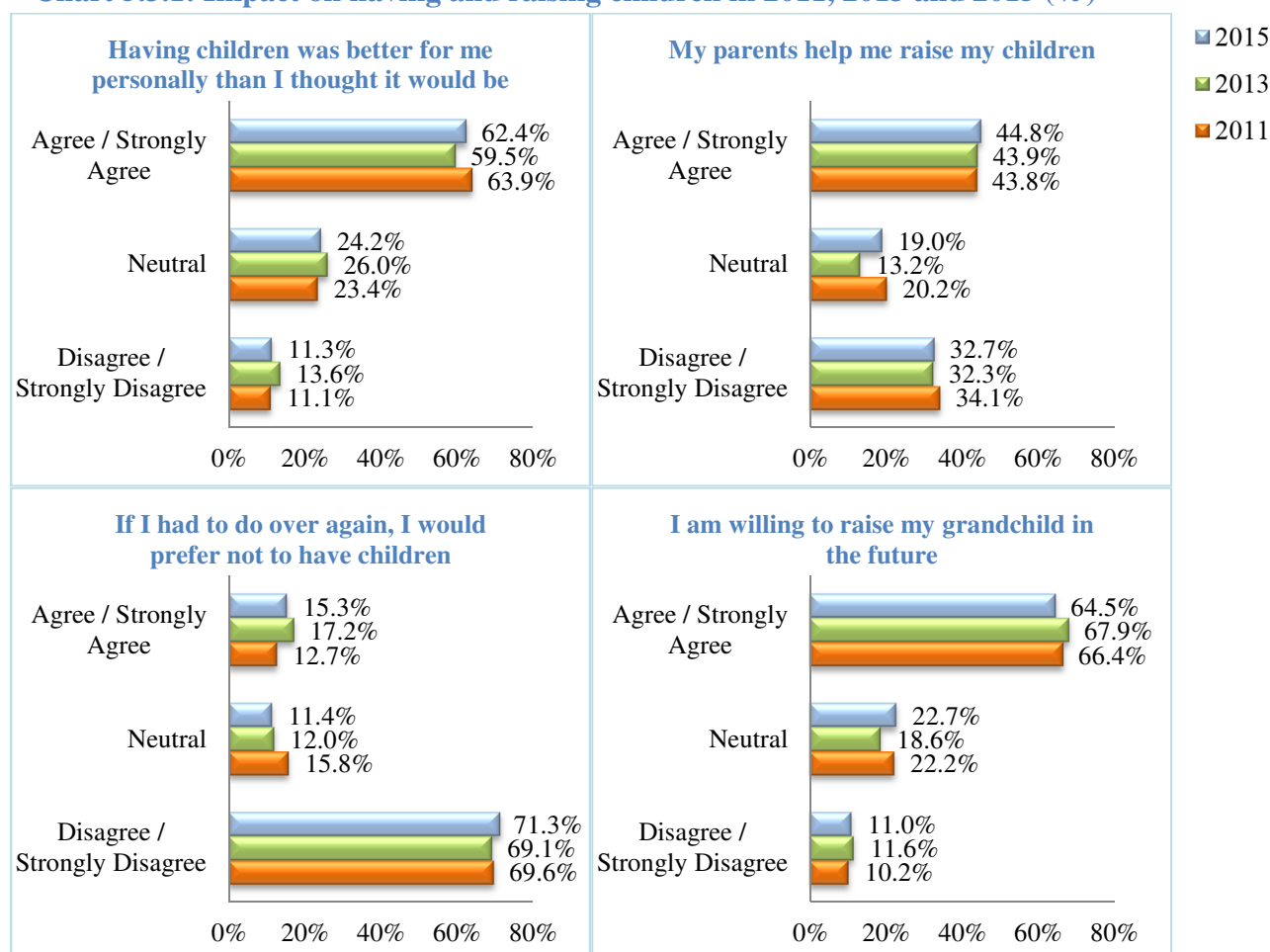
- 5.2.7 Apart from the findings collected from the questionnaire survey, views on the relationship with adult children were solicited from participants during the focus group discussions.
- 5.2.8 Majority of parents indicated a better relationship when their children grew up and the major reasons were that they listened to their children and kept from giving too much unwelcomed advice or asking too many nosy questions. They also indicated that they discussed and shared with children their thoughts on various issues including some in-depth topics. Nevertheless, they valued the importance of children's privacy and tried not to focus on children's academic results.
- 5.2.9 On the other hand, some parents indicated a worse relationship when their children grew up and the major reasons were lack of physical contact (e.g. hugging, holding and kissing), without common topics to talk to, the children were very busy at work, lack of family gatherings, and some adult children commented that their parents always provided unsolicited advice and words.

5.3 Impact of Raising Children

5.3.1 **Views on raising children by grandparents were diversified.** In 2015, we have solicited views of the respondents as to whether their parents rendered assistance in taking care of their children (45% agreed, whereas 33% disagreed). On the other hand, 65% of the parents agreed that “I am willing to raise my grandchildren in the future” and “having children was better for me personally than I thought it would be” (62%). It is also interesting to note that 15% of the parents would prefer not to have children if they had to do over again.

5.3.2 With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable. It was worth noting that the proportion of parents that would prefer not to have children if they had to do over again decreased from 17% in 2013 to 15% in 2015.

Chart 5.3.1: Impact on having and raising children in 2011, 2013 and 2015 (%)



5.3.3 Analysed by age group, consensus was found in all groups.

Table 5.3.2: Agreement on impact on having and raising children by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Having children was better for me personally than I thought it would be	2015	53.2	62.3	64.0
	2013	58.4	55.0	64.1
	2011	67.4	62.3	64.9
My parents help me raise my children	2015	45.3	47.6	42.0
	2013	73.1	42.2	39.8
	2011	47.1	44.6	42.0
If I had to do over again, I would prefer not to have children	2015	10.2	15.4	16.2
	2013	16.6	15.4	19.0
	2011	14.9	12.5	12.4
I am willing to raise my grandchild in the future	2015	60.0	66.5	63.3
	2013	61.7	71.5	65.6
	2011	59.2	65.9	68.6

5.3.4 Analysed by marital status, for both fathers and mothers who were divorced/separated, they were more likely to agree that if they had to do over again, they would prefer not having children, as compared to other groups.

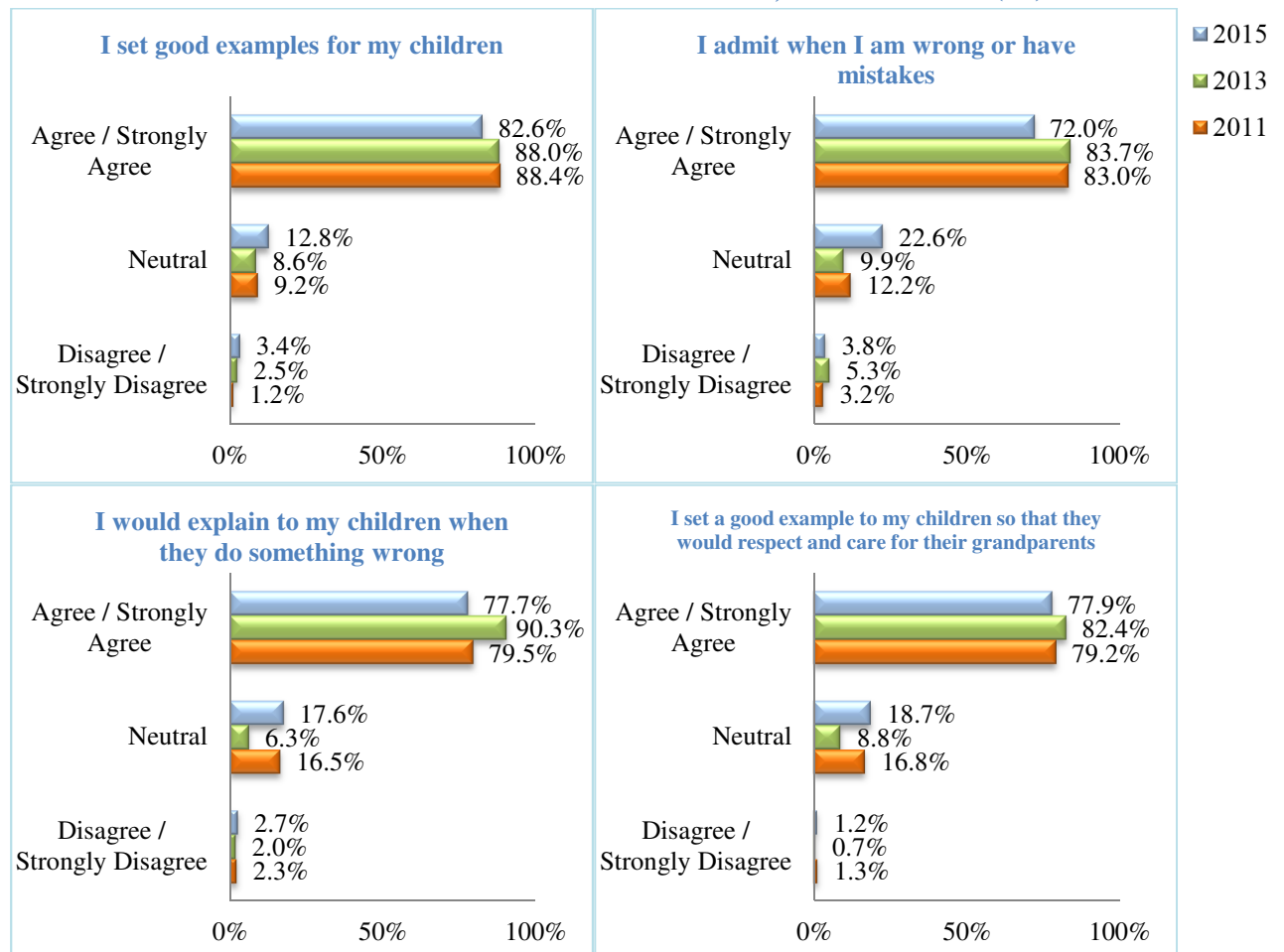
Table 5.3.3: Agreement on impact on having and raising children by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F
Having children was better for me personally than I thought it would be	2015	63.9	63.3	35.3	59.5	64.7	62.4
	2013	62.8	58.9	38.5	47.4	64.5	61.2
	2011	66.3	66.5	46.2	59.0	61.0	49.0
My parents help me raise my children	2015	46.1	46.4	49.7	41.2	33.0	38.4
	2013	48.8	41.9	12.2	52.1	33.9	38.5
	2011	47.9	42.6	22.7	38.6	32.9	46.2
If I had to do over again, I would prefer not to have children	2015	15.2	13.0	21.0	26.7	14.9	17.6
	2013	14.3	16.7	30.0	35.9	10.8	17.1
	2011	9.4	12.7	10.8	14.6	31.7	24.3
I am willing to raise my grandchild in the future	2015	65.3	65.6	70.3	62.2	60.9	60.0
	2013	69.7	70.5	28.0	64.4	60.5	62.9
	2011	72.3	64.8	38.9	61.4	51.1	72.7

5.4 Role models

5.4.1 **Most parents agreed to set role models for their children.** Majority of the parents agreed to set good examples to their children (83%), to admit fault when doing wrong (72%), to explain to their children when they do something wrong (78%) and to set good examples to children so that they would respect and take care of their grandparents (78%) in 2015. However, with the findings in 2011, 2013 and 2015 compared, the agreements decreased significantly for all views.

Chart 5.4.1: Attitudes towards role models in 2011, 2013 and 2015 (%)



5.4.2 Consensus of views was found in all groups, irrespective of age, gender and marital status. Most of the parents agreed to set good examples, to admit wrong, to tell them when they did something wrong and to set good examples to children so that they would respect and take care of their grandparents.

Table 5.4.2: Agreement on attitudes towards role models by age group in 2011, 2013 and 2015 (%)

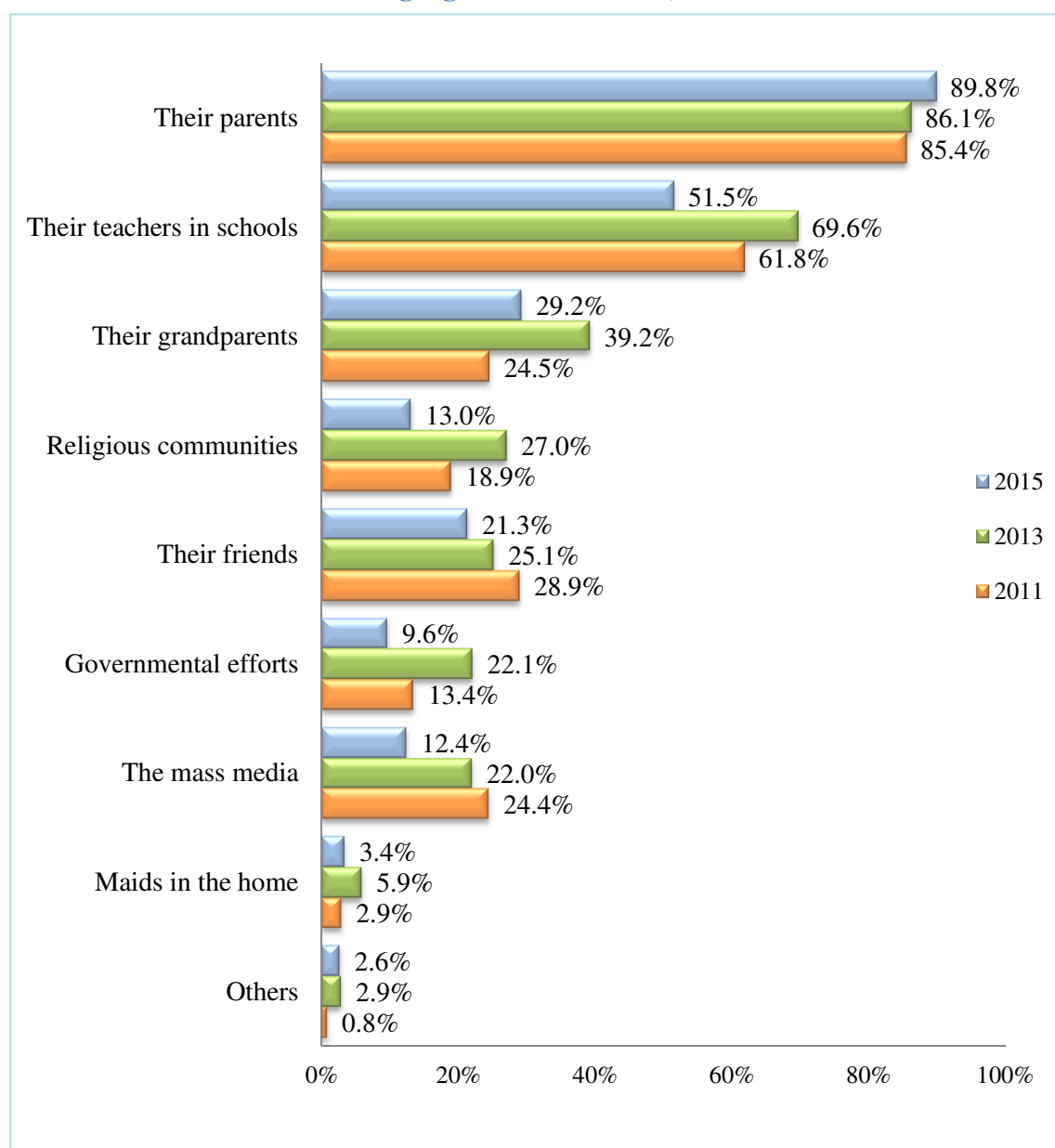
	Year	15-34	35-54	55 or above
I set good examples for my children	2015	79.9	83.6	82.0
	2013	88.0	89.9	86.2
	2011	87.1	92.7	83.9
I admit when I am wrong or have mistakes	2015	84.2	83.6	82.0
	2013	93.9	87.5	78.1
	2011	88.0	85.8	78.8
I would explain to my children when they do something wrong	2015	89.8	80.7	72.8
	2013	96.6	93.0	86.5
	2011	79.0	82.7	76.2
I set a good example to my children so that they would respect and care for their grandparents	2015	83.3	79.3	75.6
	2013	97.0	88.6	73.6
	2011	75.7	81.5	77.4

Table 5.4.3: Agreement on attitudes towards role models by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F
I set good examples for my children	2015	83.2	83.8	75.3	78.8	89.9	80.1
	2013	87.4	90.2	78.0	89.4	90.4	82.5
	2011	89.9	89.2	69.2	86.7	85.3	90.3
I admit when I am wrong or have mistakes	2015	68.3	79.2	62.7	73.5	71.8	57.0
	2013	82.1	88.1	71.7	93.7	66.9	71.3
	2011	80.2	87.3	54.9	78.3	85.1	88.5
I would explain to my children when they do something wrong	2015	77.8	80.2	82.1	85.3	81.5	61.6
	2013	90.6	91.6	78.8	92.3	82.3	87.2
	2011	80.9	79.8	57.2	81.3	74.7	76.0
I set a good example to my children so that they would respect and care for their grandparents	2015	77.7	83.2	63.0	70.3	77.5	66.1
	2013	83.8	85.7	68.2	88.6	70.5	65.4
	2011	80.0	81.3	64.9	78.7	64.0	74.6

5.4.3 90% of the parents considered that parents were the most suitable persons to teach their children the right values. 52% and 30% believed that teachers in schools and their grandparents shouldered such duty respectively. With the findings in 2011, 2013 and 2015 compared, decreasing number of parents considered that other parties such as teachers in schools and grandparents were the most suitable persons to teach their children the right values.

Table 5.4.4: Teaching right values in 2011, 2013 and 2015 (%)

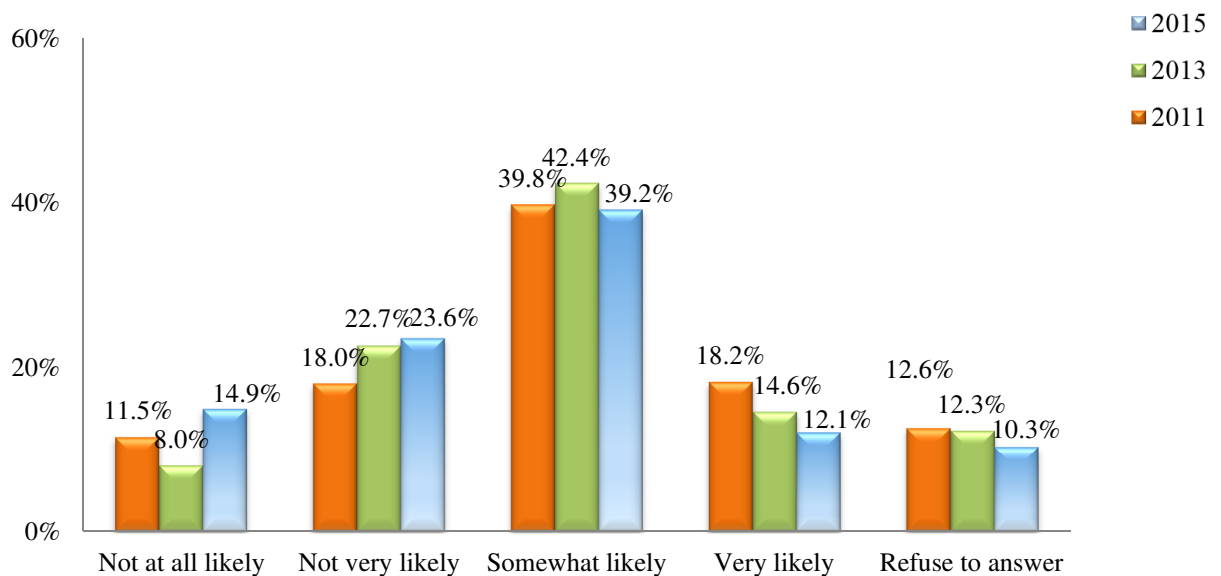


Note: Respondents were allowed to give more than one choice.

5.5 Intention to have children

5.5.1 *Non-parent respondents' intention varied in having children in the future.* About half of the non-parent respondents (51%) indicated that they were very likely or somewhat likely to have children in the future in 2015. At the same time, more than one-third of the non-parent respondents (39%) indicated that they were not very likely or not at all likely to have children in the future. There were also 10% of the respondents who refused to answer.

Chart 5.5.1: Intention to have children in the future in 2011, 2013 and 2015 (%)



5.5.2 *Over half of those non-parents aged 35-54 had no intention to have children in the future.* In 2015, 92% of those non-parent respondents aged 55 or above had no intention to have children in the future, whilst only 1% still had intention to have children in the future. It is noticeable that younger people aged 15-34 (71%) and those female respondents who had never married (61%) were very likely or somewhat likely to have children in the future in 2015.

Table 5.5.2: Intention to have children in the future by age group in 2011, 2013 and 2015 (%)

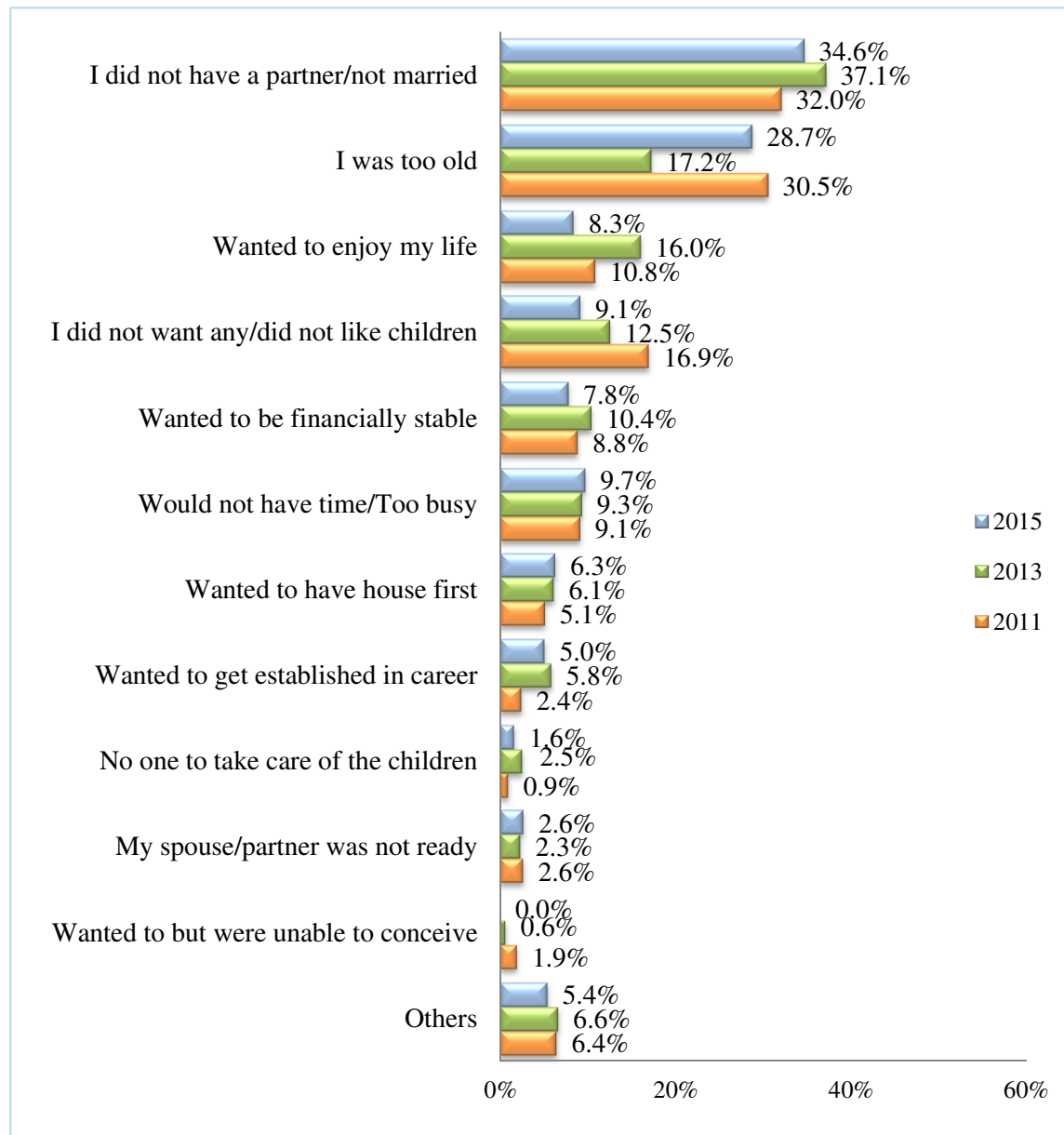
	Year	15-34	35-54	55 or above
Not at all likely	2015	1.8	20.2	59.4
	2013	2.4	11.4	34.3
	2011	2.2	15.7	60.6
Not very likely	2015	15.8	36.3	32.5
	2013	14.7	40.7	25.1
	2011	9.7	34.9	24.4
Somewhat likely	2015	54.4	25.7	1.0
	2013	54.0	27.0	9.9
	2011	50.2	28.8	2.5
Very likely	2015	16.4	8.8	0.0
	2013	18.5	7.6	9.0
	2011	25.8	6.6	0.0

Table 5.5.3: Intention to have children in the future by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/ cohabiting without child		Divorced/ separated		Widowed	
		M	F	M	F	M	F	M	F
Not at all likely	2015	11.8	11.6	17.2	20.5	42.4	37.6	82.6	50.9
	2013	4.4	8.2	13.6	9.4	10.5	0.0	40.9	49.0
	2011	7.0	9.4	15.0	21.4	66.9	40.9	26.4	65.9
Not very likely	2015	25.3	18.8	23.4	29.9	35.1	29.1	8.3	49.1
	2013	27.2	16.7	26.0	23.2	35.3	100.0	0.0	28.4
	2011	18.4	15.3	19.1	21.1	16.9	23.3	34.0	34.1
Somewhat likely	2015	39.2	47.9	29.0	35.2	0.0	10.1	0.0	0.0
	2013	47.2	43.2	33.4	39.6	6.5	0.0	10.6	22.6
	2011	44.1	43.9	37.6	18.8	0.0	21.0	25.9	0.0
Very likely	2015	13.0	12.8	11.6	9.3	11.4	6.4	0.0	0.0
	2013	11.7	18.5	12.8	17.4	0.0	0.0	8.1	0.0
	2011	19.9	17.7	16.7	21.5	0.0	0.0	0.0	0.0

5.5.3 Major reasons for non-parent respondents for not having children were “I did not have a partner/not married” (35%) and “I was too old” (29%) in 2015.

Table 5.5.4: Reasons for non-parents not to have children in the future in 2011, 2013 and 2015 (%)



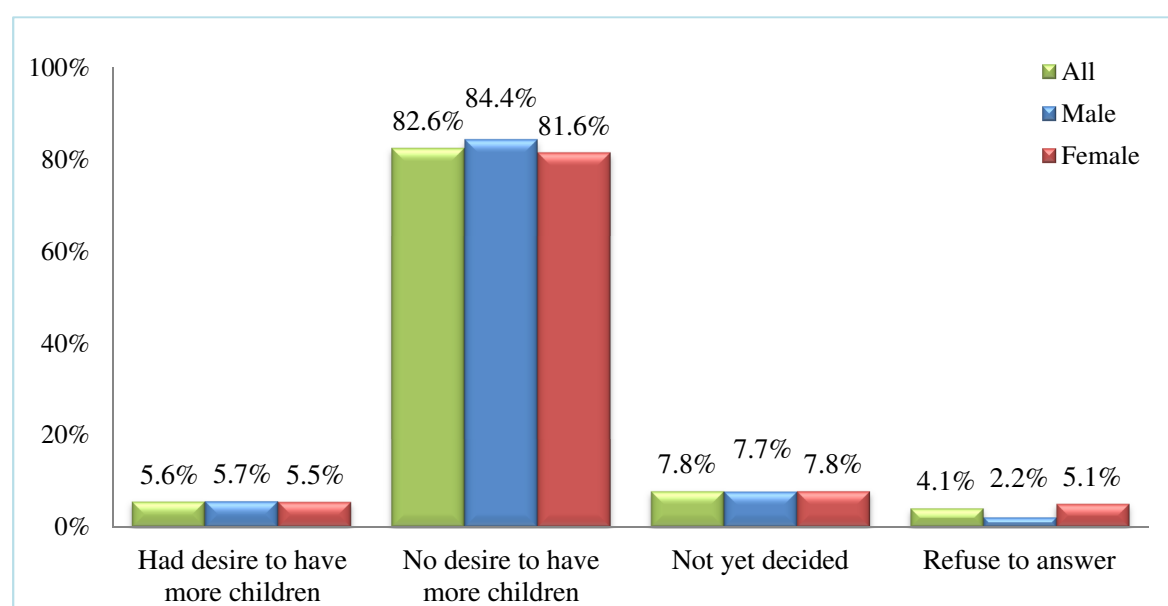
Note: Respondents were allowed to give more than one choice.

5.6 *Desire to have more children*

5.6.1 *Weak desire to have more children among those parents aged 18-54.*

In 2015, 6% of the parents aged 18-54 had desire to have more children in the future, 83% did not have desire to have more children in the future and 8% did not make the decision yet.

Chart 5.6.1: Desire to have more children among those parents aged 18-54 in the future in 2015 (%)



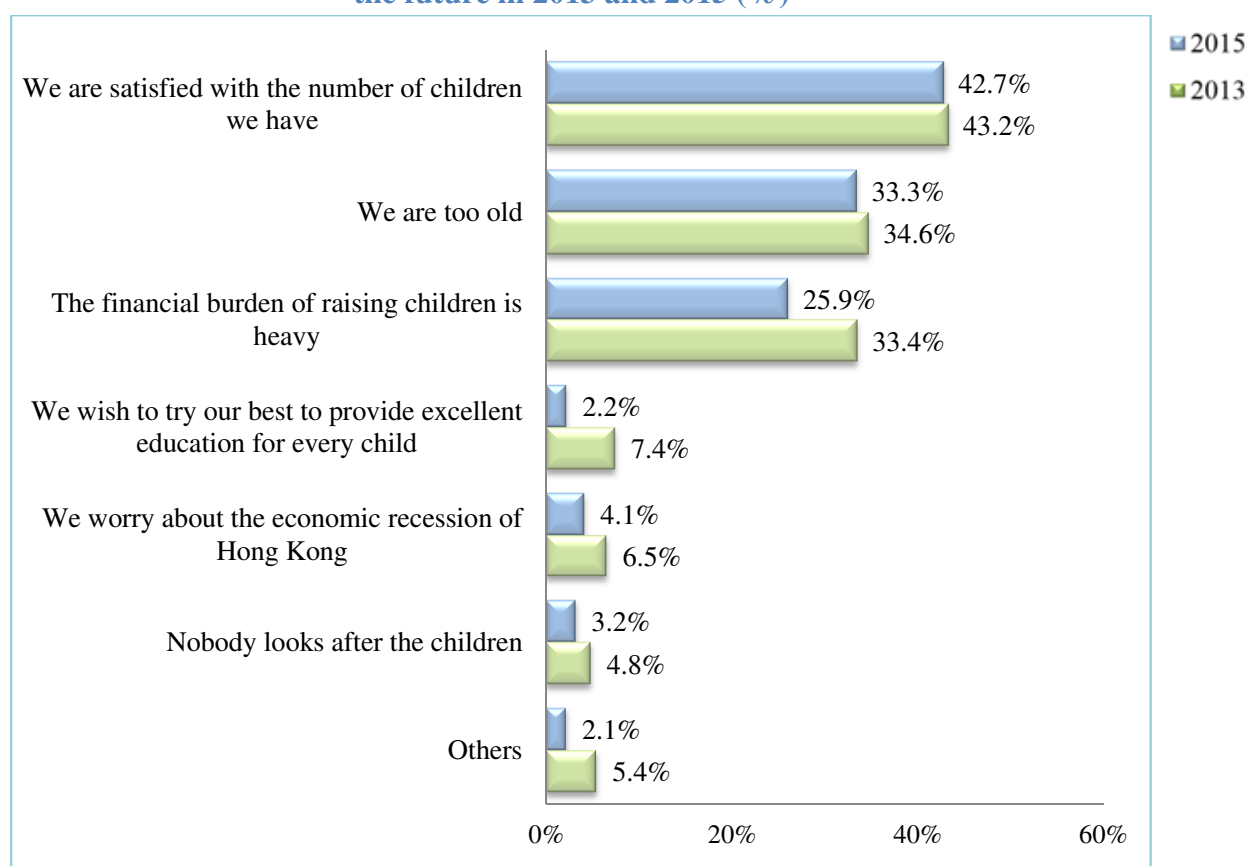
5.6.2 *More than half of the parents aged 18-34 had no desire to have more children in the future.* 53% of the parents aged 18-34 and 88% of the parents aged 35-54 had no desire to have more children in the future whereas 21% of the parents aged 18-34 and only 3% of the parents aged 35-54 had desire to have more children. It is noticeable that the desire became weaker within the past two years for both age groups of parents.

Table 5.6.2: Desire to have more children among those parents aged 18-54 in the future by age group in 2013 and 2015 (%)

	Year	18-34	35-54	Total
Had desire to have more children	2015	21.3	2.8	5.6
	2013	26.4	5.6	9.1
No desire to have more children	2015	53.0	87.8	82.6
	2013	50.4	86.5	80.3
Not yet decided	2015	19.3	5.7	7.8
	2013	21.1	5.3	8.0

5.6.3 Among the parents aged 18-54, the major reasons for not having more children in the future were “we are satisfied with the present number of children we have” (43%), “we are too old” (33%) and “the financial burden of raising children is heavy” (26%) in 2015.

Table 5.6.3: Reasons for not to have more children among parents aged 18-54 in the future in 2013 and 2015 (%)

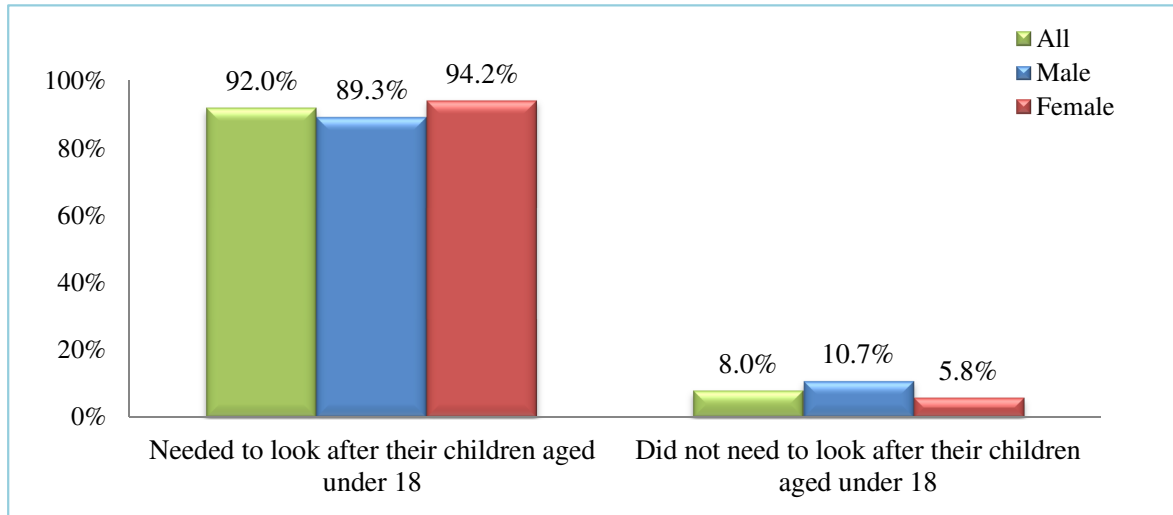


Note: Respondents were allowed to give more than one choice.

5.7 Childcare arrangements

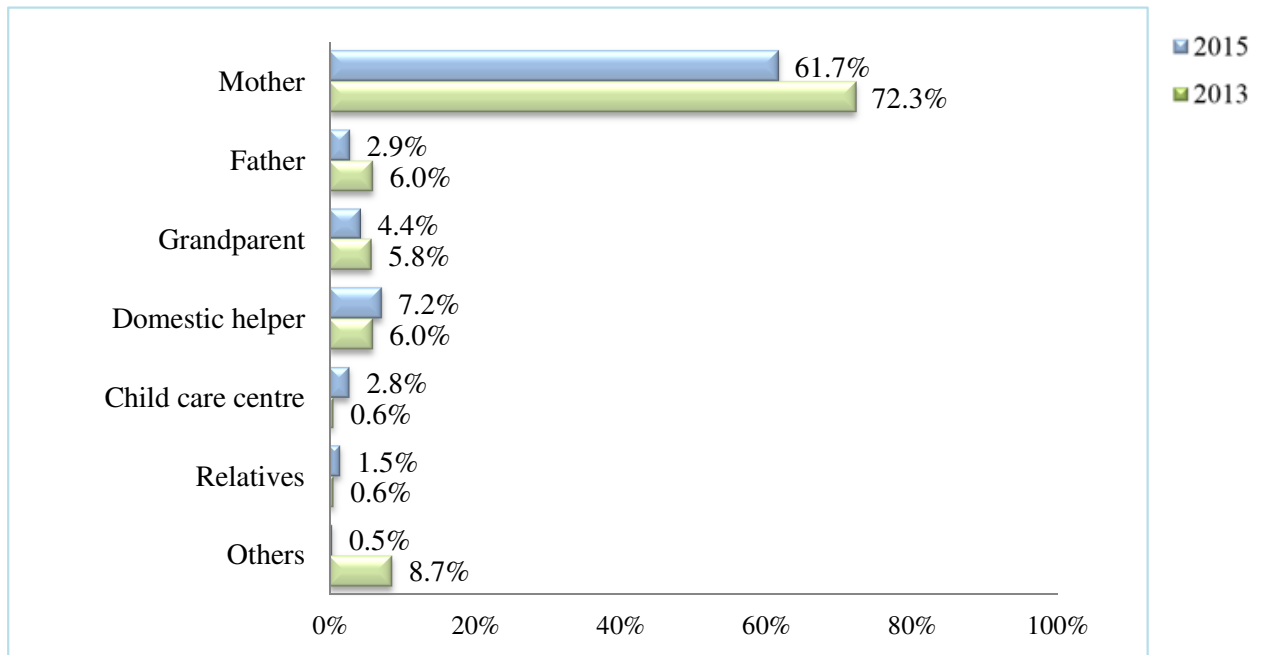
5.7.1 Among the parents with children aged under 18, the majority of them needed to look after their children.

Chart 5.7.1: Whether the parents with children aged under 18 needed to look after their children in 2015 (%)



5.7.2 For those children aged under 18, the main carers were their mothers (62%), followed by domestic helpers (7%) and grandparents (4%).

Table 5.7.2: Main carers of the children aged under 18 in 2013 and 2015 (%)



5.8 Parenting methods

5.8.1 **Most parents cared about children’s needs and behaviour.** Over 90% of parents with children aged 18 or below¹⁷ indicated that they often or sometimes adopted positive approaches in teaching their children such as “care for my children’s needs when they are small” (91% in 2015; 93% in 2013), “point out and rectify my children’s mistakes immediately” (90% in 2015; 93% in 2013), “explain the reason with my children” (90% in 2015; 93% in 2013) and “play with my children” (91% in 2015; 90% in 2013). On the other hand, 69% expressed that they often or sometimes criticized their children in 2015.

Chart 5.8.1: Parenting methods in 2013 and 2015 (%)

	Year	Often	Sometimes	Seldom	Never	Refuse to answer
Care for my children’s needs when they are small	2015	69.9	21.5	3.6	0.0	4.3
	2013	69.5	23.8	2.2	0.0	4.4
Point out and rectify my children’s mistakes immediately	2015	66.0	23.5	4.4	0.8	4.6
	2013	67.1	25.6	2.4	0.2	4.7
Explain the reason with my children	2015	63.2	27.2	3.1	1.6	4.3
	2013	67.6	25.0	2.5	0.4	4.5
Able to perceive the unhappiness of my children	2015	56.2	31.5	5.1	2.2	4.3
	2013	54.3	33.8	6.9	0.5	4.5
Express my love to my children through languages and actions	2015	56.6	31.4	5.8	0.9	4.6
	2013	53.1	35.2	6.8	0.0	4.8
Teach my children to be self-disciplined when they are small	2015	60.3	30.5	2.6	1.4	4.6
	2013	61.0	26.4	4.9	1.2	6.5
Teach my children to try their best to do everything	2015	50.0	36.4	4.2	3.1	5.5
	2013	46.6	34.0	9.9	4.0	5.5
Endeavour to educate my children when they are small	2015	57.3	29.6	5.2	2.6	4.6
	2013	56.3	29.4	6.2	2.8	5.3
Play with my children	2015	59.7	31.0	3.6	0.3	4.8
	2013	59.9	30.2	5.5	0.3	4.1
Acclaim my children in front of my friends	2015	35.5	47.2	9.9	2.4	4.3
	2013	27.5	48.9	16.2	2.3	5.1
Criticize my children	2015	15.9	52.8	22.4	3.8	4.5
	2013	14.6	45.3	29.2	6.4	4.5

17 Questions in the section 5.8 were for those respondents who had children aged 18 or below. Number of the respondents who had children aged 18 or below = 355.

5.8.2 Ratings on observance of respective parenting methods were expressed in a Likert scale of 4, with “1” denoting “never” and “4” denoting “often”. Mean scores are computed for each item. A higher total score indicated a more positive way in teaching their children.

5.8.3 Analysed by age group, the results showed that younger parents aged 15-34 were more attentive to children’s feelings than the other two age groups. More younger parents expressed their love to their children through languages and actions (3.62) and acclaimed their children in front of friends (3.40). On the contrary, they seldom criticized their children (1.92).

Table 5.8.2: Mean scores on observance of parenting methods by age group and gender in 2013 and 2015

	Year	15-34	35-54	55 or above	Total
Care for my children’s needs when they are small	2015	3.78	3.69	3.58	3.70
	2013	3.72	3.72	3.45	3.70
Point out and rectify my children’s mistakes immediately	2015	3.76	3.61	3.53	3.63
	2013	3.77	3.68	3.32	3.68
Explain the reason with my children	2015	3.58	3.61	3.52	3.60
	2013	3.63	3.70	3.52	3.67
Able to perceive the unhappiness of my children	2015	3.55	3.50	3.25	3.49
	2013	3.51	3.50	3.21	3.49
Express my love to my children through languages and actions	2015	3.62	3.51	3.28	3.52
	2013	3.65	3.47	3.17	3.49
Teach my children to be self-disciplined when they are small	2015	3.53	3.59	3.63	3.58
	2013	3.54	3.62	3.18	3.57
Teach my children to try their best to do everything	2015	3.39	3.44	3.28	3.42
	2013	3.22	3.33	3.28	3.30
Endeavour to educate my children when they are small	2015	3.35	3.54	3.38	3.50
	2013	3.55	3.48	3.09	3.47
Play with my children	2015	3.62	3.61	3.22	3.59
	2013	3.82	3.51	3.25	3.56
Acclaim my children in front of my friends	2015	3.40	3.20	2.90	3.22
	2013	3.29	3.01	2.99	3.07
Criticize my children	2015	1.92	2.18	2.40	2.15
	2013	2.31	2.27	2.35	2.29

5.8.4 Analysed by marital status, married/cohabiting females with child had higher mean scores in all parenting methods than married/cohabiting males with child.

Table 5.8.3: Mean scores on observance of parenting methods by marital status and gender in 2013 and 2015

	Year	Married/ cohabiting with child		Divorced/ separated	
		M	F	M	F
Care for my children's needs when they are small	2015	3.60	3.78	3.53	3.84
	2013	3.67	3.74	3.82	3.67
Point out and rectify my children's mistakes immediately	2015	3.56	3.69	3.44	3.81
	2013	3.61	3.77	3.73	3.46
Reason with my children	2015	3.57	3.63	3.43	3.71
	2013	3.59	3.73	3.73	3.76
Able to perceive the unhappiness of my children	2015	3.43	3.54	3.84	3.51
	2013	3.43	3.57	3.44	3.29
Express my love to my children through languages and actions	2015	3.40	3.61	3.52	3.54
	2013	3.33	3.63	3.64	3.39
Teach my children to be self-disciplined when they are small	2015	3.50	3.61	3.56	3.87
	2013	3.56	3.60	3.55	3.55
Teach my children to try their best to do everything	2015	3.39	3.48	3.15	3.33
	2013	3.29	3.34	3.55	3.06
Endeavour to educate my children when they are small	2015	3.45	3.53	3.31	3.65
	2013	3.30	3.64	2.51	3.46
Play with my children	2015	3.53	3.64	3.56	3.62
	2013	3.47	3.67	2.93	3.60
Acclaim my children in front of my friends	2015	3.19	3.26	2.86	3.35
	2013	3.04	3.08	3.69	2.95
Criticize my children	2015	2.27	2.09	2.17	1.83
	2013	2.24	2.33	2.26	2.30

5.9 Parental stress

5.9.1 *Though over half of the parent respondents claimed that they had no private time, about two-thirds were happier than before.* Regarding parental stress after the birth of child, despite the lack of personal time, most parents were found happier than before. The majority of parents¹⁸ agreed or strongly agreed that they were more tired than before (70% in 2015), large part of their life is controlled by the needs of children (57%) and had no private time (56%). However, about two-thirds of the parents (65%) were happier than before.

Chart 5.9.1: Parental stress in 2013 and 2015 (%)

	Year	Strongly disagree /Disagree	Neutral	Strongly agree /Agree	Refuse to answer
More tired than before	2015	15.9	12.6	69.8	1.7
	2013	16.9	9.5	72.0	1.6
Large part of my life is controlled by the needs of children	2015	19.1	21.8	57.1	1.9
	2013	23.8	11.6	63.2	1.4
Had no private time	2015	23.1	19.2	56.0	1.9
	2013	27.4	10.6	60.4	1.6
I feel that my ability falls short of my wishes when handling children's problems	2015	37.3	25.5	35.4	1.9
	2013	32.3	19.5	46.4	1.8
Have more conflicts with my partner than before	2015	37.3	24.6	35.4	2.7
	2013	38.8	18.3	39.3	3.7
No one provides help when I am in need	2015	40.0	22.7	35.2	2.0
	2013	45.2	16.4	36.5	2.0
My family encounters financial difficulties	2015	40.3	26.0	31.9	1.8
	2013	43.6	17.4	37.4	1.6
The relationship with my partner is better than before	2015	11.3	38.4	47.4	3.0
	2013	17.2	38.6	40.4	3.7
Exchange the experience of raising children with other parents more frequently	2015	6.5	19.3	72.2	2.0
	2013	14.7	13.8	69.7	1.7
Happier than before	2015	4.8	28.5	65.0	1.7
	2013	7.8	26.5	63.8	2.0

18 Questions in section 5.9 were for those respondents who had children. Number of the respondents who had children = 1 302.

5.9.2 Analysed by gender and age, more female parents aged 15-34 were more likely to report that large part of their lives was controlled by the needs of children (80.0%) and that their abilities fell short of their wishes when handling children's problem (51.3%).

Chart 5.9.2: Parental stress by gender and age in 2015 (agreement %)

	Total	15-34		35-54		55 or above	
		M	F	M	F	M	F
More tired than before	69.8	66.2	76.4	67.4	79.1	60.3	67.8
Large part of my life is controlled by the needs of children	57.1	66.2	80.0	52.0	63.6	48.2	54.6
Had no private time	56.0	57.3	67.0	45.7	65.7	46.3	57.8
I feel that my ability falls short of my wishes when handling children's problems	35.4	48.2	51.3	32.6	42.8	28.1	30.3
Have more conflicts with my partner than before	35.4	23.9	37.8	33.8	41.3	32.8	32.1
No one provides help when I am in need	35.2	6.9	39.0	29.3	47.1	24.5	36.3
My family encounters financial difficulties	31.9	21.0	40.8	25.7	36.9	27.0	33.2
The relationship with my partner is better than before	47.4	50.2	55.5	55.2	44.2	44.0	46.6
Exchange the experience of raising children with other parents more frequently	72.2	69.0	87.1	72.8	76.5	61.8	72.4
Happier than before	65.0	49.2	63.9	71.4	64.3	60.7	66.4

5.9.3 Analysed by economic activity status, more parents who were home-makers agreed that they were more tired than before (77.2%), large part of their lives was controlled by the needs of children (67.7%), they had no private time (68.8%) and their families encountered financial difficulties (41.5%).

Chart 5.9.3: Parental stress by economic activity status in 2015 (agreement %)

	Total	Employed person	Home-maker	Retired person
More tired than before	69.8	69.2	77.2	61.0
Large part of my life is controlled by the needs of children	57.1	53.9	67.7	50.5
Had no private time	56.0	51.6	68.8	48.1
I feel that my ability falls short of my wishes when handling children's problems	35.4	34.1	41.5	30.2
Have more conflicts with my partner than before	35.4	34.4	38.5	32.2
No one provides help when I am in need	35.2	3.8	43.3	28.2
My family encounters financial difficulties	31.9	26.0	41.5	29.8
The relationship with my partner is better than before	47.4	48.1	49.1	45.2
Exchange the experience of raising children with other parents more frequently	72.2	71.3	79.0	66.2
Happier than before	65.0	67.1	64.9	62.8

5.9.4 Analysed by monthly personal income, parents with monthly personal income below HK\$10,000 were less likely to feel that their abilities fell short of their wishes when handling children’s problems (28.3%).

Chart 5.9.4: Parental stress by monthly personal income in 2015 (agreement %)

	Total	Below HK\$10,000	\$10,000 – \$24,999	\$25,000 or above
More tired than before	69.8	66.1	71.8	66.5
Large part of my life is controlled by the needs of children	57.1	52.5	58.0	57.8
Had no private time	56.0	54.5	58.2	54.3
I feel that my ability falls short of my wishes when handling children’s problems	35.4	28.3	42.3	33.3
Have more conflicts with my partner than before	35.4	34.5	39.7	32.8
No one provides help when I am in need	35.2	36.0	39.9	29.2
My family encounters financial difficulties	31.9	36.4	36.8	23.2
The relationship with my partner is better than before	47.4	42.7	49.9	48.6
Exchange the experience of raising children with other parents more frequently	72.2	65.5	73.2	75.7
Happier than before	65.0	59.6	66.7	66.1

5.9.5 Ratings on parental stress were expressed in a Likert scale of 5, with “1” denoting “Strongly disagree” and “5” denoting “Strongly agree”. Mean scores are computed for each item. A higher total score indicated higher parental stress.

5.9.6 Analysed by age group, parental stress reduced with increasing ages. According to the findings, older parents aged 55 or above had lower average scores in most of the negative impacts arisen after the birth of child, such as “had no personal time” (3.36 in 2015; 3.29 in 2013), “large part of my life is controlled by the needs of children” (3.36 in 2015; 3.31 in 2013) and “more tired than before” (3.53 in 2015; 3.54 in 2013), as compared with the younger age groups.

5.9.7 On the other hand, younger parents tended to hold less positive attitudes towards the impacts caused after the birth of child. They had higher mean scores in negative impacts such as “more tired than before” (3.83 in 2015; 3.87 in 2013) and “large part of my life is controlled by the needs of children” (3.89 in 2015; 3.86 in 2013), as compared with the older age groups.

Table 5.9.5: Mean scores of parental stress by age group and gender in 2013 and 2015

	Year	15-34	35-54	55 or above	Total
More tired than before	2015	3.83	3.70	3.53	3.63
	2013	3.87	3.73	3.54	3.65
Large part of my life is controlled by the needs of children	2015	3.89	3.52	3.36	3.47
	2013	3.86	3.55	3.31	3.47
Had no personal time	2015	3.69	3.46	3.36	3.43
	2013	3.63	3.46	3.29	3.40
I feel that my ability falls short of my wishes when handling children’s problems	2015	3.33	3.05	2.86	2.98
	2013	3.44	3.17	3.07	3.15
Have more conflicts with my partner than before	2015	3.05	3.01	2.90	2.96
	2013	3.02	3.02	2.93	2.98
No one provides help when I am in need	2015	2.94	3.02	2.86	2.94
	2013	2.86	2.84	2.94	2.89
My family encounters financial difficulties	2015	2.91	2.90	2.88	2.89
	2013	2.75	2.82	3.05	2.92
The relationship with my partner is better than before	2015	3.50	3.41	3.38	3.40
	2013	2.64	2.81	2.71	2.75
Exchange the experience of raising children with other parents more frequently	2015	3.99	3.81	3.67	3.76
	2013	2.11	2.29	2.53	2.39
Happier than before	2015	3.52	3.70	3.63	3.66
	2013	2.25	2.42	2.39	2.39

5.9.8 Analysed by marital status, divorced/separated females had more stress, as compared with other marital groups. They had the highest scores in most of the negative impacts arisen after the birth of child among the marital groups.

Table 5.9.6: Mean scores of parental stress by marital status and gender in 2013 and 2015

	Year	Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F
More tired than before	2015	3.48	3.76	3.31	3.80	3.50	3.60
	2013	3.55	3.73	3.33	4.03	3.13	3.64
Large part of my life is controlled by the needs of children	2015	3.34	3.62	3.27	3.57	3.25	3.33
	2013	3.32	3.56	2.83	3.82	3.23	3.59
Had no personal time	2015	3.21	3.62	3.17	3.63	3.54	3.34
	2013	3.19	3.51	3.14	3.78	3.12	3.55
I feel that my ability falls short of my wishes when handling children's problems	2015	2.85	3.07	3.12	3.24	2.83	2.84
	2013	3.03	3.15	3.32	3.65	3.00	3.26
Have more conflicts with my partner than before	2015	2.90	2.99	3.69	3.15	-	-
	2013	2.88	2.96	3.49	3.69	-	-
No one provides help when I am in need	2015	2.67	3.04	3.16	3.37	2.93	3.11
	2013	2.77	2.89	2.78	3.22	2.87	3.09
My family encounters financial difficulties	2015	2.74	2.96	2.83	3.29	2.71	2.90
	2013	2.76	2.91	2.93	3.42	3.12	3.19
The relationship with my partner is better than before	2015	3.50	3.45	2.72	2.91	-	-
	2013	2.57	2.73	3.60	3.71	-	-
Exchange the experience of raising children with other parents more frequently	2015	3.64	3.88	3.53	3.78	3.54	3.78
	2013	2.52	2.23	2.86	2.35	2.63	2.38
Happier than before	2015	3.70	3.68	3.21	3.45	3.37	3.69
	2013	2.34	2.39	2.44	2.72	2.54	2.36

Views collected from focus group discussions

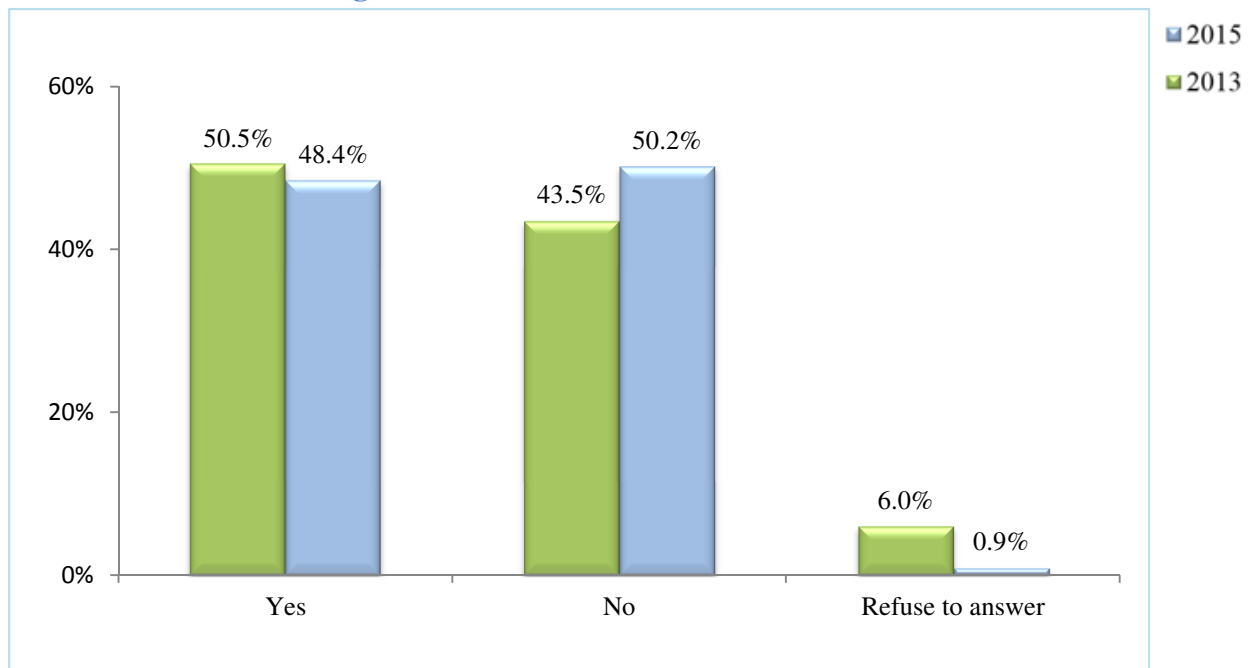
5.9.9 Apart from the findings collected from the questionnaire survey, views on parental stress were solicited from parents during the focus group discussions. Most of the parents indicated that they did not have much pressure when their children aged 6 or below, however, the parenting pressure had increased significantly when their children started to study in primary schools. They were worried about their children's academic results, the development of their children (i.e. conduct, personality and communications skills, etc.), and the prospects and career path of their children. When their children grew up (i.e. studying in tertiary institutions, working, etc.), most of the parents stated that their pressure would be released.

5.9.10 The methods for relieving the parental pressure were discussed among the parents. Some of the parents expressed that they would meet friends for sharing their feelings, doing physical exercise and watching movies to relieve their parental pressure. However, it is worth noting some of the parents indicated that they did not know how to release their pressure and to regulate their emotions.

5.10 Taking care of grandchildren

5.10.1 About half of the respondents who were grandparents¹⁹ (48%) stated that they had taken care of their grandchildren. However, there were also 50% of the respondents who were grandparents reported that they had never taken care of their grandchildren.

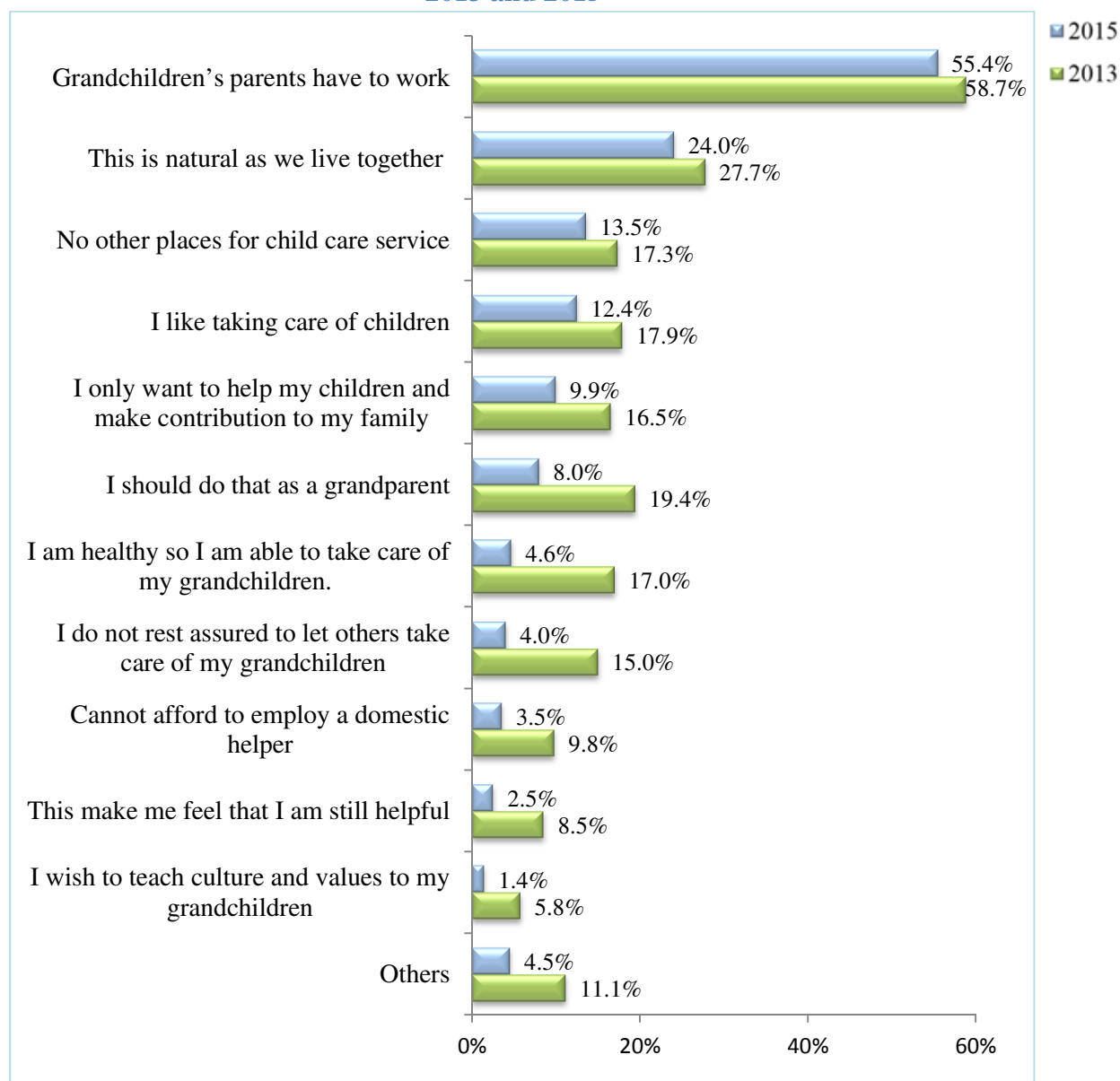
Table 5.10.1: Whether the grandparents had ever taken care of their grandchildren in 2013 and 2015



¹⁹ Questions in section 5.10 were for those respondents who were grandparents. Number of the respondents who had grandchildren = 513.

5.10.2 Regarding the reasons for taking care of grandchildren, 55% of the grandparents indicated that they had done so because grandchildren's parent had to work and 24% considered that it was natural as they lived with grandchildren.

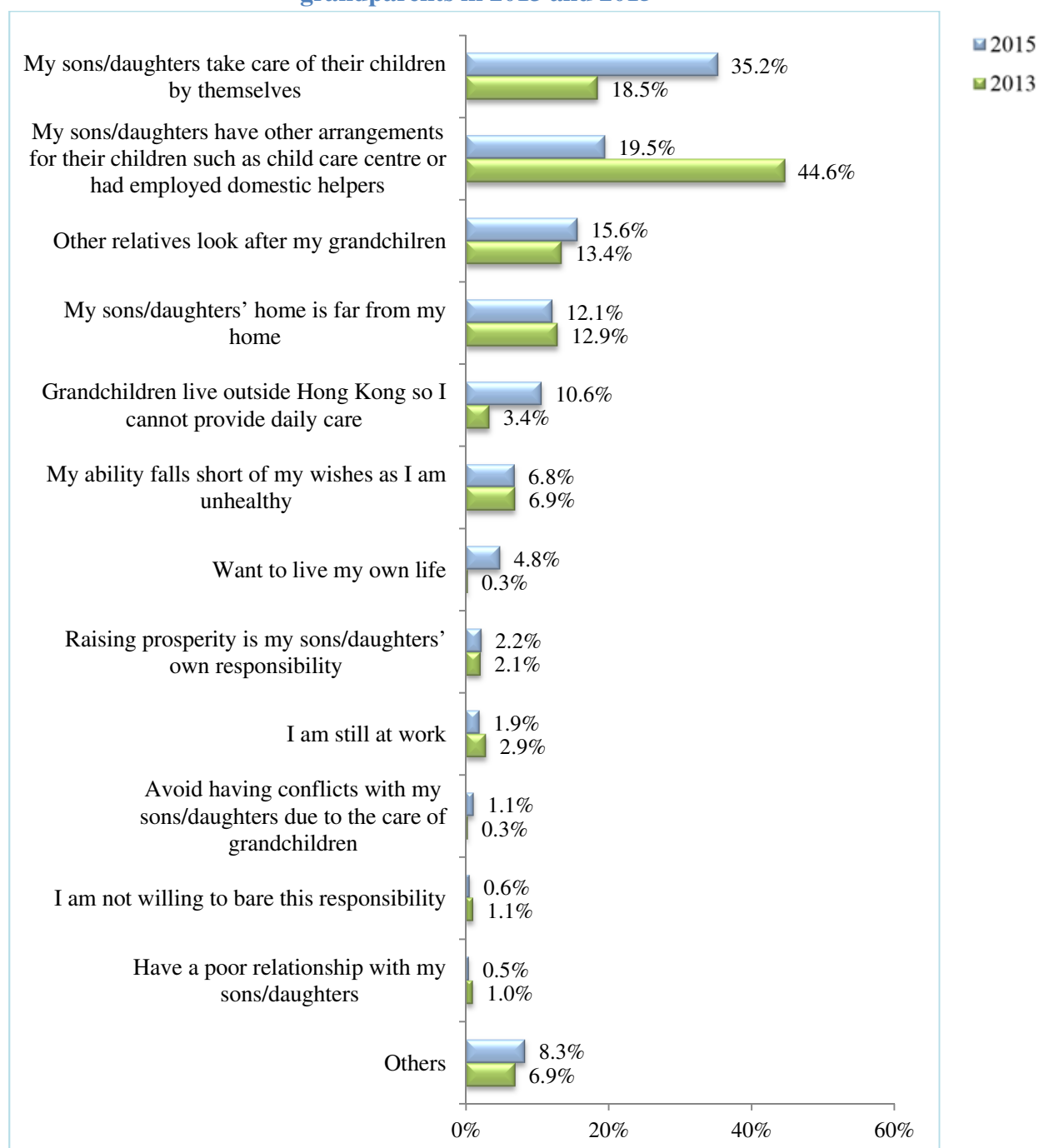
Table 5.10.2: Reasons for taking care their grandchildren among grandparents in 2013 and 2015



Note: Respondents were allowed to give more than one choice.

5.10.3 Regarding the reasons for not taking care of grandchildren, 35% of grandparents stated that their sons/daughters took care of their children by themselves. 19% said that their sons/daughters had other arrangements for their children such as child care centre or had employed domestic helpers.

Table 5.10.3: Reasons for not taking care their grandchildren among grandparents in 2013 and 2015



Note: Respondents were allowed to give more than one choice.

5.10.4 Analysed by gender and age, more female grandparents aged 35 to 54 (50.3%) stated that their sons/daughters took care of their children by themselves. More male grandparents aged 15 to 34 (17.6%) stated that raising prosperity was their sons/daughters' own responsibility.

Chart 5.10.4: Reasons for not taking care their grandchildren among grandparents by gender and age in 2015 (%)

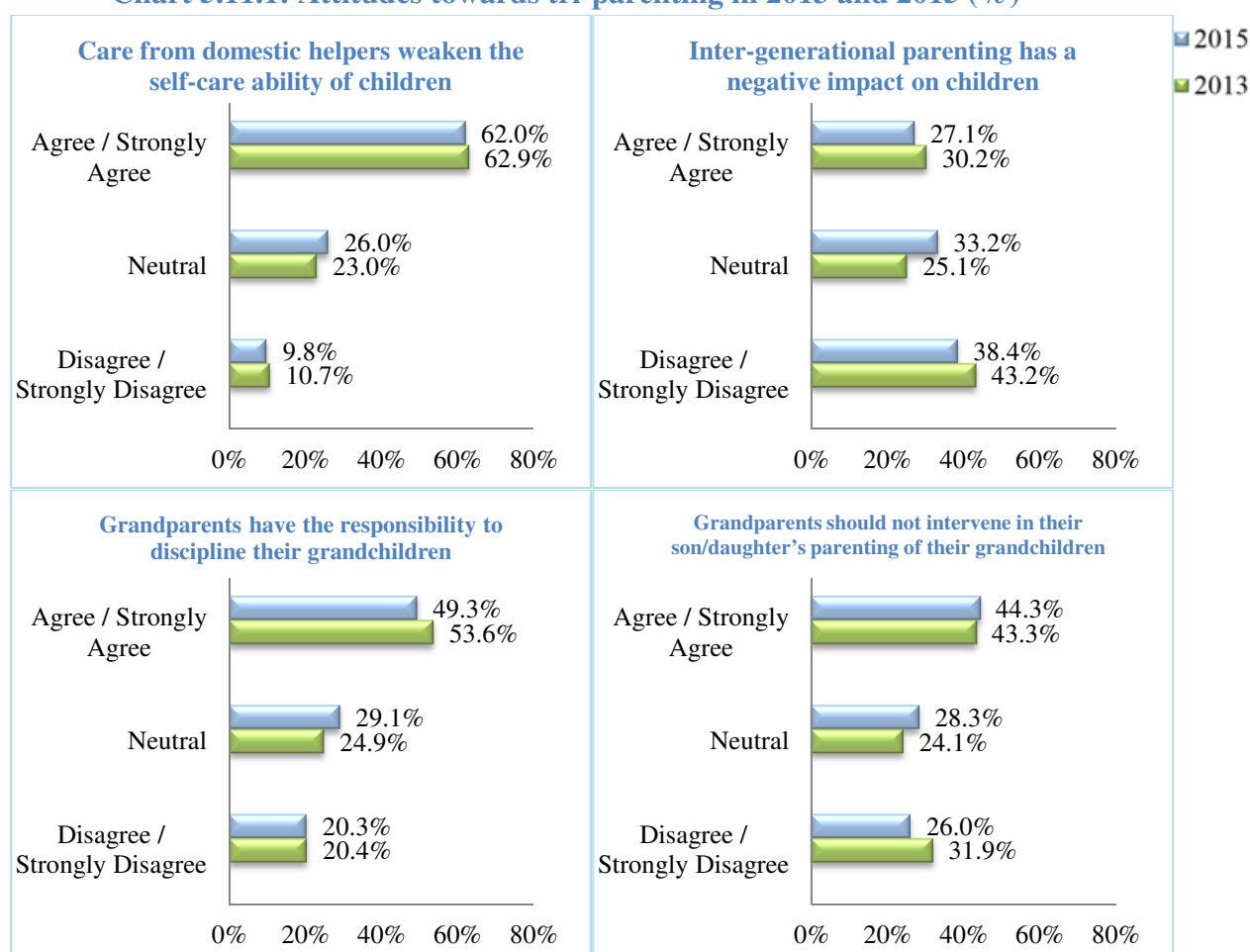
	Total	15-34		35-54		55 or above	
		M	F	M	F	M	F
My sons/daughters take care of their children by themselves	35.2	18.1	27.8	33.3	50.3	32.7	42.2
My sons/daughters have other arrangements for their children such as child care centre or had engagement of domestic helpers	19.5	23.9	23.3	31.9	9.8	16.5	13.9
Other relatives look after my grandchildren	15.6	25.0	22.7	21.8	4.2	11.5	12.5
My sons/daughters' home is far from my home	12.1	0.0	7.9	13.4	19.4	13.7	13.1
Grandchildren live outside Hong Kong so I cannot provide daily care	10.6	13.1	11.4	6.6	8.6	16.5	7.8
My ability falls short of my wishes as I am unhealthy	6.8	0.0	6.1	2.6	5.8	9.3	12.0
Raising prosperity is my sons/daughters' own responsibility	2.2	17.6	0.0	0.0	5.3	0.0	0.0
I am still at work	1.9	5.4	0.0	2.4	3.2	0.0	3.0

5.11 Attitudes towards tri-parenting

5.11.1 About half of parents agreed that grandparents have the responsibility to discipline their grandchildren, while slightly less than half of parents stated that grandparents should not intervene in their parenting method.

Considering the attitudes towards tri-parenting, more than half of parents agreed or strongly agreed with “care of domestic helpers weaken the self-care ability of children” (62%) and about half of them agreed that “grandparents have the responsibility to discipline their grandchildren” (49%). On the other hand, the opinions on “inter-generational parenting has a negative impact on children” among the respondents were diversified.

Chart 5.11.1: Attitudes towards tri-parenting in 2013 and 2015 (%)



5.11.2 Analysed by age group, more parents aged 15-34 agreed or strongly agreed with “care from domestic helpers weaken the self-care ability of children” (67%) and “grandparents have the responsibility to discipline their grandchildren” (62%), as compared with the other two age groups. On the other hand, there were also 50% of the younger parents who agreed or strongly agreed that “grandparents should not intervene in their son/daughter’s parenting of their grandchildren”.

Table 5.11.2: Attitudes towards tri-parenting by age group in 2013 and 2015 (%)

	Year	15-34	35-54	55 or above	Total
Grandparents should not intervene in their son/daughter’s parenting of their grandchildren	2015	50.1	45.6	42.2	44.3
	2013	39.9	44.1	43.2	43.3
Grandparents have the responsibility to discipline their grandchildren	2015	61.6	43.5	52.8	49.3
	2013	52.7	48.4	58.8	53.6
Inter-generational parenting has a negative impact on children	2015	40.4	29.7	22.3	27.1
	2013	33.7	30.0	29.7	30.2
Care from domestic helpers weaken the self-care ability of children	2015	67.2	63.9	59.2	62.0
	2013	59.7	68.2	58.5	62.9

5.11.3 Analysed by economic activity status, the agreements among the parents of economically active and economically inactive were similar.

Table 5.11.3: Attitudes towards tri-parenting by economic activity status in 2015 (%)

	Economically active	Economically inactive	Total
Grandparents should not intervene in their son/daughter’s parenting of their grandchildren	42.5	45.9	44.3
Grandparents have the responsibility to discipline their grandchildren	46.5	51.4	49.3
Inter-generational parenting has a negative impact on children	25.9	27.9	27.1
Care from domestic helpers weaken the self-care ability of children	62.1	62.1	62.0

Chapter 6 | Family Functioning

6.1 Introduction

6.1.1 Family functioning comprises two components: family interaction, and parenting. The Chinese Family Assessment Instrument (CFAI) was adopted in this Survey to assess family functioning.²⁰ The CFAI is a 33-item instrument which can be classified into the following five dimensions to assess family functioning: (1) Mutuality, (2) Communication and Cohesiveness, (3) Conflict and Harmony, (4) Parental Concern, and (5) Parental Control. Classification of these 33 items is shown in table below.

Table 6.1.1: Classification of CFAI

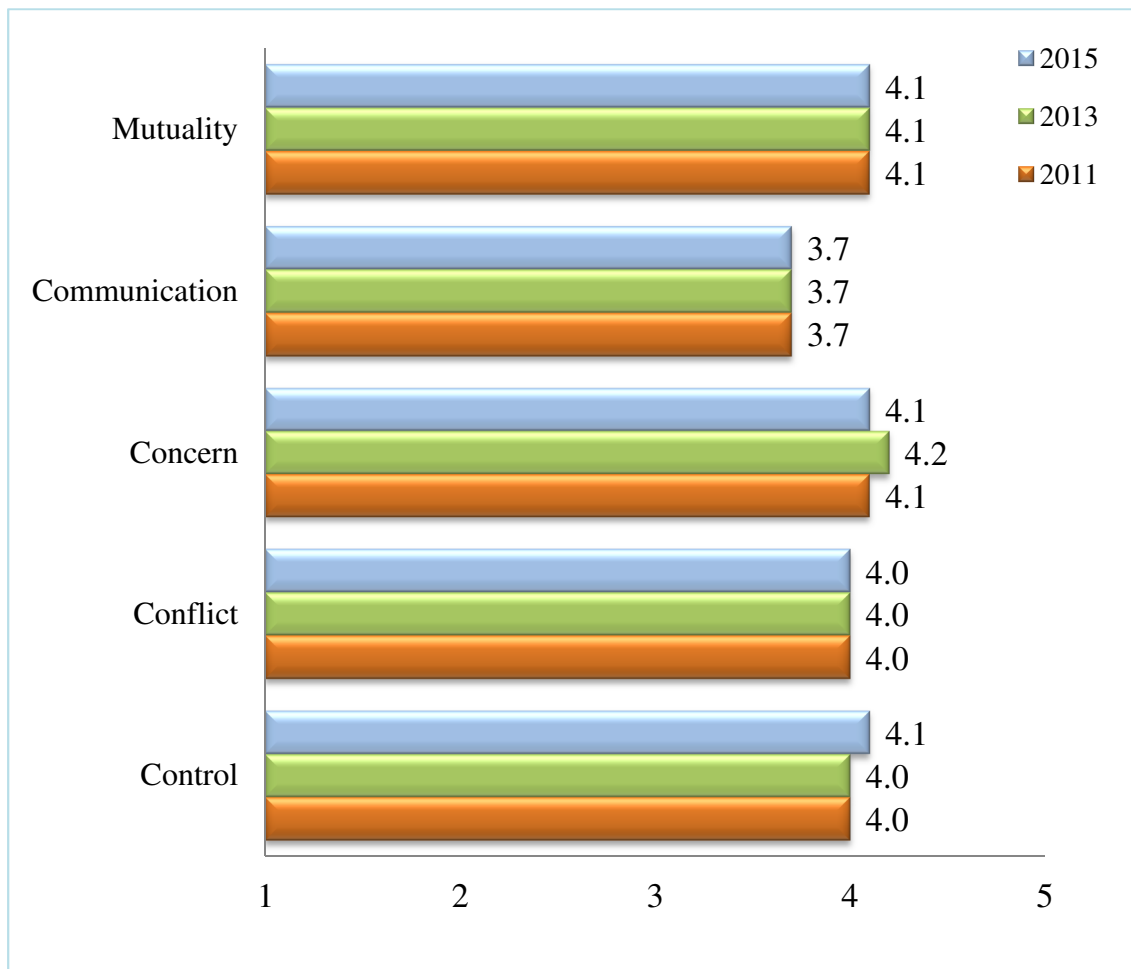
<p><u>Mutuality</u> Family members support each other Family members love each other Family members care each other Mutual consideration Family members understand each other Family members get along well Good family relationship Family members tolerate each other Family members forebear each other Family members accommodate each other Family members trust each other Children are filial</p>	<p><u>Communication</u> Family members talk to each other Arranging family activities Family members are cohesive Family members enjoy getting together Not much barrier among family members Parents know children’s need Parents understand children’s mind Parents often talk to children Parents share children’s concern</p>
<p><u>Control</u> Parents scold and beat children Parents force children to do things Parental control too harsh</p>	<p><u>Conflict</u> No mutual concern Much friction among family members Frequent fighting among family members Not much quarrel among family members Lack of harmony among family members Poor marital relationship of parent</p>
<p><u>Concern</u> Parents do not concern their children Parents love their children Parents take care of their children</p>	

20 “Psychometric Properties of the Chinese Family Assessment Instrument in Chinese Adolescents in Hong Kong” by Andrew M.H. Siu and Daniel T.L. Shek, 2005

6.2 *The Chinese Family Assessment Instrument (CFAI)*

- 6.2.1 Ratings were expressed in a Likert scale of 5, with “1” denoting “does not fit our family” and “5” denoting “very fit our family”. Mean scores are computed for the five classifications by aggregating ratings of these 33 items. A lower total score on the subscales indicated a higher level of dysfunction in family functioning.
- 6.2.2 For the dimensions of “Mutuality”, “Communication” and “Concern”, higher mean value implied more mutual concern of family members, better relationship and better communication within the family. For the dimensions of “Control” and “Conflict”, lower mean value implied that the family has conflict such as fighting and quarrelling sometimes or even frequently, and parents’ control on children is tight within the family.
- 6.2.3 The results in 2015 were similar to that in 2011 and 2013. They showed that the mean scores of “Concern” and “Mutuality” were at 4.1 in 2015 implying that respondents in general considered there was mutual trust and concern among family members and most of the families maintained a very good parent-child relationship. The mean score of “Communication” was at 3.7 in 2015 implying that in general the respondents communicated quite well and their families were cohesive, and parents understood their children’s need and thinking.
- 6.2.4 The results also showed that the mean scores of “Conflict” and “Control” were at 4.0 and 4.1 respectively in 2015, implying that the families were quite harmonious, without much conflict between family members. Besides, parents did not exercise tight control on their children.

Chart 6.2.1: Mean scores of the Chinese Family Assessment Instrument in 2011, 2013 and 2015



6.2.5 Tables below showed the analysis by age group as well as marital status in 2011, 2013 and 2015.

Table 6.2.2: Mean scores of the Chinese Family Assessment Instrument by age group in 2011, 2013 and 2015

	Year	15-34	35-54	55 or above	Total
Mutuality	2015	4.1	4.1	4.0	4.1
	2013	4.1	4.2	4.1	4.1
	2011	4.1	4.1	4.0	4.1
Communication	2015	3.7	3.8	3.6	3.7
	2013	3.7	3.8	3.7	3.7
	2011	3.8	3.8	3.6	3.7
Concern	2015	4.1	4.2	4.1	4.1
	2013	4.2	4.3	4.2	4.2
	2011	4.1	4.1	4.1	4.1
Conflict	2015	4.0	4.1	4.1	4.0
	2013	4.0	4.0	4.0	4.0
	2011	4.0	4.0	4.0	4.0
Control	2015	4.1	4.1	4.2	4.1
	2013	4.0	4.0	4.2	4.0
	2011	4.0	4.0	4.1	4.0

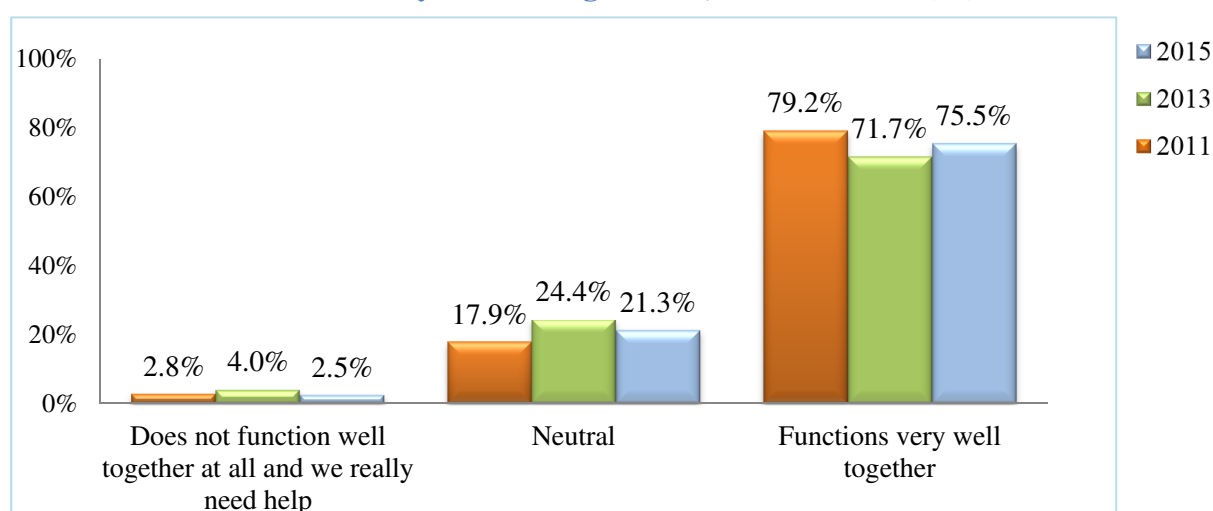
Table 6.2.3: Mean scores of the Chinese Family Assessment Instrument by marital status and gender in 2011, 2013 and 2015

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Mutuality	2015	3.9	4.0	4.3	4.2	4.2	4.2	3.6	4.0	3.9	3.9
	2013	3.9	4.1	4.2	4.1	4.3	4.2	3.7	4.0	3.9	4.1
	2011	3.9	4.1	4.0	4.1	4.2	4.2	3.9	3.9	3.5	3.9
Communication	2015	3.5	3.6	3.7	3.6	3.9	3.9	3.2	3.7	3.4	3.5
	2013	3.4	3.7	3.8	3.7	3.9	3.9	3.4	3.8	3.4	3.6
	2011	3.5	3.7	3.6	3.6	3.9	3.9	3.4	3.5	3.3	3.6
Concern	2015	4.1	4.0	4.0	3.9	4.2	4.3	3.9	4.2	4.0	4.0
	2013	4.1	4.2	4.1	4.2	4.3	4.4	3.9	4.3	4.1	4.1
	2011	4.0	4.1	3.8	4.0	4.2	4.2	4.0	4.1	3.9	4.0
Conflict	2015	3.9	4.0	4.0	4.1	4.1	4.2	3.7	3.9	4.0	4.0
	2013	3.9	4.0	4.0	4.0	4.1	4.1	3.6	3.8	4.1	4.0
	2011	3.9	4.0	4.0	4.1	4.1	4	3.9	3.9	3.6	3.6
Control	2015	4.0	4.1	4.0	4.4	4.1	4.2	4.0	4.2	4.2	4.2
	2013	3.9	3.9	4.1	4.0	4.1	4.1	3.8	4.1	4.2	4.1
	2011	4.0	4.0	3.8	4.0	4.0	4.0	4.0	4.0	4.0	3.9

6.3 Family Functioning

6.3.1 **Most families functioned very well.** At the same time, comments were collected from respondents on the functioning of their families. In 2015, 76% of the respondents considered that their family functioned very well together. Only 3% of the respondents indicated that their family did not function very well together at all and they needed help.

Chart 6.3.1: Family functioning in 2011, 2013 and 2015 (%)



6.3.2 Tables below showed the analysis by age group as well as marital status in 2011, 2013 and 2015.

Table 6.3.2: Family functioning by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Functions very well together	2015	75.0	76.6	74.7
	2013	76.0	70.8	68.5
	2011	79.3	81.0	75.6
Neutral	2015	22.0	20.9	21.1
	2013	17.8	26.9	27.6
	2011	18.1	16.3	19.6
Does not function well together at all and we really need help	2015	2.3	2.0	3.2
	2013	6.2	2.3	3.9
	2011	2.1	2.2	4.4

6.3.3 Analysed by marital status, respondents who were divorced or separated (6% of male and female respondents in 2015) were more likely to report that their family did not function well together at all and they really needed help.

Table 6.3.3: Family functioning by marital status and gender in 2011, 2013 and 2015(%)

	Year	Never married		Married/ cohabiting without child		Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Functions very well together	2015	68.7	76.7	81.0	73.9	79.9	79.8	58.3	60.5	70.1	75.3
	2013	63.5	79.7	74.2	72.7	78.2	75.6	34.9	49.6	44.4	62.6
	2011	70.7	79.8	84.6	78.7	84.4	85.1	69.8	70.2	51.9	64.3
Neutral	2015	27.9	19.7	14.8	25.4	17.6	17.5	33.0	32.5	25.8	22.6
	2013	29.8	18.5	23.3	16.0	20.4	22.1	39.4	39.9	47.7	34.1
	2011	24.4	17.4	14.4	18.7	14.5	12.5	27.1	20.4	43.8	27.7
Does not function well together at all and we really need help	2015	2.7	2.6	1.6	0.7	1.6	2.6	6.4	5.8	4.1	1.6
	2013	6.7	1.8	2.6	11.2	1.5	2.2	25.7	10.6	7.9	3.3
	2011	4.5	1.9	1.0	0.8	1.1	2.3	3.1	8.0	4.3	7.0

Chapter 7 | Satisfaction with Family Life

7.1 *Introduction*

7.1.1 The following questions about satisfaction with family life of the respondents were asked:

- (d) relationship with family members;
- (e) dependence of the family members; and
- (f) satisfaction with family life.

7.1.2 Communications between members of the households were also crucial to harmonious family relationships. Information on time spent and communication with family members (such as talking about personal concern, seeking advice, feeling proud of family members, having dinner with family members and participation in family activities) were collected.

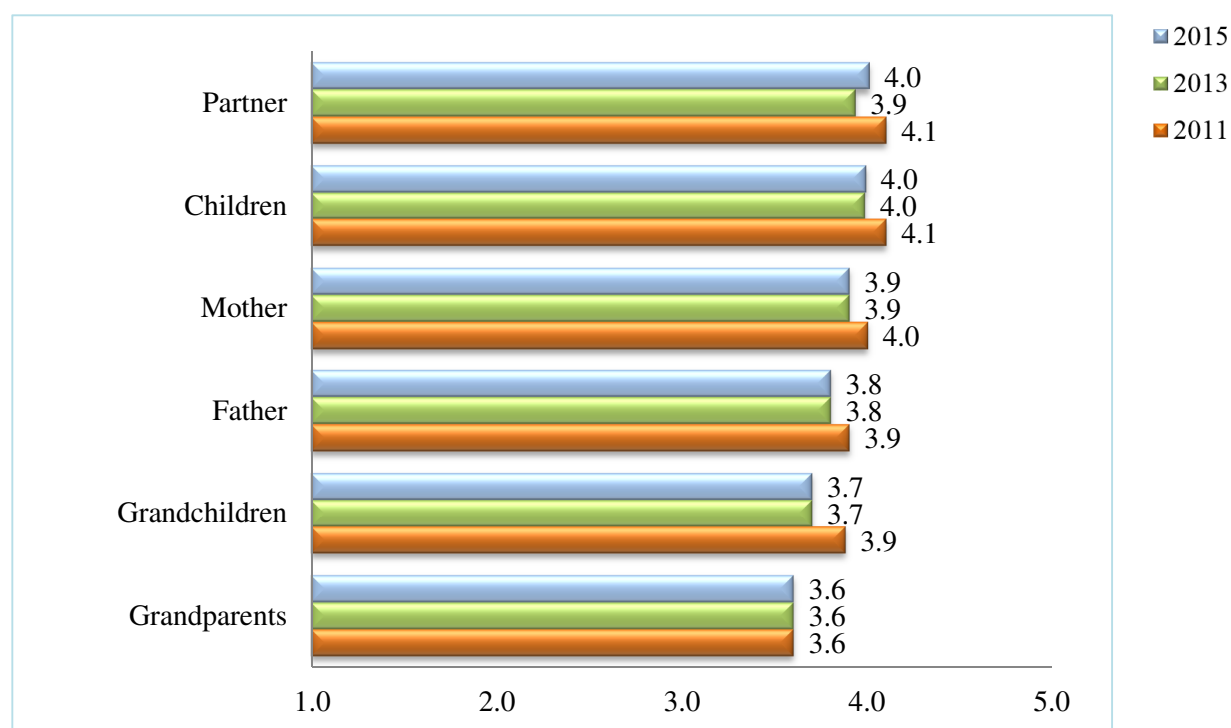
7.1.3 Furthermore, the frequency in use of modern technologies to communicate between family members and inter-generations was collected in the Survey.

7.2 Satisfaction with Family Life

Satisfaction with the relationship with family members

- 7.2.1 ***On the whole, respondents were quite satisfied with the relationship with their family members and their family life.*** Respondents were asked to rate their satisfaction over their relationship with each of their family members. Ratings were expressed in a Likert scale of 5, with “1” denoting “very dissatisfied” and “5” denoting “very satisfied”. A mean rating of 4 or above implied that the respondent was satisfied or very satisfied with the particular family member, whereas mean score below 3 did not.
- 7.2.2 On the whole, respondents were quite satisfied with the relationship with their family members. The overall mean scores were 4.0 for children and partner, 3.9 for mother, 3.8 for father, 3.7 for grandchildren and 3.6 for grandparents in 2015.
- 7.2.3 Compared with the findings in 2013, the means scores of satisfaction with the relationship with family members were more or less the same in 2015.

Chart 7.2.1: Mean scores of satisfaction with the relationship with family members in 2011, 2013 and 2015



7.2.4 Analysed by age, for the younger respondents aged 15 – 34, the mean score of satisfaction with their partners (4.2 in 2013 and 2015) were relatively high indicating that they were most satisfied with the relationship with their partner.

Table 7.2.2: Mean scores of satisfaction with the relationship with family members by age group in 2011, 2013 and 2015

	Year	Total	15-34	35-54	55 or above
Children	2015	3.98	4.08	4.05	3.90
	2013	3.99	4.31	4.08	3.84
	2011	4.05	4.21	4.12	3.95
Father	2015	3.81	3.77	3.83	3.90
	2013	3.81	3.81	3.78	4.02
	2011	3.87	3.87	3.87	3.88
Mother	2015	3.88	3.89	3.87	3.95
	2013	3.93	4.00	3.88	3.84
	2011	3.97	4.01	3.93	4.00
Partner	2015	4.01	4.16	4.02	3.94
	2013	3.93	4.20	3.93	3.84
	2011	4.08	4.17	4.09	4.04
Grandparents	2015	3.81	3.59	3.83	3.90
	2013	3.60	3.59	3.63	4.00
	2011	3.58	3.59	3.50	3.89
Grandchildren	2015	3.75	-	3.26	3.77
	2013	3.75	-	3.61	3.75
	2011	3.88	-	4.16	3.87

7.2.5 Analysed by marital status, for those respondents who were married/cohabiting without child, the mean scores of satisfaction with their partners were relatively high.

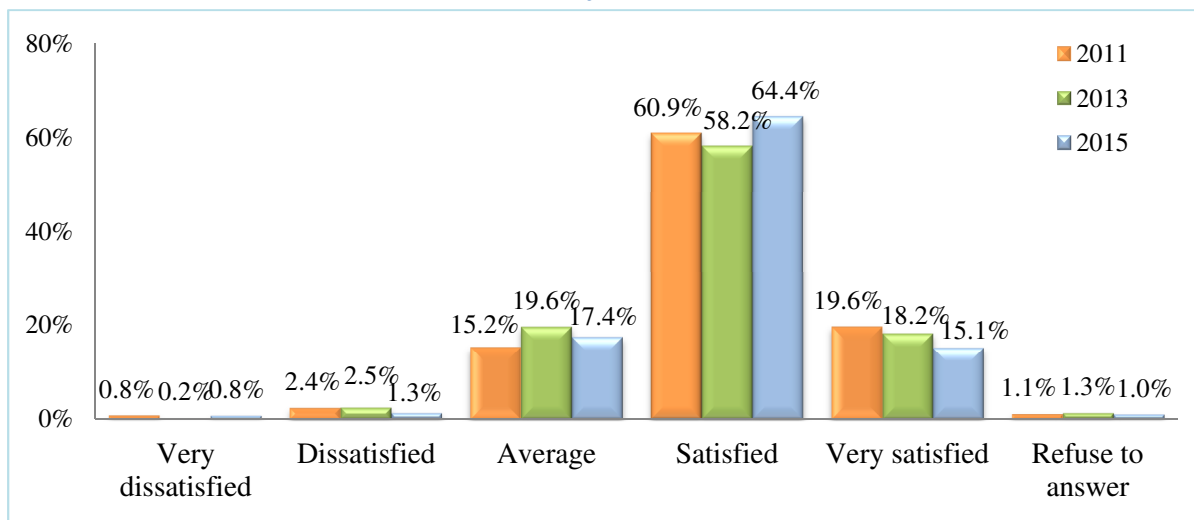
Table 7.2.3: Mean scores of satisfaction with the relationship with family members by marital status and gender in 2011, 2013 and 2015

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Child	2015	-	-	-	-	3.97	4.05	3.85	3.83	4.01	3.92
	2013	-	-	-	-	3.94	4.09	3.64	4.11	3.74	3.80
	2011	-	-	-	-	4.02	4.16	3.83	3.89	3.90	3.87
Father	2015	3.70	3.84	3.62	3.96	3.94	3.87	3.77	3.51	-	3.73
	2013	3.67	3.85	3.74	3.93	3.92	3.91	2.97	3.45	4.46	4.29
	2011	3.68	3.92	4.13	4.04	3.86	3.91	4.00	3.94	4.10	3.91
Mother	2015	3.86	3.93	3.83	3.84	4.00	3.85	3.78	3.73	-	3.73
	2013	3.85	4.04	3.97	3.97	3.88	3.96	3.64	3.73	4.25	4.01
	2011	3.88	4.04	4.15	4.16	3.93	3.99	4.00	3.74	3.70	3.96
Partner	2015	4.14	3.89	4.20	4.27	4.03	3.99	1.89	2.58	-	3.43
	2013	2.93	3.95	4.14	4.04	3.98	3.90	3.42	2.04	-	-
	2011	-	-	4.25	4.23	4.09	4.07	-	-	3.79	2.50
Grandparents	2015	3.50	3.53	3.61	3.41	4.19	3.65	4.00	2.05	-	4.00
	2013	3.53	3.70	2.73	3.94	3.74	3.59	3.00	3.74	-	3.08
	2011	3.56	3.58	3.54	3.41	3.80	3.62	-	-	-	3.45
Grandson	2015	-	-	-	-	3.69	3.69	3.54	3.84	3.66	3.89
	2013	-	-	-	-	3.80	3.80	3.05	3.83	3.69	3.66
	2011	-	-	-	-	3.93	3.91	3.80	3.79	4.35	3.62

Satisfaction with family life

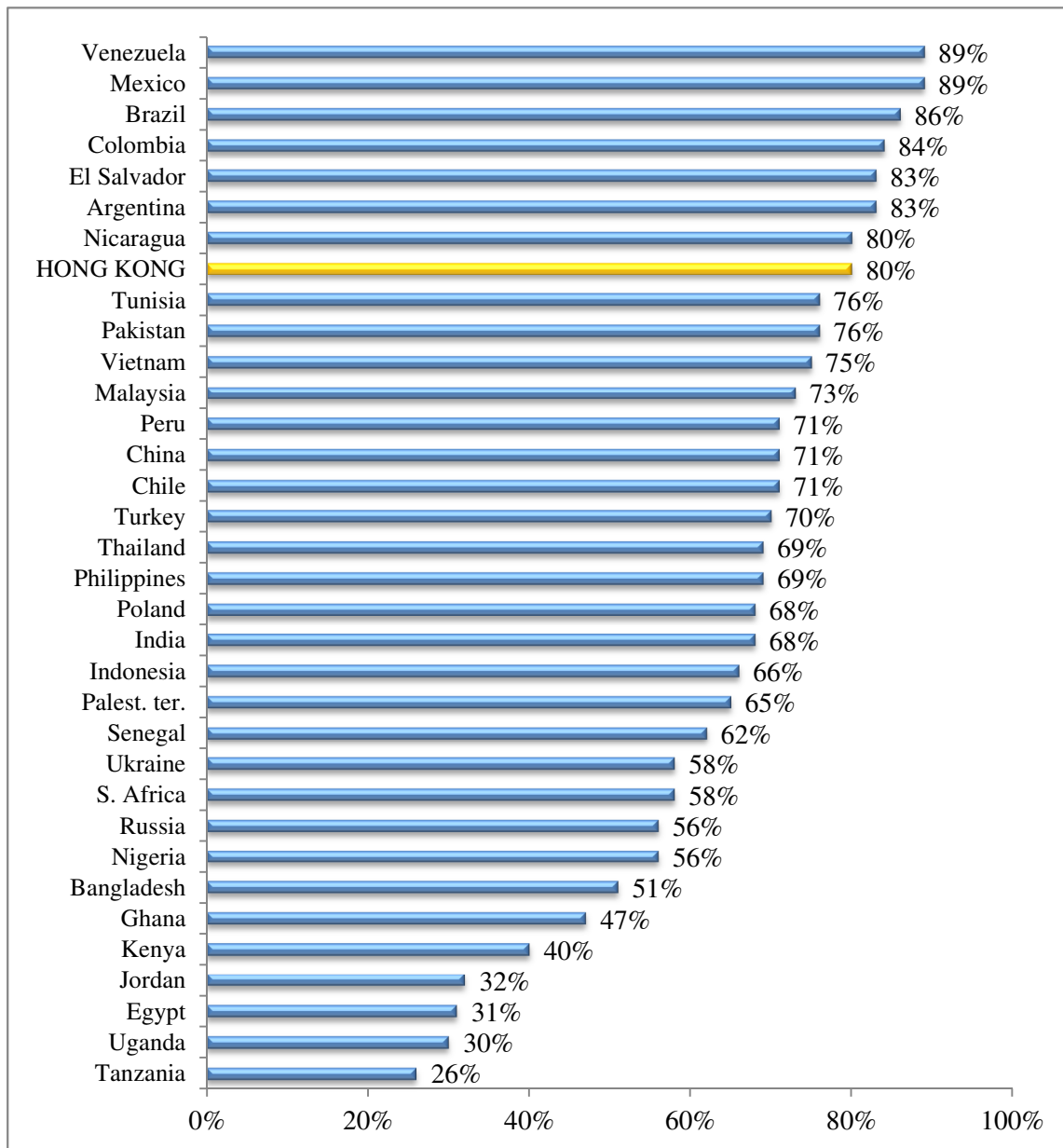
7.2.6 80% of the respondents were satisfied or very satisfied with their family life whereas only 2% were not satisfied with their family life. Compared with the findings in 2013, the proportion of respondents who were satisfied or very satisfied with their family life increased from 76% in 2013 to 80% in 2015, bouncing back to a level similar to that in 2011 (81%).

Chart 7.2.4: Satisfaction with family life in 2011, 2013 and 2015 (%)



7.2.7 In Hong Kong, 80% of the respondents were satisfied with their family life in 2015. When making comparison with similar statistics found in other countries²¹, it was found that the proportion of respondents in Hong Kong that were satisfied with their family life were higher than some of the Asian countries like, Vietnam (75%), Malaysia (73%) and China (71%).

Chart 7.2.5: Satisfaction with family life worldwide (%)



21 The Pew Research Center: People in Emerging Markets Catch Up to Advanced Economies in Life Satisfaction, Spring 2014. The percentages of those respondents rated 7 to 10 on a scale of 0 to 10 were compiled for comparison.

7.2.8 Analysed by age, gender, marital status and educational attainment, consensus was found in all groups. Majority of the respondents were satisfied with their family life.

Table 7.2.6: Satisfaction with family life by gender, age groups, marital status and educational attainment in 2011, 2013 and 2015 (%)

Year		Satisfied			Dissatisfied		
		2015	2013	2011	2015	2013	2011
Male		77.7	74.2	80.0	2.0	3.4	3.2
Female		80.9	78.2	81.0	2.1	2.2	3.2
15-34		79.9	80.8	80.6	1.1	3.4	3.5
35-54		80.3	75.6	81.8	2.2	1.8	2.3
55 or above		78.2	73.0	78.7	2.8	3.3	4.1
Never married	M	70.7	67.4	74.7	1.1	5.0	4.8
	F	77.0	84.5	80.3	1.9	0.6	3.2
Married/ cohabiting without child	M	88.5	81.0	84.7	0.8	1.8	3.9
	F	83.7	73.4	87.4	0.0	3.7	0.6
Married/ cohabiting with child	M	84.1	78.9	85.1	2.0	2.2	1.9
	F	86.6	81.3	85.9	2.5	2.2	1.9
Divorced/separated	M	60.4	59.5	73.5	13.7	9.5	1.6
	F	68.2	55.4	66.5	2.6	7.2	8.4
Widowed	M	66.0	73.6	58.5	2.4	1.1	5.3
	F	76.5	67.3	70.0	1.8	1.7	6.9
Primary or lower education	M	66.0	65.6	70.4	5.8	3.9	4.9
	F	79.0	71.8	78.1	1.7	1.8	4.7
Secondary educational level	M	77.4	71.5	83.4	1.7	3.7	2.6
	F	80.3	75.6	82.0	2.7	3.1	3.6
Post-secondary education or above	M	88.0	88.7	83.4	0.0	2.4	3.3
	F	86.7	91.4	87.7	0.0	0.7	0.0

7.2.9 Analysed by occupations, the skilled agricultural and fishery workers (100%), associate professionals (92%) and professionals (91%) were most satisfied with their family life, while the respondents with elementary occupations (77%) and craft and related workers (77%) were least satisfied with their family life.

Table 7.2.7: Satisfaction with family life by occupations in 2011 and 2013 (%)

	Year	Satisfied	Average	Dissatisfied
Managers and administrators	2015	84.9	12.9	1.0
	2013	97.4	2.6	0.0
	2011	92.1	5.9	2.0
Professionals	2015	90.7	8.1	0.0
	2013	88.4	7.0	1.0
	2011	84.2	15.8	0.0
Associate professionals	2015	92.4	7.6	0.0
	2013	79.7	11.6	6.9
	2011	84.2	15.8	0.0
Clerk	2015	89.4	8.4	2.2
	2013	77.7	16.6	3.9
	2011	87.0	10.9	2.2
Service workers and shop sales workers	2015	76.4	19.0	3.6
	2013	71.6	25.2	3.0
	2011	76.9	18.3	4.8
Skilled agricultural and fishery workers	2015	100.0	0.0	0.0
	2013	100.0	0.0	0.0
	2011	57.8	42.2	0.0
Craft and related workers	2015	77.3	22.7	0.0
	2013	75.6	23.1	1.3
	2011	81.3	16.9	1.8
Plant and machine operators and assemblers	2015	88.6	7.9	3.5
	2013	80.8	10.5	4.9
	2011	86.1	12.7	1.2
Elementary occupations	2015	76.8	20.2	1.7
	2013	65.6	31.0	1.7
	2011	81.8	14.7	3.5

Dependence of family members

7.2.10 In 2015, most of family members were dependent on each other. 75% of the respondents indicated that their family members were dependent on each other.

Table 7.2.8: Dependence of family members by gender in 2011, 2013 and 2015

(%)

	Year	All	Male	Female
Dependent	2015	75.1	73.1	76.9
	2013	70.1	67.3	72.4
	2011	78.3	75.4	80.8
Neutral	2015	20.4	21.5	19.5
	2013	25.5	28.2	23.2
	2011	17.4	19.4	15.8
Independent	2015	3.5	4.0	4.1
	2013	4.4	4.5	4.4
	2011	4.2	5.3	3.4

7.2.11 Analysed by age, gender and marital status, a remarkable proportion of older people aged 55 or above (6%) as well as the respondents who were divorced/separated (7% for both genders) expressed that their family members were independent in 2015.

Table 7.2.9: Dependence of family members by age group in 2011, 2013 and 2015

(%)

	Year	15-34	35-54	55 or above
Dependent	2015	76.6	76.7	72.0
	2013	71.3	71.5	67.2
	2011	77.1	81.0	73.8
Neutral	2015	20.4	19.9	21.0
	2013	24.4	25.9	26.1
	2011	19.6	14.6	18.4
Independent	2015	2.3	2.6	5.7
	2013	4.4	2.6	6.7
	2011	2.8	3.5	6.7

Table 7.2.10: Dependence of family members by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/ cohabiting without child		Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Dependent	2015	67.2	75.7	84.0	75.3	79.2	83.2	52.3	60.9	54.8	67.4
	2013	59.4	72.7	69.5	70.1	76.3	78.1	36.5	54.8	47.8	60.4
	2011	64.8	78.9	85.3	78.4	83.5	85.1	64.9	69.3	52.4	70.0
Neutral	2015	27.1	20.1	10.5	24.0	16.1	14.5	35.6	30.9	39.5	27.1
	2013	34.9	23.0	26.8	21.9	21.3	19.4	43.6	35.3	47.2	32.6
	2011	27.2	16.5	14.7	17.1	12.2	12.1	31.9	21.7	30.4	23.4
Independent	2015	4.6	3.3	2.9	0.7	3.5	2.1	6.5	7.0	5.7	5.5
	2013	5.7	4.3	3.6	8.0	2.4	2.5	19.9	10.0	4.9	7.0
	2011	7.3	3.1	0.0	1.9	4.0	2.5	3.1	7.4	15.8	5.6

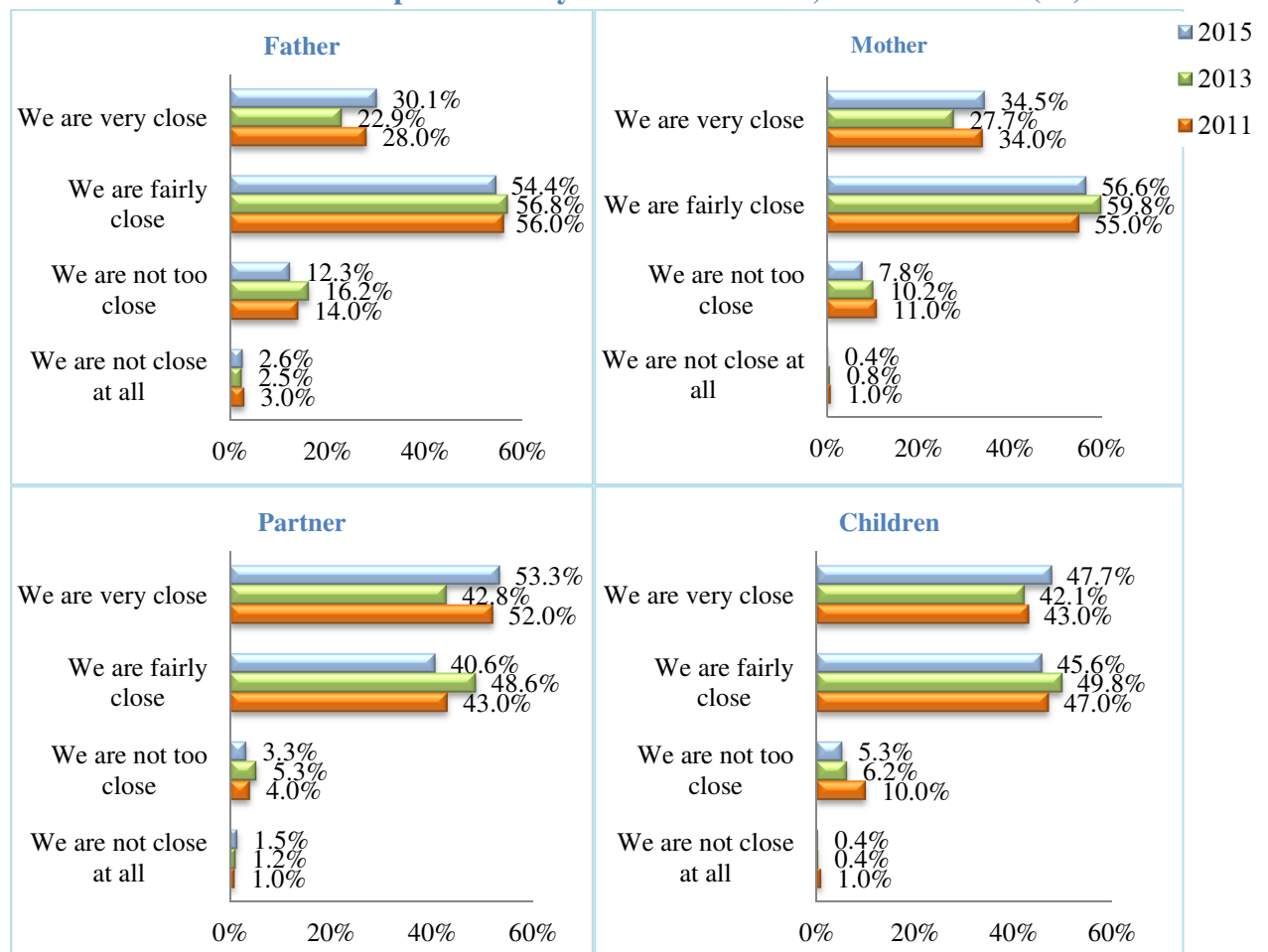
Relationship with Family Members

7.2.12 Relationships with family members was fairly close in general.

Respondents were asked to rate their relationship with family members and express their ratings in a Likert scale of 4, with “1” denoting “we are not close at all” and “4” denoting “we are very close”.

7.2.13 Relationships with family members were fairly close in general. 85% of the respondents considered their relationship close (fairly close and very close) with their fathers and 91% with their mothers. 94% had close relationship with their partners and 93% with their children. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

Chart 7.2.11: Relationship with family members in 2011, 2013 and 2015 (%)



7.2.14 Analysed by age group, the overwhelming majority of the respondents aged 15-34 and aged 35-54 had a closer relationship with their partners and children. They also had a close relationship with their mothers.

Table 7.2.12: Relationship with family members by age group in 2011, 2013 and 2015 (%)

		Year	15-34	35-54	55 or above
Father	Not close	2015	16.5	12.7	16.3
	Close		83.0	86.7	82.5
	Not close	2013	19.8	18.7	3.6
	Close		77.6	80.6	96.4
	Not close	2011	16.4	14.8	29.8
	Close		83.6	85.2	70.2
Mother	Not close	2015	8.1	7.9	10.1
	Close		91.4	91.2	88.5
	Not close	2013	8.4	12.8	15.1
	Close		89.1	86.6	84.3
	Not close	2011	8.9	12.5	17.3
	Close		91.1	87.5	82.7
Partner	Not close	2015	1.1	4.4	6.6
	Close		98.0	94.5	82.5
	Not close	2013	1.8	7.7	6.8
	Close		98.2	90.2	91.6
	Not close	2011	0.5	5.5	5.4
	Close		99.5	94.5	94.6
Children	Not close	2015	1.4	4.2	7.7
	Close		96.5	95.3	90.8
	Not close	2013	2.4	4.8	9.4
	Close		95.5	94.2	88.9
	Not close	2011	3.7	3.2	13.4
	Close		96.3	96.8	86.6

7.2.15 Analysed by marital status, the overwhelming majority of the respondents who were married/cohabiting with or without child had a close relationship with their partners. It is also noticeable that 21% of divorced male respondents were not close to their mothers while 21% of divorced female respondents were not close to their fathers.

Table 7.2.13: Relationship with family members by marital status and gender in 2011, 2013 and 2015 (%)

		Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
			M	F	M	F	M	F	M	F	M	F
Father	Not close	2015	16.6	16.3	16.8	17.2	12.3	11.8	13.8	20.5	-	10.0
	Close		82.5	83.7	83.2	82.8	87.7	87.6	86.2	77.0	-	77.8
	Not close	2013	21.2	15.4	19.6	29.4	12.9	18.3	41.3	27.1	53.6	0.0
	Close		75.7	81.2	80.4	70.6	87.1	81.1	58.7	72.9	46.4	100.0
	Not close	2011	21.7	16.2	12.1	13.9	13.4	13.1	0.0	16.3	42.5	11.6
	Close		78.3	83.8	87.9	86.1	86.6	86.9	100.0	83.7	57.5	88.4
Mother	Not close	2015	7.5	6.6	4.5	14.5	8.6	8.2	21.0	13.3	-	9.9
	Close		92.2	92.7	95.5	82.1	91.4	90.9	79.0	83.9	-	86.1
	Not close	2013	12.8	8.5	10.8	9.3	10.2	11.4	15.1	18.4	28.5	7.0
	Close		84.2	89.1	89.2	90.7	89.1	88.1	84.9	81.6	71.5	87.9
	Not close	2011	13.1	8.6	12.7	3.9	11.3	9.6	0.0	16.5	44.4	14.8
	Close		86.9	91.4	87.3	96.1	88.7	90.4	100.0	83.5	55.6	85.2
Partner	Not close	2015	-	-	1.6	1.7	2.8	4.6	-	-	-	-
	Close		-	-	98.4	98.3	95.1	94.3	-	-	-	-
	Not close	2013	-	-	4.8	0.9	3.1	7.8	-	-	-	-
	Close		-	-	94.2	93.4	95.0	90.4	-	-	-	-
	Not close	2011	-	-	2.3	5.3	2.1	6.0	-	-	-	-
	Close		-	-	97.7	94.7	97.9	94.0	-	-	-	-
Children	Not close	2015	-	-	-	-	6.3	3.4	13.5	9.0	5.6	9.0
	Close		-	-	-	-	92.0	95.9	86.5	89.2	94.4	91.0
	Not close	2013	-	-	-	-	5.0	4.5	34.4	5.9	19.7	13.3
	Close		-	-	-	-	92.4	95.0	64.2	94.1	80.3	84.1
	Not close	2011	-	-	-	-	6.3	4.4	24.7	17.0	15.0	15.7
	Close		-	-	-	-	93.7	95.6	75.3	83.0	85.0	84.3

7.3 Time Spent with Family Members

- 7.3.1 **Time spent with parents was limited, but with improvement in the past two years.** In 2015, about one-third of the respondents talked to their parents for less than 30 minutes a week. 13% had not talked to their fathers, while 10% had not talked to their mothers at all in the week prior to enumeration. Partners communicated with each other more frequently, with only 7% did not speak to each other; 49% talked to each other for more than 4 hours, 11% for 2 to 4 hours, 10% for 1 to 2 hours, and 15% for less than half hour a week.
- 7.3.2 19% chatted with their children for less than 30 minutes a week and 12% did not talk to each other at all. On the other hand, 36% talked to their children for more than 4 hours. With the findings in 2011, 2013 and 2015 compared, increasing number of respondents spent more time to talk with their partner and children.

Table 7.3.1: Time spent in talking with family members per week in 2011, 2013 and 2015 (%)

	Year	Father	Mother	Partner	Children ²²
None	2015	12.5	10.1	6.8	11.9
	2013	16.6	11.7	8.2	16.2
	2011	22.8	19.1	8.4	20.5
< 30 minutes	2015	33.5	29.6	15.2	19.3
	2013	35.0	32.1	19.2	25.7
	2011	40.1	38.8	25.5	32.0
31 – 60 minutes	2015	10.9	10.7	6.0	8.2
	2013	9.1	9.6	9.2	10.7
	2011	8.2	8.9	11.2	10.4
1 hour to < 2 hours	2015	13.1	15.1	9.8	12.7
	2013	17.1	17.0	12.4	11.4
	2011	11.1	11.4	14.1	10.6
2 hours to < 4 hours	2015	10.6	11.3	10.6	10.2
	2013	7.3	10.0	9.4	7.8
	2011	6.2	8.9	10.7	7.5
≧ 4 hours	2015	17.8	21.4	49.3	35.5
	2013	13.4	18.0	39.2	26.9
	2011	11.6	12.8	30.1	19.0

22 One child is selected randomly.

7.3.3 Analysed by age group, older people aged 55 or above were less likely to talk with their parents, 58% and 57% of them talked to their father and mother for less than 30 minutes a week or did not talk at all respectively in 2015.

Table 7.3.2: Time spent in talking with family members by age group in 2011, 2013 and 2015 (%)

		Year	15 - 34	35 - 54	55 or above
Father	None to < 30 minutes	2015	39.8	52.1	58.4
	31 – 60 minutes		12.9	8.7	7.8
	> 1 hour		45.9	37.2	30.4
	None to < 30 minutes	2013	45.7	58.6	61.3
	31 – 60 minutes		8.2	9.8	13.6
	> 1 hour		43.8	30.9	25.1
	None to < 30 minutes	2011	56.0	70.5	77.2
	31 – 60 minutes		9.1	7.1	7.4
	> 1 hour		34.9	22.4	15.5
Mother	None to < 30 minutes	2015	31.9	43.8	57.3
	31 – 60 minutes		11.8	10.5	6.5
	> 1 hour		54.7	43.3	34.7
	None to < 30 minutes	2013	34.1	50.8	57.3
	31 – 60 minutes		8.0	11.2	10.5
	> 1 hour		55.3	37.3	31.7
	None to < 30 minutes	2011	44.5	68.5	74.6
	31 – 60 minutes		10.7	7.7	5.8
	> 1 hour		44.9	23.8	19.6
Partner	None to < 30 minutes	2015	20.9	20.2	25.1
	31 – 60 minutes		6.0	4.3	8.1
	> 1 hour		72.4	72.7	64.9
	None to < 30 minutes	2013	19.6	25.4	32.9
	31 – 60 minutes		11.2	8.9	8.9
	> 1 hour		69.2	63.0	55.3
	None to < 30 minutes	2011	25.8	32.3	39.6
	31 – 60 minutes		13.8	10.4	11.5
	> 1 hour		60.3	57.3	48.9
Child	None to < 30 minutes	2015	40.8	26.2	34.2
	31 – 60 minutes		5.4	4.6	12.1
	> 1 hour		51.7	67.1	51.5
	None to < 30 minutes	2013	44.3	38.0	45.2
	31 – 60 minutes		7.8	8.6	13.3
	> 1 hour		47.0	52.2	40.1
	None to < 30 minutes	2011	59.3	46.8	56.5
	31 – 60 minutes		4.7	9.0	12.7
	> 1 hour		35.9	44.2	30.8

7.3.4 Analysed by marital status, respondents who were married or cohabiting and with child as well as those who were divorced/separated were less likely to talk to their parents in 2015.

Table 7.3.3: Time spent in talking with family members by marital status and gender in 2011, 2013 and 2015 (%)

		Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
			M	F	M	F	M	F	M	F	M	F
Father	None to < 30	2015	39.9	37.3	50	36.9	50.3	58	62	55.6	0	33.5
	31 – 60 mins		9.1	6.8	13.9	31.3	13.4	12.2	0	0	0	18.2
	> 1 hour		49.3	56	36.1	25.9	34.1	27.4	38.1	44.4	0	36.1
	None to < 30	2013	41.6	46.4	45.6	58.0	52.8	64.3	100.0	57.9	100.0	42.1
	31 – 60 mins		9.1	5.0	15.4	10.4	15.9	5.9	0.0	17.7	0.0	17.1
	> 1 hour		47.8	44.8	39.0	31.6	31.2	29.0	0.0	21.1	0.0	40.8
	None to < 30	2011	60.7	54.0	62.0	59.8	68.4	70.2	0.0	32.2	70.0	80.3
	31 – 60 mins		6.4	8.1	6.3	6.0	7.1	11.7	100.0	5.8	22.4	3.0
	> 1 hour		32.9	37.9	31.7	34.2	24.6	18.1	0.0	62.1	7.6	16.6
Mother	None to < 30	2015	33.9	25.6	48.6	31.3	45.8	52.3	50.1	45.1	100	48.8
	31 – 60 mins		6.7	8.1	14.9	31.4	14	12.9	5.4	0	0	6
	> 1 hour		58.3	65	35	32	37.5	32.1	44.4	54.9	0	41.2
	None to < 30	2013	35.4	30.5	40.6	43.6	54.0	54.3	61.2	49.1	53.2	62.6
	31 – 60 mins		7.3	6.9	11.1	18.1	15.2	6.4	9.6	21.1	0.0	13.4
	> 1 hour		55.4	59.5	48.3	38.3	30.1	38.5	29.2	26.9	46.8	18.9
	None to < 30	2011	52.4	38.3	69.5	53.0	68.6	67.9	100.0	50.5	83.7	61.5
	31 – 60 mins		12.2	6.2	5.5	7.8	7.5	9.5	0.0	11.5	9.9	10.8
	> 1 hour		35.4	55.5	25.0	39.2	23.9	22.6	0.0	38.1	6.4	27.6

			Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
Year			M	F	M	F	M	F	M	F	M	F
Partner	None to < 30	2015	8.5	68.3	17.8	13.1	20.6	23	100	54.4	0	15.3
	31 – 60 mins		0	0	6.8	8.2	7.8	4.4	0	7.6	0	17
	> 1 hour		91.5	31.7	74.3	75.8	69.1	70.4	0	38	100	67.7
	None to < 30	2013	88.3	7.6	16.6	18.6	26.9	28.3	100.0	90.4	-	-
	31 – 60 mins		11.7	0.0	5.0	6.9	9.1	10.7	0.0	0.0	-	-
	> 1 hour		0.0	83.6	77.5	68.8	62.2	58.2	0.0	9.6	-	-
	None to < 30	2011	-	-	26.6	26.3	36.0	34.3	-	-	43.1	100.0
	31 – 60 mins		-	-	16.9	12.7	11.5	10.4	-	-	0.0	0.0
	> 1 hour		-	-	56.5	61.0	52.5	55.3	-	-	56.9	0.0
Children	None to < 30	2015	--	--	--	--	31.3	31	37.4	30.2	7.7	38.3
	31 – 60 mins		--	--	--	--	9.3	7.1	2.2	4.1	12.3	11.4
	> 1 hour		--	--	--	--	56.4	60.1	60.5	64.8	77.4	49.4
	None to < 30	2013	-	-	-	-	44.1	39.4	54.4	29.9	39.9	49.5
	31 – 60 mins		-	-	-	-	9.1	10.0	25.7	14.8	27.1	10.3
	> 1 hour		-	-	-	-	45.2	49.4	18.5	55.2	30.9	39.9
	None to < 30	2011	-	-	-	-	56.8	47.0	82.9	54.1	54.7	44.7
	31 – 60 mins		-	-	-	-	9.2	11.3	2.7	15.0	2.0	4.5
	> 1 hour		-	-	-	-	34.0	41.7	14.4	30.9	43.4	50.8

Views collected from focus group discussions

- 7.3.5 Apart from the findings collected from the questionnaire survey, views on the time spent with family members were solicited from participants during the focus group discussions.
- 7.3.6 Most of the focus group participants indicated that when they were getting older, they spent less time with their fathers, mothers and children. For those parents who were not living with their children, the major reasons were that “their children had no time travelling to and from their home”, “their children were busy at work” and “their children chose to take a rest at home or met friends during weekend instead of spending time with them”. For those parents who were living with their children, they indicated that they were already asleep when their children returned to home after work.

7.4 Communication with Family Members

7.4.1 Respondents were asked to rate the frequency of communication with family members and involvement in family functions. Rating on frequency was expressed in a Likert scale of 4, with “1” denoting “almost never” and “4” denoting “frequently”.

7.4.2 Talk about personal concern - Overall, talking about personal concern to partner was frequent (54% frequently and 27% sometimes, while only 5% almost never talked to partner about personal concern). 24% of the respondents talked frequently and 40% sometimes to their mothers about personal concern. The corresponding percentages were 19% and 42% respectively for talking to fathers. 64% talked about personal concern to their child sometimes or frequently.

Table 7.4.1: Talking about personal concern in 2011, 2013 and 2015 (%)

Personal Concern	Year	Father	Mother	Partner	Childre
Almost never	2015	12.4	8.9	4.9	12
	2013	12.1	10.1	6.6	17.4
	2011	14.1	12.7	5.8	16.2
Not often	2015	25.8	25.8	12.7	23.4
	2013	36.1	27.6	10.7	22.8
	2011	35.1	30.1	14.4	26.2
Sometimes	2015	42	40.3	27	35.3
	2013	35.4	38.0	33.2	35.0
	2011	34.0	35.1	33.2	34.4
Frequently	2015	19.4	24.3	54.1	28.2
	2013	15.5	23.7	47.2	23.2
	2011	16.8	22.2	46.6	23.1

7.4.3 *Seeking advice from family member* - Similar pattern was observed in respect of seeking advice. Majority of the respondents sought advice from their partners (85%) and mothers (67%) sometimes or frequently.

Table 7.4.2: Seeking advice from family member in 2011 and 2013 (%)

Seeking Advice	Year	Father	Mother	Partner	Childre
Almost never	2015	9.4	6.9	3.8	13.9
	2013	14.3	11.0	6.3	19.1
	2011	12.5	11.0	4.6	16.1
Not often	2015	25.3	25.2	9.9	20.9
	2013	31.3	27.5	10.1	23.8
	2011	34.4	33.5	12.4	26.5
Sometimes	2015	45.5	45.2	30.5	38.6
	2013	39.9	41.0	37.0	34.9
	2011	35.7	35.2	40.1	35.8
Frequently	2015	19.3	21.8	54.3	25
	2013	13.6	19.6	43.9	20.9
	2011	17.3	20.3	42.9	21.7

7.4.4 *Feeling proud of family member* – Majority of the respondents were proud of their parents (75% father, 74% mother). Amongst them, 30% were frequently proud of their father and 32% proud of their mothers. 81% of respondents were proud of their partners (44% frequently) and 80% proud of their children (45% frequently).

Table 7.4.3: Feeling proud of family member in 2011, 2013 and 2015 (%)

Feeling proud	Year	Father	Mother	Partner	Childre
Almost never	2015	8.1	6.4	6.3	5.8
	2013	11.5	11.4	11.3	9.8
	2011	11.7	8.1	7.1	7.4
Not often	2015	13.8	15.4	9	9.4
	2013	14.5	13.1	9.8	10.2
	2011	24.3	23.3	15.1	14.4
Sometimes	2015	45	42.8	36.4	35.4
	2013	40.4	40.3	41.1	40.9
	2011	38.5	40.7	41.7	42.1
Frequently	2015	29.9	31.8	44	44.8
	2013	29.2	31.1	31.9	34.7
	2011	25.5	27.8	36.1	36.1

7.4.5 *Having dinner with family members* – Majority of the respondents had dinner sometimes or frequently with their partners (92%), children (89%), and mother (74%). Survey results also showed that 82% of the respondents frequently had dinner with their partners, 65% frequently with children and over one-third with parents.

Table 7.4.4: Having dinner with family member in 2011, 2013 and 2015 (%)

Having dinner	Year	Father	Mother	Partner	Childre
Almost never	2015	4.7	2.5	2.1	2
	2013	6.2	4.0	2.0	1.6
	2011	4.7	3.1	0.9	2.1
Not often	2015	24.1	22.3	4.6	8.3
	2013	33.1	28.7	5.4	10.3
	2011	29.0	28.1	5.7	18.0
Sometimes	2015	34.6	34.6	10.6	24.1
	2013	26.4	27.4	11.4	18.6
	2011	31.9	30.3	10.5	23.6
Frequently	2015	35.9	39.7	81.7	64.9
	2013	33.3	39.0	79.0	68.3
	2011	34.4	38.5	83.0	56.3

7.4.6 *Participation in family activities* – Majority of the respondents frequently or sometimes participated in family activities with their partners (83%) and children (77%). About 60% of the respondents frequently or sometimes participated in family activities with their parents.

Table 7.4.5: Participate in family activities in 2011, 2013 and 2015 (%)

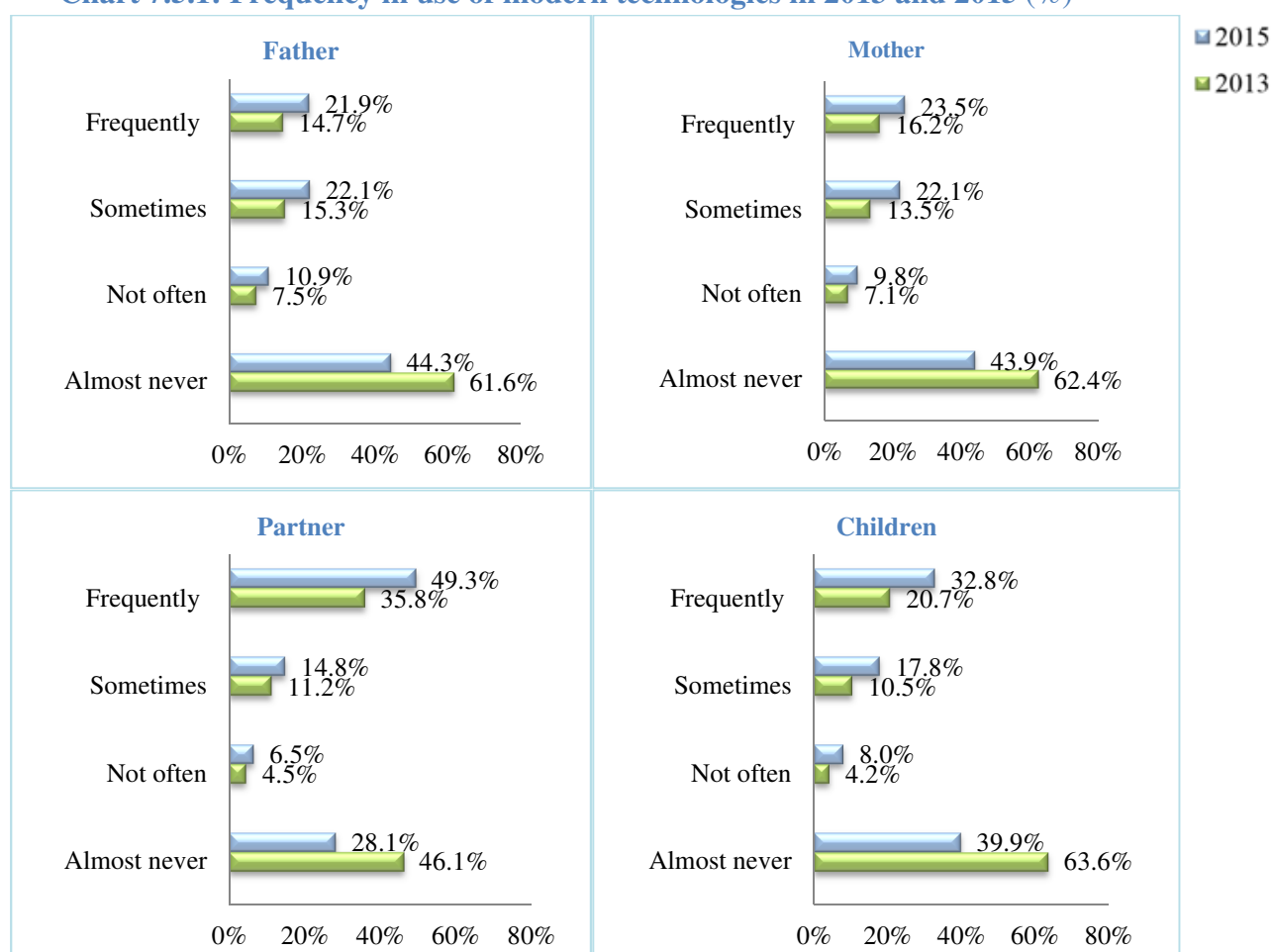
Family activities	Year	Father	Mother	Partner	Childre
Almost never	2015	9.5	7.6	3.6	3.2
	2013	12.1	8.7	5.3	5.6
	2011	8.7	7.0	2.5	4.3
Not often	2015	29.8	29.6	12.2	18.5
	2013	39.2	36.3	17.4	21.8
	2011	37.1	36.7	17.5	26.7
Sometimes	2015	37	36.5	30.1	35.5
	2013	32.6	34.0	33.8	35.5
	2011	36.5	35.6	27.7	31.8
Frequently	2015	22.9	25.3	52.6	41.8
	2013	15.2	20.2	41.4	36.0
	2011	17.6	20.7	52.4	37.1

7.5 Frequency in use of modern technologies in communication with family members

7.5.1 **Increasing number of people frequently or sometimes used modern technologies (e.g. SMS, WhatsApp) in communication with family members.** In 2015, about half of the respondents frequently or sometimes used modern technologies in communication with children (51%), mothers (46%) and fathers (44%).

7.5.2 The proportion of respondents who frequently or sometimes used modern technologies in communication with partners (64%) was higher than that of other family members in 2015.

Chart 7.5.1: Frequency in use of modern technologies in 2013 and 2015 (%)



7.5.3 Analysed by age group, younger respondents aged 15-34 were more likely to use modern technologies in communication with their partners (80%), fathers (54%), mothers (63%) frequently or sometimes.

Table 7.5.2: Frequency in use of modern technologies by age group in 2015 (%)

		15 - 34	35 - 54	55 or above
Father	Almost never	31.2	58.4	65.0
	Not often	14.1	6.4	13.9
	Sometimes	25.2	19.4	13.3
	Frequently	28.3	15.5	7.9
Mother	Almost never	23.6	57.9	78.4
	Not often	12.8	7.2	7.1
	Sometimes	29.1	17.7	8.6
	Frequently	33.9	16.5	5.4
Partner	Almost never	11.8	16.4	48.9
	Not often	5.1	7.0	6.5
	Sometimes	7.3	17.3	14.7
	Frequently	72.3	59.0	28.2
Child	Almost never	49	29.7	47.6
	Not often	13.5	9.4	5.8
	Sometimes	13.2	19.0	17.6
	Frequently	20.1	41.1	27.4

7.5.4 Most of the respondents who were never married or married/cohabiting without child frequently or sometimes used modern technologies in communication with their partners.

Table 7.5.3: Frequency in use of modern technologies by marital status and gender in 2015 (%)

		Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Father	Almost never	29.9	36.5	36	38.1	57.6	57.6	39.7	70.5	0	100
	Not often	11.5	14.3	10.1	8.6	13	6	41.5	7.6	0	0
	Sometimes	26.9	20	38.1	32.4	18	18.8	0	10.4	0	0
	Frequently	30	29.2	15.7	20.8	11.4	16	18.8	11.4	0	0
Mother	Almost never	27.5	29.2	36.5	40.3	57.1	59.5	81.9	67.6	100	78.6
	Not often	12.1	12.3	4.6	8.7	10.4	6.2	9.8	10.6	0	6.2
	Sometimes	29.1	24.7	36.7	29	17.2	15.8	0	10	0	7
	Frequently	30.6	33.7	22.3	18.6	15.3	16.9	8.3	11.8	0	8.2
Partner	Almost never	23.5	13.6	15.4	21.8	31.4	27.8	---	---	---	---
	Not often	0	12.2	4.3	5.6	7.1	6.1	---	---	---	---
	Sometimes	7.2	0	13.5	16.2	15.8	14.6	---	---	---	---
	Frequently	69.4	74.2	66.8	56.4	44.2	50	---	---	---	---
Children	Almost never	---	---	---	---	38.4	36.2	34.1	32.2	49.6	67.1
	Not often	---	---	---	---	8.9	7.2	7.8	8.8	11.8	4.1
	Sometimes	---	---	---	---	18.3	16.3	32.4	27.6	12.6	12.2
	Frequently	---	---	---	---	32.2	39	23.3	30.6	25.9	15.9

Views collected from focus group discussions

- 7.5.5 Apart from the findings collected from the questionnaire survey, views on the usage of modern communication technologies were solicited from participants during the focus group discussions.
- 7.5.6 As indicated in the 2015 survey, increasing number of grandparents, parents and children frequently or sometimes used modern technologies (e.g. SMS, WhatsApp) in communication with their family members. The participants of the focus group discussions indicated that the advantages of using modern technologies included “free and easy to use”, “ability to express feelings that were hard to describe in words”, “ability to set up chat groups and share photos” and “ability to share with family members their experience in daily lives”. On the other hand, some participants indicated the disadvantages of using modern technologies which hindered face-to-face interactions, where family members seldom talked with each other after using WhatsApp, and the children tended to use “emoji” icons instead of sentences to deliver messages to family members.

Chapter 8 | Balancing Work and Family

8.1 Introduction

8.1.1 Nowadays in Hong Kong, it is getting more and more stressful to strike for work-life balance. We attempt to gather information on views and attitudes regarding balancing work and family. The questions were adopted from the Canadian family survey.²³

8.1.2 Stress is prevalent in today's workplace. Spending too much time working or being forced to deal with excessive amount of work may cause a great deal of stress. Therefore, questions covering the following areas were asked:

- a) the level of stress resulting from efforts to meet competing demands of work and family;
- b) the satisfaction with the amount of time spent at work with family
- c) the problems encountered from poor work-life balance;
- d) the level of difficulty in balancing work and family; and
- e) the problems the families would face.

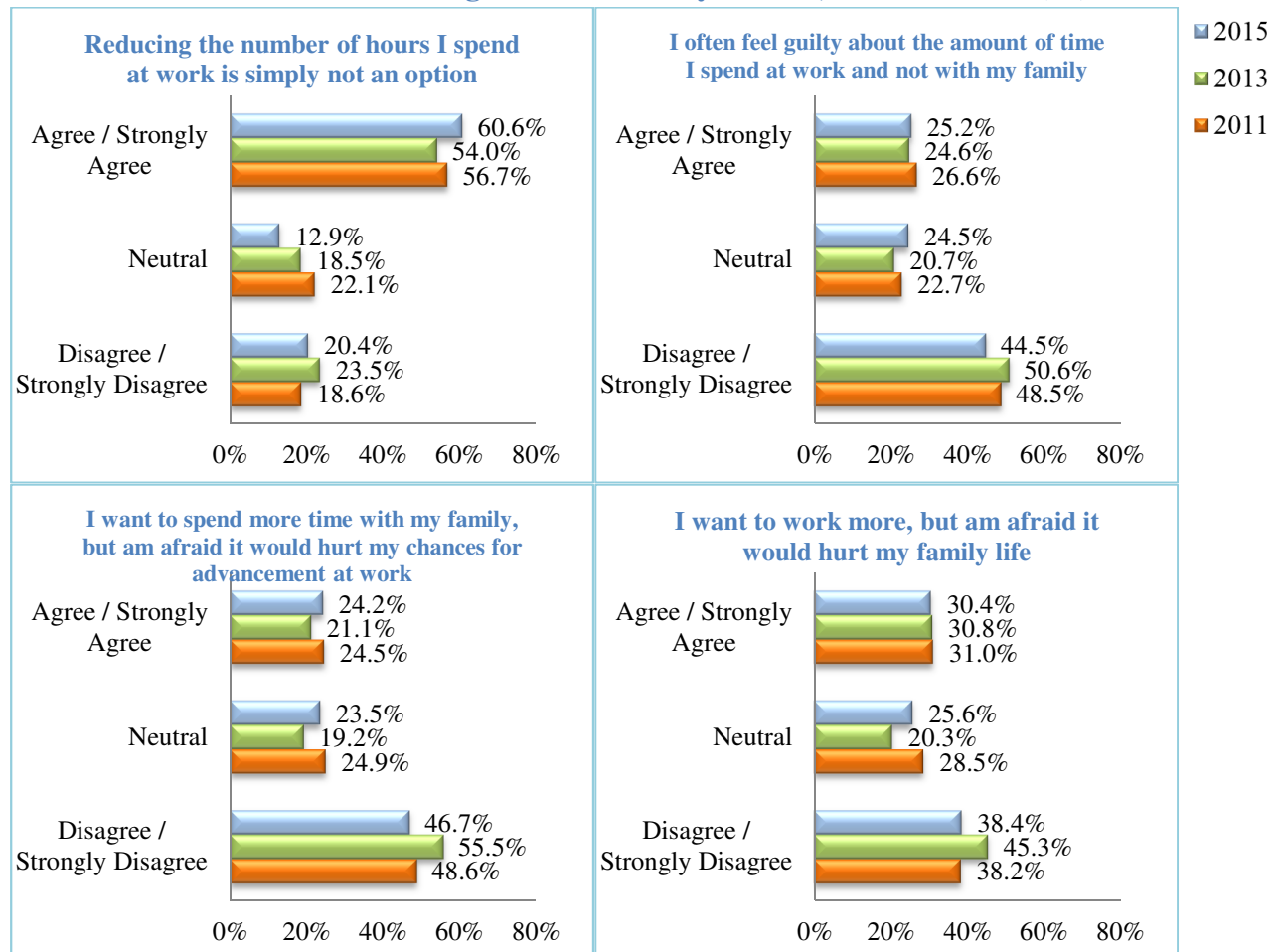
²³ Canadian Attitudes on the Family: The Complete Report 2002, Focus on the Family Canada Association

8.2 Views on Balancing Work and Family

8.2.1 **One quarter of those at work found it difficult to strike a balance between work and family in view of competing priorities.** In 2015, it was worth noting that about one quarter of the respondents at work shared the views that “I often felt guilty about the amount of time I spent at work and not with my family” (25%) and “I want to spend more time with my family but am afraid that it would hurt my chances for advancement at work” (24%). Furthermore, 30% agreed that “I want to work more but am afraid that it would affect my family life”. On the other hand, 61% of them indicated that reducing the number of hours they spent at work was simply not an option in balancing work and family.

8.2.2 With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

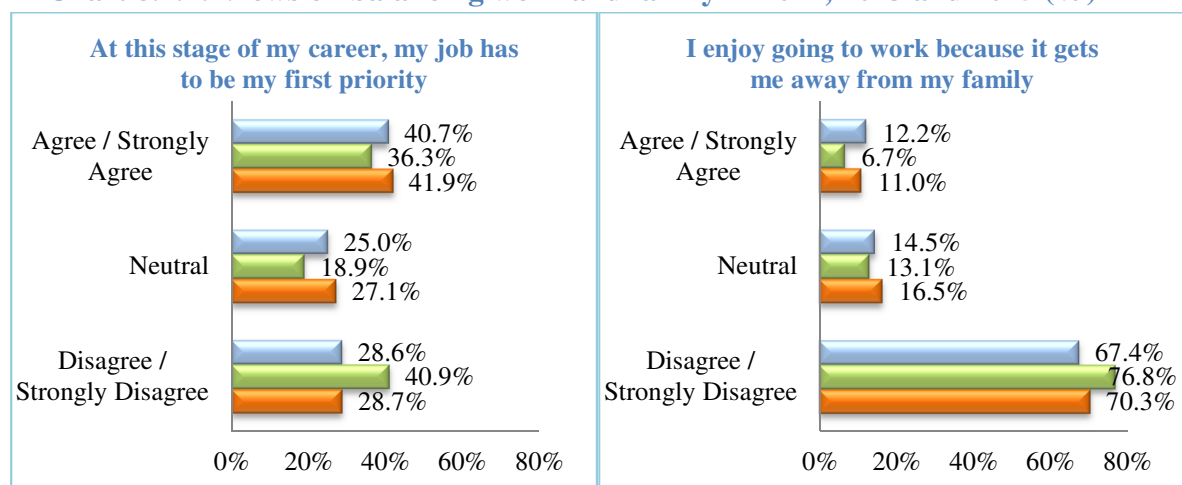
Chart 8.2.1: Views on balancing work and family in 2011, 2013 and 2015 (%)



8.2.3 In 2015, the view that “At this stage of my career, my job is my first priority” varied, 41% of the respondents at work agreed whereas 29% did not agree. In addition, 67% of the respondents at work did not agree that “I enjoy going to work because it gets me away from my family”.

8.2.4 Compared with the findings in 2013, the disagreement on the views that “At this stage of my career, my job is my first priority” and “I enjoy going to work because it gets me away from my family” decreased significantly in 2015.

Chart 8.2.2: Views on balancing work and family in 2011, 2013 and 2015 (%)



8.2.5 Across all age groups, quite a high proportion of respondents found it difficult to reduce the number of hours spent at work; and a relatively lower proportion of respondents enjoyed going to work in order to get away from their family. Younger respondents at work (15-34) were more likely to agree that their job would be their first priority at this stage of their career (48% in 2015).

Table 8.2.3: Agreement on views on balancing work and family by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
Reducing the number of hours I spend at work is simply not an option	2015	63.6	62.2	50.6
	2013	50.4	56.8	52.3
	2011	56.3	58.8	52.4
I often feel guilty about the amount of time I spend at work and not with my family	2015	31.2	24.3	17.5
	2013	23.6	25.9	22.2
	2011	29.9	27.1	14.5
I want to spend more time with my family, but am afraid that it would hurt my chances for advancement at work	2015	28.0	25.1	14.9
	2013	24.5	20.9	15.1
	2011	28.2	24.5	13.2
I want to work more, but am afraid that it would affect my family life	2015	35.8	29.7	22.7
	2013	27.2	35.2	23.2
	2011	31.7	32.9	21
At this stage of my career, my job is my first priority	2015	47.7	37.9	36.7
	2013	41.1	35.8	28.3
	2011	43.1	42.8	35.3
I enjoy going to work because it gets me away from my family	2015	11.3	13.2	10.8
	2013	9.0	5.5	6.1
	2011	12.6	9.4	9.2

8.2.6 Analysed by marital status, the respondents at work who were never married were more likely to agree that their job would be their first priority at this stage of their career (55% and 52% for male and female respondents at work respectively in 2015).

Table 8.2.4: Agreement on views on balancing work and family by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/ cohabiting without child		Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Reducing the number of hours I spend at work is simply not an option	2015	53.1	66.9	59.9	56.3	59.8	54.4	76.4	63.1	33	42
	2013	56.7	50.7	64.9	35.8	56.8	53.5	53.3	42.8	13.8	43.7
	2011	58.5	55.8	52.1	54.1	61.7	53	100	43.7	63.2	58.1
I often feel guilty about the amount of time I spend at work and not with my family	2015	30.8	27.1	23.9	8.9	24.4	20.2	44.4	24.6	18.3	26.9
	2013	17.4	21.7	23.4	32.3	31.2	21.0	20.8	25.2	0.0	40.5
	2011	25.4	26.7	20.1	33.8	29.8	24.4	0.0	11.3	30.9	27
I want to spend more time with my family, but am afraid that it would hurt my chances for advancement at work	2015	27.1	23.2	21.6	11.6	28.9	18.0	40.1	21.4	18.3	17.6
	2013	20.5	20.4	26.0	27.3	23.1	18.5	8.2	12.3	0.0	33.6
	2011	22	27	27.6	16.4	25.7	26.7	0	6.9	16.5	27.5
I want to work more, but am afraid that it would affect my family life	2015	34.9	28.3	39.7	16.2	30.8	25.3	63.0	30.2	18.3	11.1
	2013	27.6	23.2	26.4	36.6	36.1	36.3	18.7	22.8	0.0	40.6
	2011	25.8	28.8	33.9	32.9	36	34	0	16.1	9.3	31.6
At this stage of my career, my job is my first priority	2015	54.9	51.9	38.4	28.1	39.1	21.2	55.4	29.1	32.9	38.1
	2013	54.0	41.8	37.7	29.9	36.0	9.9	44.3	44.5	49.9	30.0
	2011	62.3	47.8	52	35.4	38.7	18.9	46.9	38.4	26.4	33.6
I enjoy going to work because it gets me away from my family	2015	18.4	6.1	10.0	0.0	14.6	8.0	21.1	18.2	18.3	16.9
	2013	11.1	10.3	5.2	0.0	5.2	2.2	19.5	3.0	0.0	0.0
	2011	14.8	11.9	13.9	19.1	7.1	5.7	0	17.9	8.6	6.2

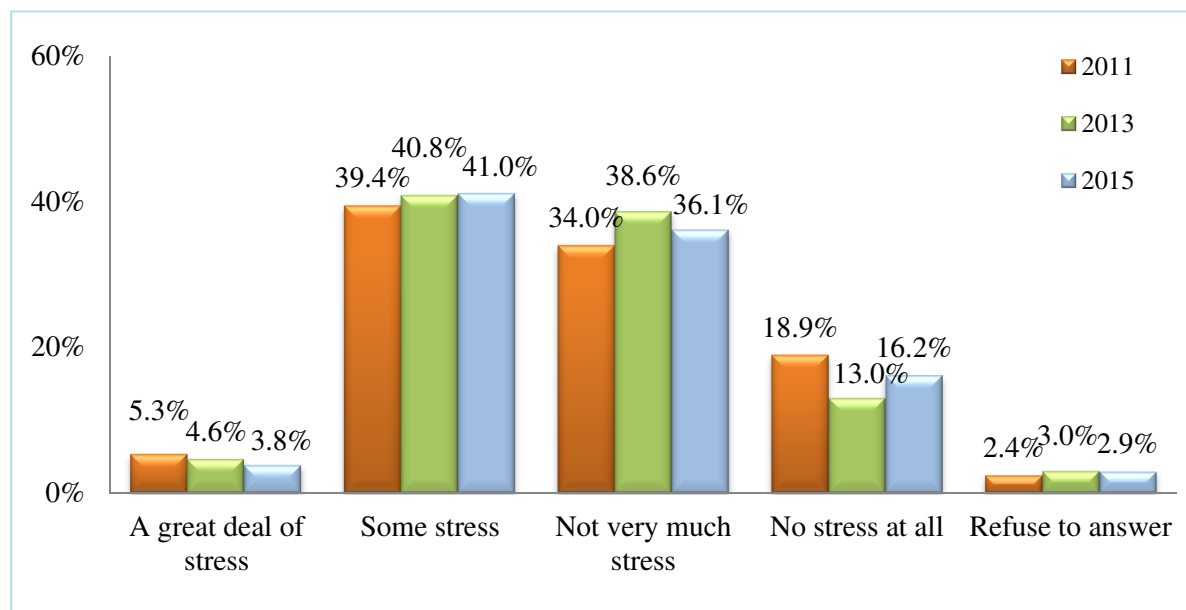
8.3 Stress and time spent at work and family

Stress in balancing work and family

8.3.1 *Nearly half of those at work reported stress in balancing work and family.* On the whole, 45% of the respondents who were currently at work reported that balancing the competing demands of work and family caused them a great deal of stress or some stress in 2015. 36% did not have very much stress and 16% did not have stress at all.

8.3.2 With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

Chart 8.3.1: Stress in balancing work and family in 2011, 2013 and 2015 (%)



8.3.3 When compared with other age groups, younger respondents (15-34) and middle-aged respondents at work (35-54) had the highest proportion of respondents who were more likely to have stress in balancing the demands of work and family (48% and 46% in 2015 respectively). Similar observations were also made for male respondents at work who were “never married” (52% in 2015), and “divorced/separated” (50% in 2015) respectively.

Table 8.3.2: Stress in balancing work and family by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
A great deal of stress/some stress	2015	47.9	46.1	35.4
	2013	39.2	51.5	37.4
	2011	44.4	48.5	30.7
Not very much stress/no stress at all	2015	49.7	50.6	61.7
	2013	56.3	46.7	58.2
	2011	51.9	50.0	66.8

Table 8.3.3: Stress in balancing work and family by marital status and gender in 2011, 2013 and 2015 (%)

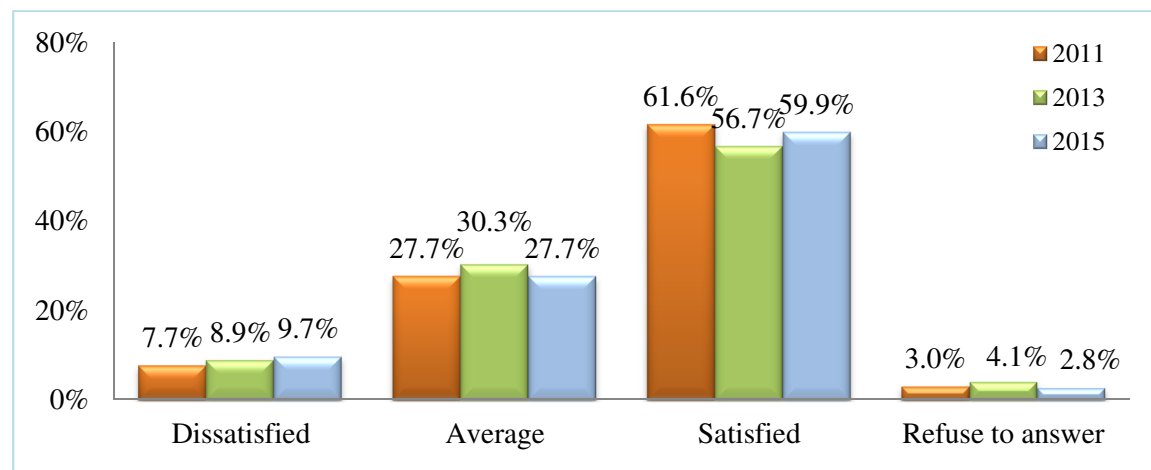
	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
A great deal of stress/some stress	2015	51.7	39.5	45.5	28.9	46.8	45.0	50.4	36.9	32.9	39.5
	2013	41.9	30.0	43.2	45.9	55.9	52.3	17.7	49.1	0.0	42.5
	2011	35.8	40.3	52.7	35.7	53.3	49.2	26.9	33.5	17.4	45.6
Not very much stress/no stress at all	2015	46.2	57.6	51.3	62.4	49.9	51.8	49.6	63.1	67.1	56.8
	2013	55.2	69.4	53.8	54.1	40.7	41.4	82.3	47.3	100	55.0
	2011	62.4	55.2	44.7	64.3	46.2	47.5	73.1	66.5	80.2	46.8

Satisfaction with time spent at work and family

8.3.4 Notwithstanding the fact that quite a number of respondents reported stress in balancing the competing demands of work and family, 60% of the respondents who were currently at work were satisfied with the amount of time spent at work and with family and about 10% were not satisfied.

8.3.5 With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

Table 8.3.4: Satisfaction with time spent at work and family in 2011, 2013 and 2015 (%)



8.3.6 Analysed by gender, male respondents at work were more likely to report that they were satisfied with the amount of time spent at work and with family (62% and 60% for male and female respondents at work respectively in 2015).

Table 8.3.5: Satisfaction with time spent at work and family by gender in 2011, 2013 and 2015 (%)

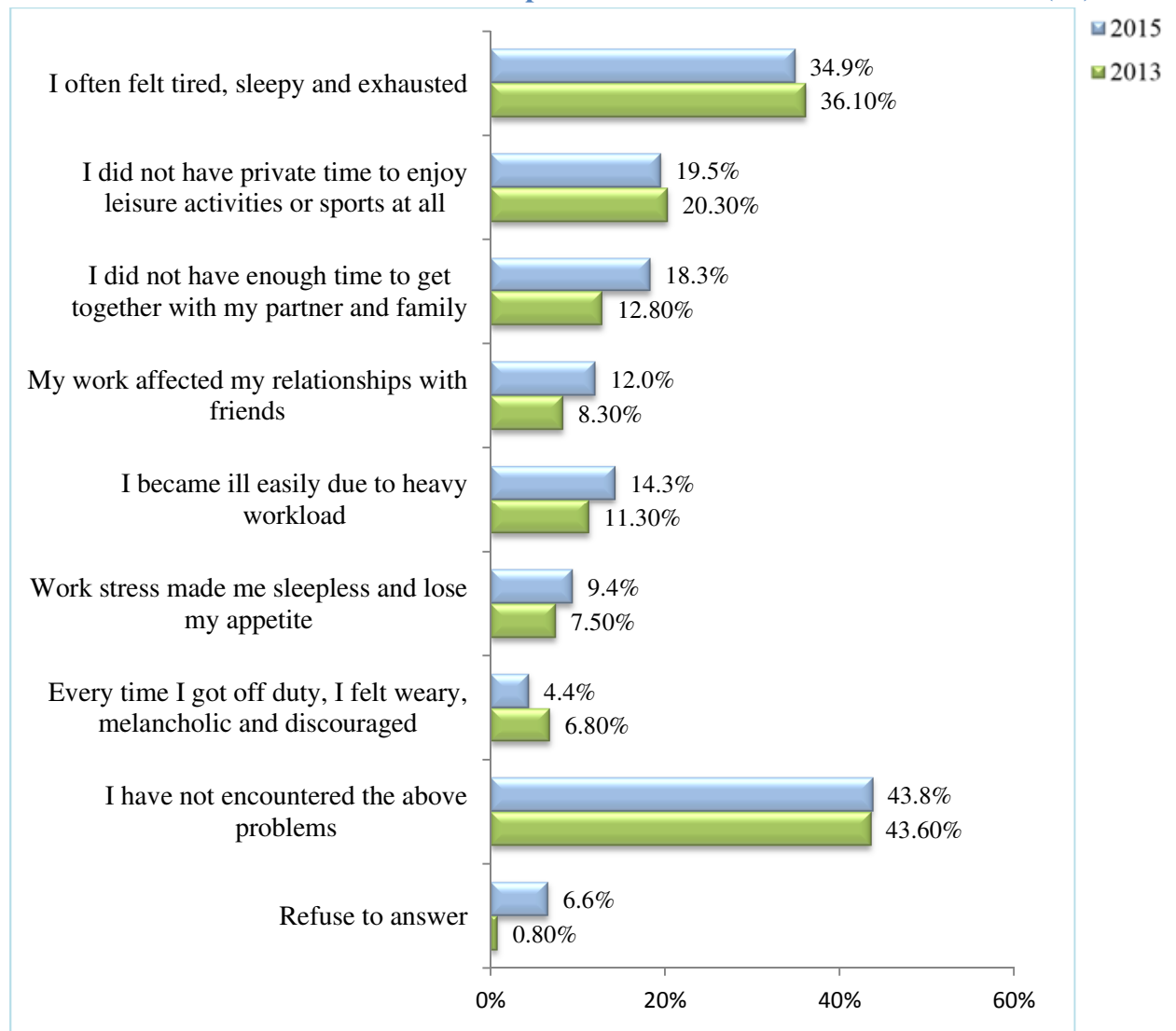
	Year	All	Male	Female
Dissatisfied	2015	9.4	10.0	9.7
	2013	8.9	10.7	6.6
	2011	7.7	7.1	8.6
Average	2015	27.7	30.1	24.7
	2013	30.3	30.5	30.0
	2011	27.7	29.5	25.3
Satisfied	2015	58.1	62.2	59.9
	2013	56.7	55.5	58.3
	2011	61.6	61.6	61.5

8.4 Problems associated with poor work-life balance

Problems associated with poor work-life balance

8.4.1 The major problems associated with poor work-life balance of those respondents at work were “I often felt tired, sleepy and exhausted” (35%), “I did not have private time to enjoy leisure activities or sports at all” (20%), “I did not have enough time to get together with my partner and family” (18%), “I became ill easily due to heavy workload” (14%) and “my work affected my relationships with friends” (12%) in 2015. On the other hand, 44% of the respondents at work reported that they did not encounter any problems associated with poor work-life balance.

Table 8.4.1: Problems associated with poor work-life balance in 2013 and 2015 (%)

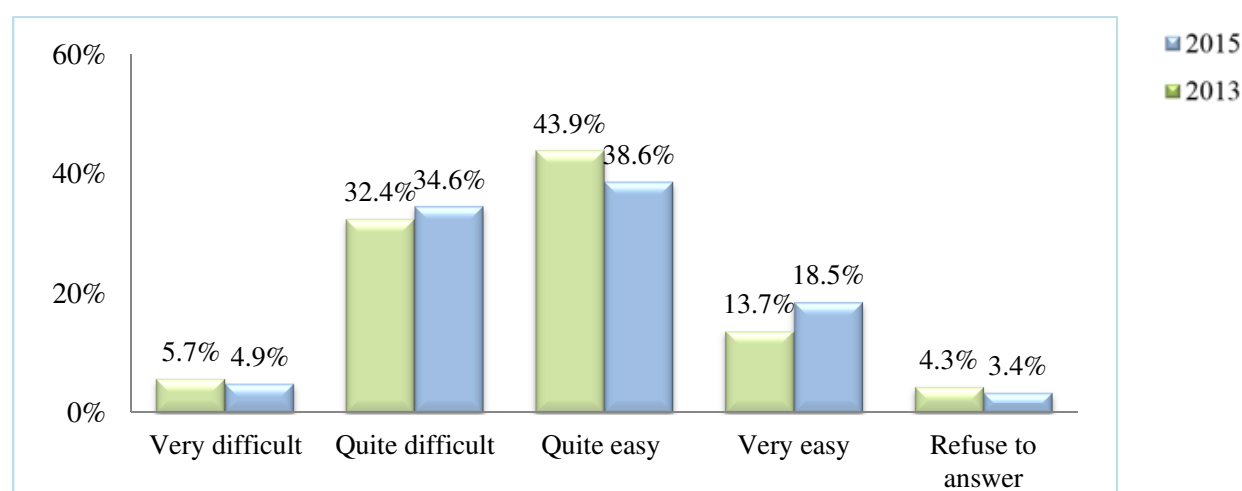


Note: Respondents were allowed to give more than one choice.

Level of difficulty in balancing work and family

8.4.2 **Over one-third of those at work reported that it would be very difficult or quite difficult in balancing work and family.** In 2015, 40% of the respondents at work reported that it would be very difficult or quite difficult in balancing the demands of work and family whereas 57% expressed that it would be quite easy or very easy in balancing work and family.

Table 8.4.2: Level of difficulty in balancing work and family in 2013 and 2015 (%)



8.4.3 When compared with other age groups and marital status, younger respondents at work (15-34) and male respondents at work who were never married were more likely to report that it would be very difficult or quite difficult in balancing the demands of work and family.

Table 8.4.3: Level of difficulty in balancing work and family by age group in 2013 and 2015 (%)

	Year	Total	15-34	35-54	55 or above
Very difficult/quite difficult	2015	39.4	42.2	39.5	34.4
	2013	38.1	29.3	44.7	33.9
Quite easy/very easy	2015	57.2	54.8	57.7	60.0
	2013	57.6	65.4	51.9	60.7

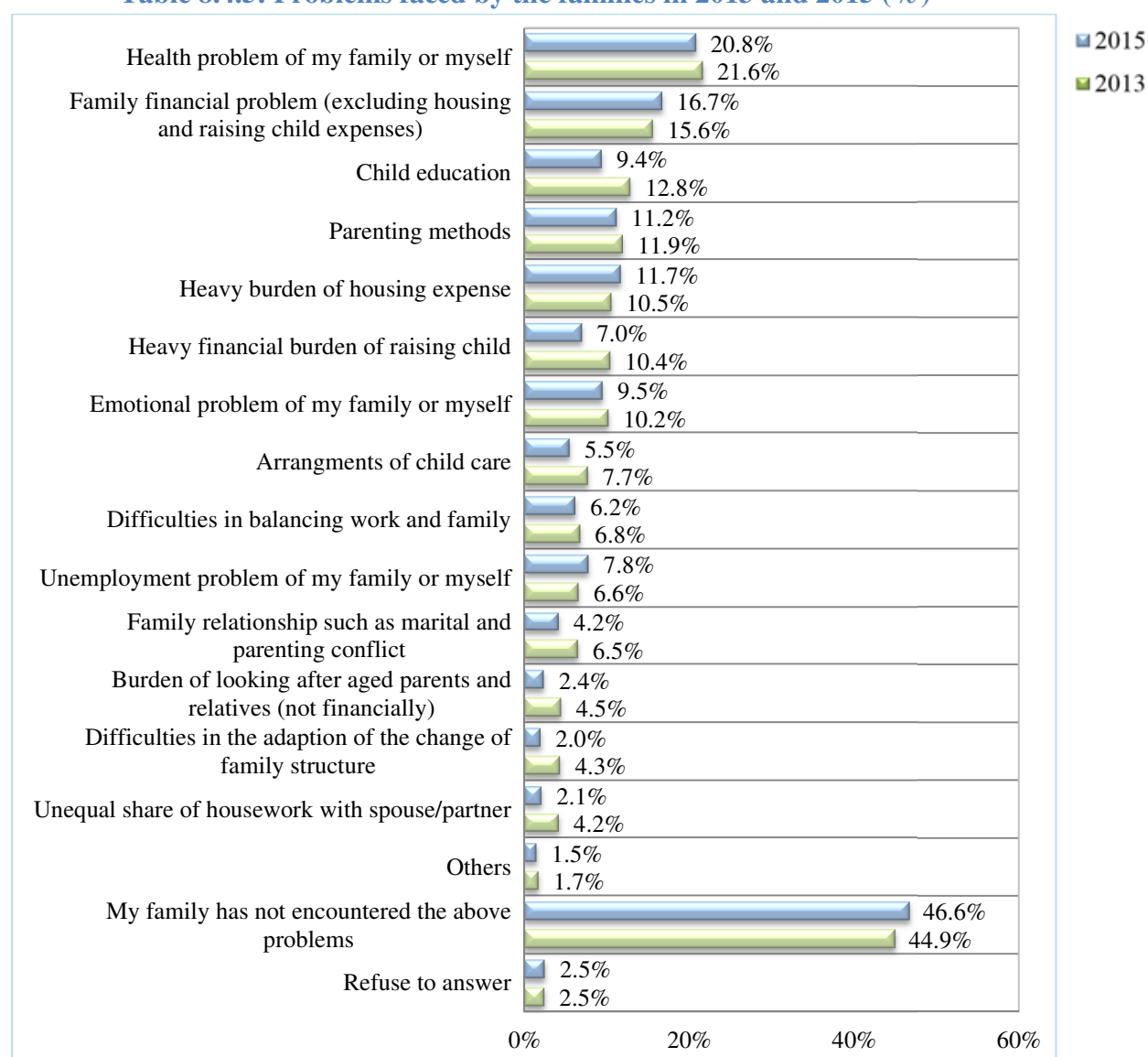
Table 8.4.4: Level of difficulty in balancing work and family by marital status and gender in 2013 and 2015 (%)

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Very difficult/quite difficult	2015	44.4	40.1	39.2	30.5	39.5	38.9	31.8	32.6	32.9	30.1
	2013	31.9	26.0	36.5	43.2	48.6	38.3	31.4	38.0	0.0	51.0
Quite easy/very easy	2015	53.5	57.1	57.7	60.9	56.7	57.4	64.6	67.4	48.2	62.8
	2013	59.7	71.4	59.0	56.8	48.3	55.4	68.6	58.5	100.0	46.6

Problems faced by the families

8.4.4 The major problems faced by the families reported by the respondents were “Health problems of my family or myself” (21%), “Family financial problem excluding housing and raising child expenses” (17%), “Heavy burden of housing expense” (12%), “Parenting methods” (11%), “Emotional problem of my family or myself” (10%), “Child education” (9%), “Unemployment problem of my family or myself” (8%) and “Heavy financial burden of raising child” (7%). On the other hand, 47% of the respondents indicated that their families did not encounter the problems.

Table 8.4.5: Problems faced by the families in 2013 and 2015 (%)



Note: Respondents were allowed to give more than one choice.

Chapter 9 | Social Support Network

9.1 *Introduction*

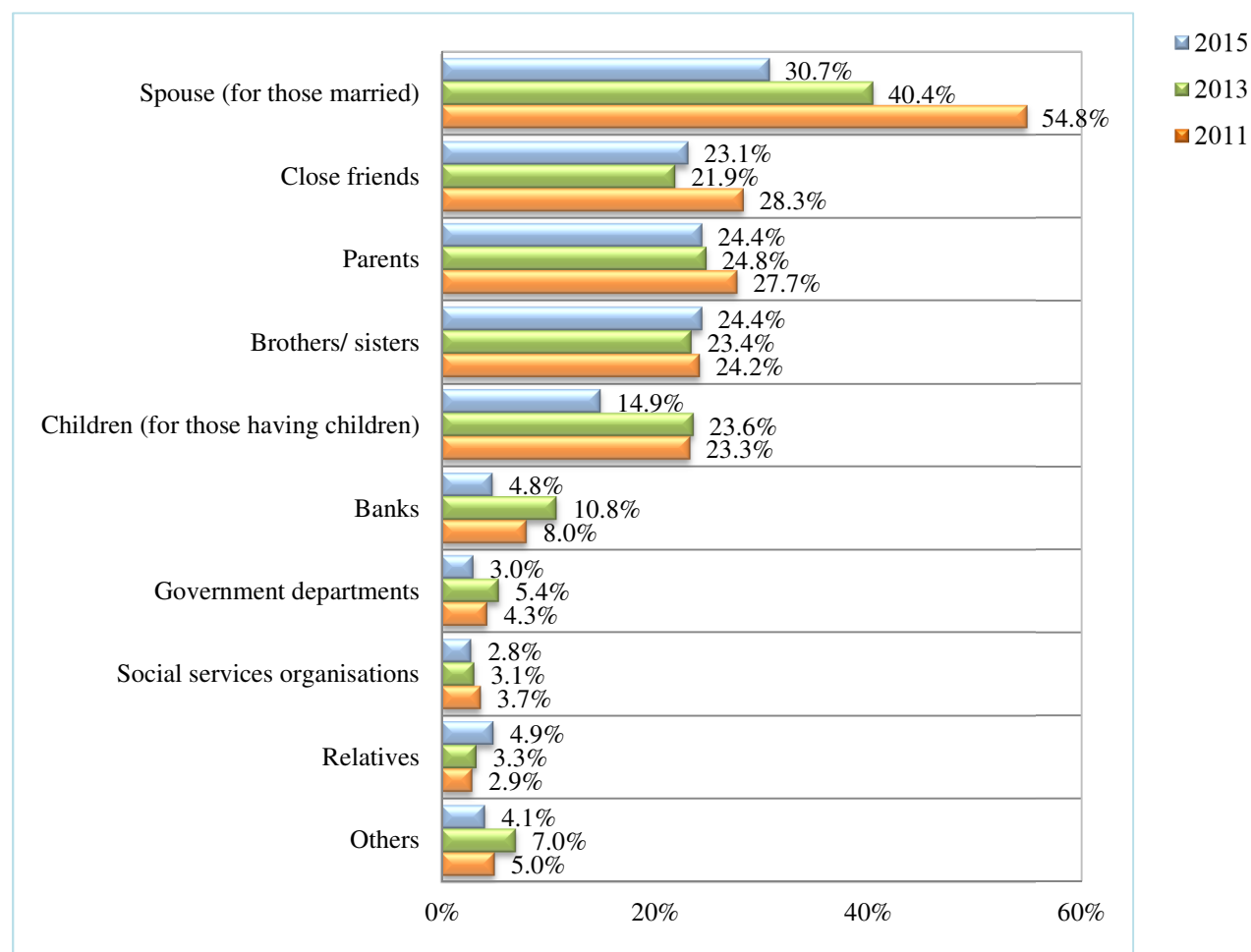
- 9.1.1 A social support network refers to a social structure which is made up of individuals such as family members, friends and peers or organisations. A strong social support network can be critical in helping one through the stress of tough times. In this Chapter, we will focus on the “help seeking” behaviours of respondents when they encountered financial and emotional problems, and the persons whom they would approach for assistance or advice.
- 9.1.2 Information on the helpfulness or the strength of support from their family members in six scenarios, namely (i) When you are sick (ii) When you need to make an important decision (iii) When you are depressed and upset (iv) When you are unemployed and cannot get a job (v) When you have financial problems (vi) When you want to share your happiness with your family members was gathered in the Survey.

9.2 Help Seeking Behaviour

9.2.1 *Respondents indicated that they would seek help or advice from their spouses, parents, siblings, children and close friends when they encountered financial difficulties.* When financial problems were encountered, in 2015, 31% of the respondents would seek help from spouse, 24% from parents, 24% from brothers/sisters, 23% from close friends and 15% from children.

9.2.2 Compared with the findings in 2011 and 2013, the pattern of help seeking behaviour when financial problems encountered was similar in the past five years except a drop in seeking help from their spouses in 2015.

Table 9.2.1: Financial problems encountered in 2011, 2013 and 2015 (%)



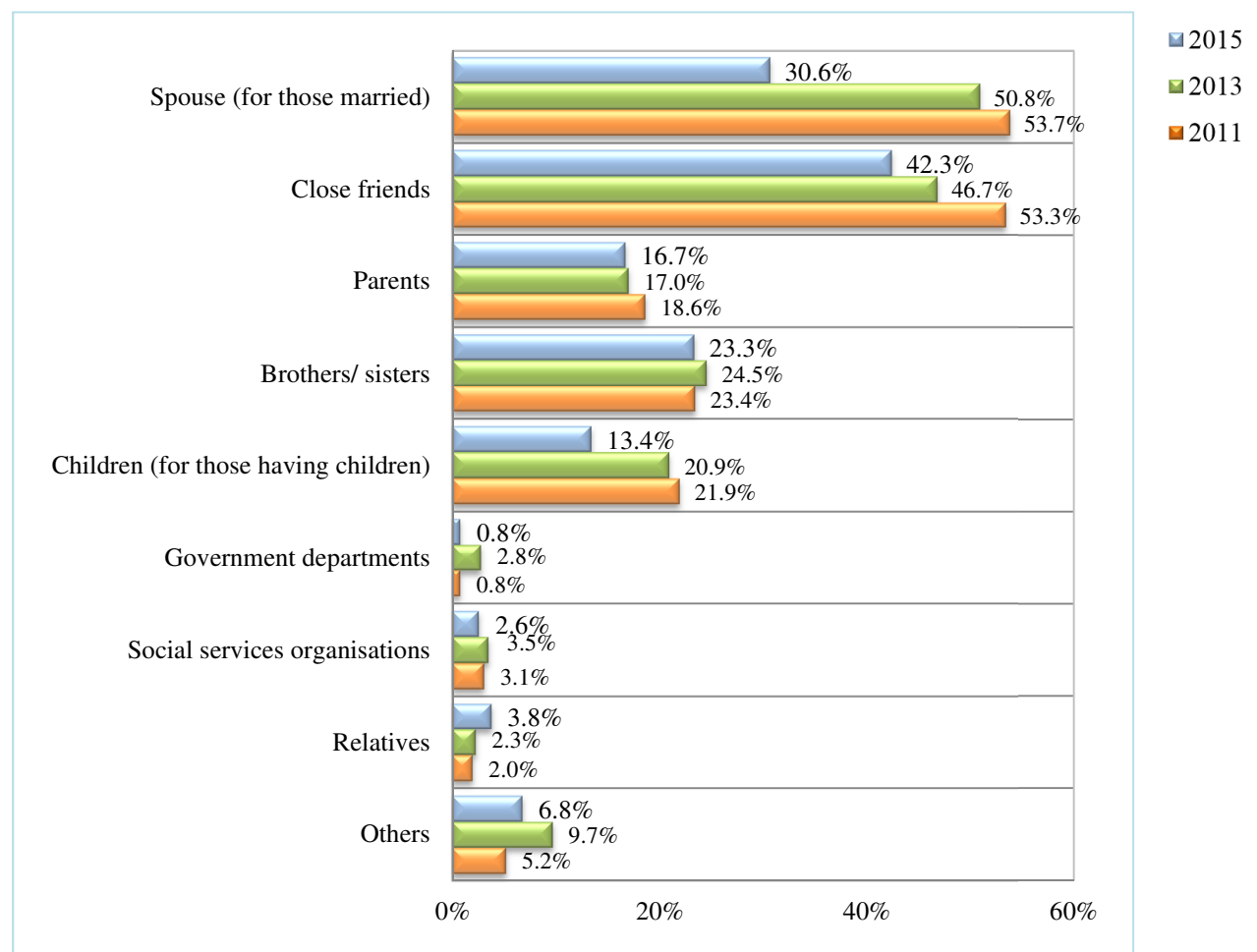
Note: Respondents were allowed to select more than one answer.

9.2.3 Respondents indicated that they would seek help or advice from their spouses and close friends when they encountered emotional problems.

When emotional problems were encountered, in 2015, 42% and 31% of the respondents sought help from close friends and spouse respectively. 23% sought help from brothers/sisters, 17% from parents and 13% from children. Less than 4% sought help from social services organisations (3%) or government departments (1%).

9.2.4 Compared with the findings in 2011 and 2013, the pattern of help seeking behaviour when emotional problems encountered was similar in the past five years except a drop in seeking help from their spouses, close friends and children in 2015.

Table 9.2.2: Emotional problems encountered in 2011, 2013 and 2015 (%)



Note: Respondents were allowed to select more than one answer.

9.2.5 The top 5 most supportive/helpful parties identified by the respondents were parents, brothers/sisters, spouse, children and close friends. Analysed by gender, the pattern of help seeking behaviour was similar.

Table 9.2.3: Top 5 most helpful/supportive parties by gender in 2013 and 2015
(%)

	Year	Financial problems			Emotional problems		
		Male	Female	Both sexes	Male	Female	Both sexes
Spouse (for those married)	2015	28.4	32.6	30.7	32.6	29.0	30.6
	2013	36.4	44.0	40.4	53.6	48.2	50.8
	2011	46.2	62.5	54.8	55.6	51.9	53.7
Close friends	2015	27.3	19.6	23.1	43.6	41.3	42.3
	2013	25.4	19.0	21.9	45.0	48.1	46.7
	2011	33.3	24.1	28.3	55.3	51.6	53.3
Parents	2015	27.2	22.1	24.4	17.5	16.0	16.7
	2013	24.5	25.1	24.8	15.3	18.5	17.0
	2011	27.9	27.6	27.7	16.2	20.6	18.6
Brothers/ sisters	2015	24.6	24.4	24.4	21.4	24.9	23.3
	2013	21.9	24.7	23.4	18.8	29.3	24.5
	2011	22.7	25.4	24.2	17.5	28.5	23.4
Children (for those having children)	2015	10.9	18.3	14.9	8.7	17.3	13.4
	2013	19.2	26.7	23.6	16.3	24.1	20.9
	2011	17.7	27.1	23.3	14.8	26.8	21.9

9.2.6 Analysed by age group, 56% of younger respondents aged 15 – 34 considered their parents most supportive and 37% of older respondents aged 55 or above considered their children most supportive when they encountered financial difficulties in 2015. Younger respondents aged 15 – 34 considered their close friends (60%) and parents (37%) as two of the most supportive persons when they face emotional problems.

Table 9.2.4: Top 5 most helpful/supportive parties by age group in 2013 and 2015
(%)

	Year	Financial problems				Emotional problems			
		15-34	35-54	55 or above	Total	15-34	35-54	55 or above	Total
Spouse (for those married)	2015	17.9	42.4	29.2	30.7	18.2	38.6	32.9	30.6
	2013	48.1	41.8	35.8	40.4	61.0	50.7	47.2	50.8
	2011	19.4	44.0	26.3	54.8	17.0	40.5	31.4	53.7
Close friends	2015	35.4	24.2	10.6	23.1	60.0	45.3	22.9	42.3
	2013	36.1	23.4	6.7	21.9	69.2	48.6	23.2	46.7
	2011	42.3	29.4	12.1	28.3	72.4	54.4	31.6	53.3
Parents	2015	55.7	18.1	3.1	24.4	37.0	11.9	3.5	16.7
	2013	55.5	19.7	1.8	24.8	36.6	14.4	1.6	17.0
	2011	61.5	18.6	4.0	27.7	40.8	13.0	2.4	18.6
Brothers/ sisters	2015	26.2	30.1	16.5	24.4	25.0	28.3	16.0	23.3
	2013	20.3	32.8	15.3	23.4	28.0	29.5	15.4	24.5
	2011	28.9	28.6	13.3	24.2	29.9	25.6	13.7	23.4
Children (for those having children)	2015	0.8	7.1	36.6	14.9	1.9	9.1	28.7	13.4
	2013	0.0	6.2	45.1	23.6	1.0	12.1	33.3	20.9
	2011	0.0	10.2	54.9	23.3	2.5	14.5	41.8	21.9

Views collected from focus group discussions

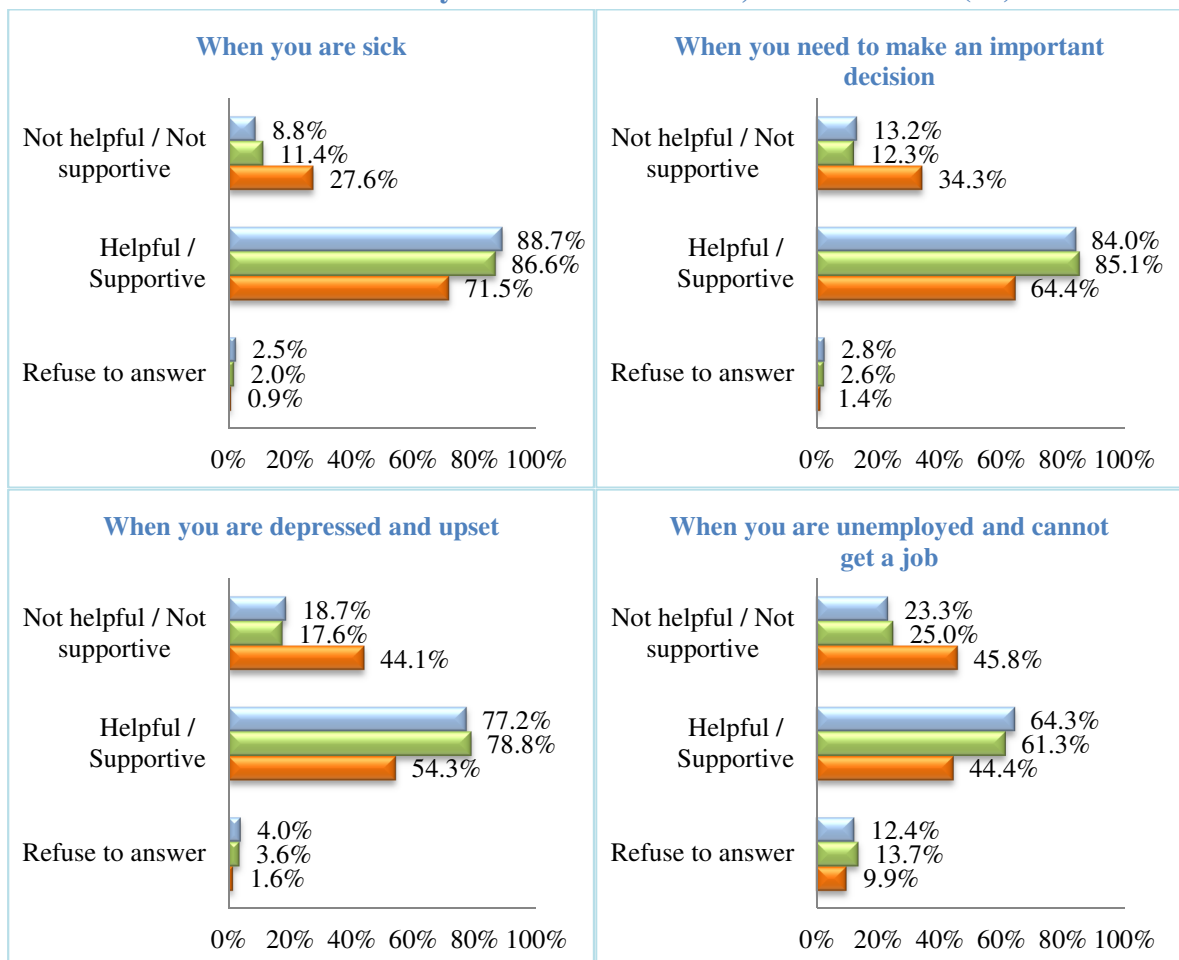
- 9.2.7 Apart from the findings collected from the questionnaire survey, views on help seeking behaviour were solicited from participants during the focus group discussions.
- 9.2.8 Regarding financial problems, some of the focus group participants indicated that they would seek help from spouse, close friends, parents and brothers/sisters. However, some of the focus group participants indicated that they would not seek help from spouse and the major reasons were that their spouse also encountered financial problems, and might not be able to help and they did not want to disclose their financial difficulties to their spouse.
- 9.2.9 Regarding emotional problems, majority of the focus group participants indicated that they would seek help from close friends and the major reasons were that their close friends understood their situations and would listen to them and provide help or solutions. However, some of the focus group participants indicated that they would not seek help from spouse and they believed that inharmonic marital relationship was the cause of emotional problems.

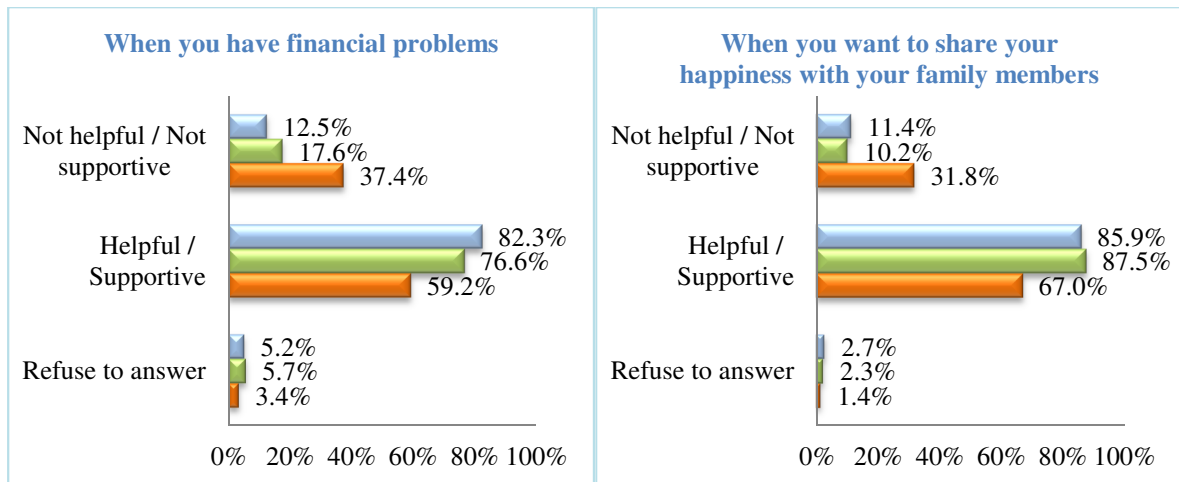
9.3 Availability of Assistance

9.3.1 **When problems encountered, family members were helpful and supportive.** The respondents considered their family members supportive (slightly supportive or very supportive) when they were sick (89%), when they wanted to share the happiness with their family members (86%), when they needed to make an important decision (84%), when they had financial problems (82%), when they were depressed and upset (77%) and when they were unemployed and could not get a job (64%).

9.3.2 Compared with the findings in 2013, more respondents expressed that family members were helpful and supportive when problems encountered in 2015.

Chart 9.3.1: Availability of assistance in 2011, 2013 and 2015 (%)





9.3.3 On the other hand, some respondents considered their family members were not helpful or supportive when they were unemployed and cannot get a job (23%), when they were depressed and upset (19%) and when they had financial problems (13%). Analysed by age group and marital status, consensus was found in all groups. Most of the respondents considered their family members supportive and helpful.

Table 9.3.2: Availability of assistance by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above
When you are sick	2015	90.9	89.3	86.1
	2013	90.6	85.1	84.5
	2011	90.6	89.0	81.4
When you need to make an important decision	2015	86.8	82.6	83.0
	2013	88.1	83.8	83.8
	2011	85.3	86.1	79.5
When you are depressed and upset	2015	82.5	76.4	73.4
	2013	80.3	79.8	76.1
	2011	80.7	79.1	74.4
When you are unemployed and cannot get a job	2015	71.0	66.1	56.3
	2013	67.5	63.5	53
	2011	70.1	65.5	57
When you have financial problems	2015	86.0	82.7	78.5
	2013	82.2	76.4	71.7
	2011	83.6	78.2	74.1
When you want to share your happiness with your family members	2015	86.6	88.3	82.5
	2013	88.4	88.2	85.8
	2011	87.9	87.8	79.1

Table 9.3.3: Availability of assistance by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/cohabiting without child		Married/cohabiting with child		Divorced/separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
When you are sick	2015	88.7	88.9	86.4	94.9	90.9	89.7	69.7	89.1	78.6	83.5
	2013	85.4	85.2	88.2	92.5	89.0	89.1	73.3	71.7	84.7	82.9
	2011	82.9	88.0	89.7	95.0	90.6	92.4	69.0	73.2	66.7	79.6
When you need to make an important decision	2015	83.0	84.0	86.2	89.2	83.5	87.6	59.6	80.0	76.0	82.4
	2013	82.7	82.6	86.9	93.6	88.1	87.9	61.6	74.5	81.0	83.2
	2011	75.0	81.8	85.5	91.4	88.6	91.8	75.7	72.1	68.0	71.1
When you are depressed and upset	2015	77.3	75.4	87.3	86.6	77.4	82.3	42.4	73.6	69.1	64.7
	2013	70.1	78.6	79.0	92.0	81.9	81.9	67.2	71.7	71.3	78.9
	2011	71.8	77.3	72.7	84.9	83.8	87.3	62.8	60.6	41.2	71.4
When you are unemployed and cannot get a job	2015	67.5	65.1	67.7	69.5	67.3	63.4	33.0	68.1	53.4	50.6
	2013	61.9	66.3	71.7	63.6	60.5	61.1	57.2	53.9	44.6	54.5
	2011	55.2	70.8	69.2	80.4	69.2	69.1	35.4	45.8	45.3	49.0
When you have financial problems	2015	83.5	80.6	82.4	87.1	82.6	86.2	49.2	79.6	68.3	79.8
	2013	75.1	78.4	80.3	80.8	75.6	80.4	52.7	67.3	74.4	74.0
	2011	71.9	80.8	77.0	88.9	79.4	87.0	71.0	66.9	58.3	64.0
When you want to share your happiness with your family members	2015	82.0	85.4	91.8	91.5	87.4	90.6	58.5	84.6	76.3	79.0
	2013	79.0	86.6	90.3	95.6	89.2	91.8	79.7	85.3	77.8	86.1
	2011	75.8	86.4	82.7	91.7	89.5	92.9	68.9	72.4	60.1	83.3

Chapter 10 | Awareness of Family-related Programmes

10.1 Introduction

- 10.1.1 The Government and quite a number of non-government organisations (NGOs) organised family-related activities/programmes from time to time. However, majority of the respondents indicated that they were not aware of any family-related promotional activities or programmes organised by the Government and/or other organisations. Apart from gathering information on the level of awareness, reasons for not participating in family-related activities/programmes were also collected in the Survey. In addition, attitudes towards family counseling and family education services were solicited from the respondents who had participated in any family-related promotional activities or programmes organised by the Government and/or other organisations.
- 10.1.2 In addition, the correlations between the level of awareness of any family-related promotion of the Government and / or other organisations and the existing concept of family among the public in two areas, namely importance of family and satisfaction with family life were also examined in this Chapter.

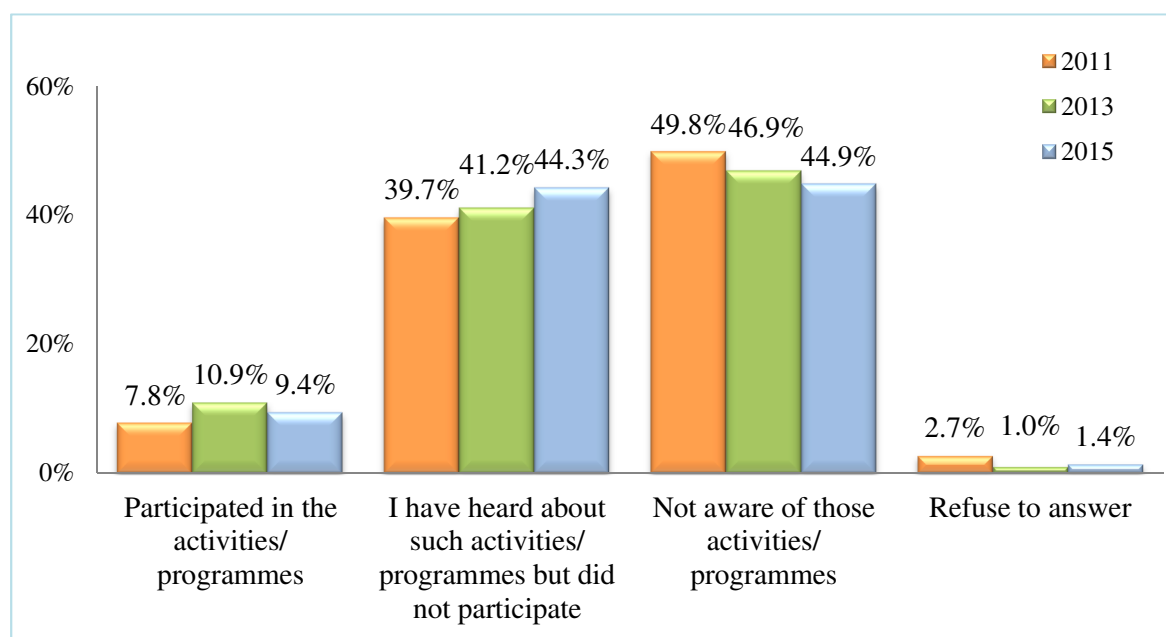
10.2 Awareness and Perceived Effectiveness of Family-related Programmes

Awareness of family-related programmes

10.2.1 **Nearly half of the respondents were not aware of any family-related promotional activities or programmes organised by the Government and/or NGOs.** In 2015, 45% of the respondents were not aware of such programmes and 44% had heard of such programmes but had not participated. 9% participated in programmes organised by the Government and/or NGOs.

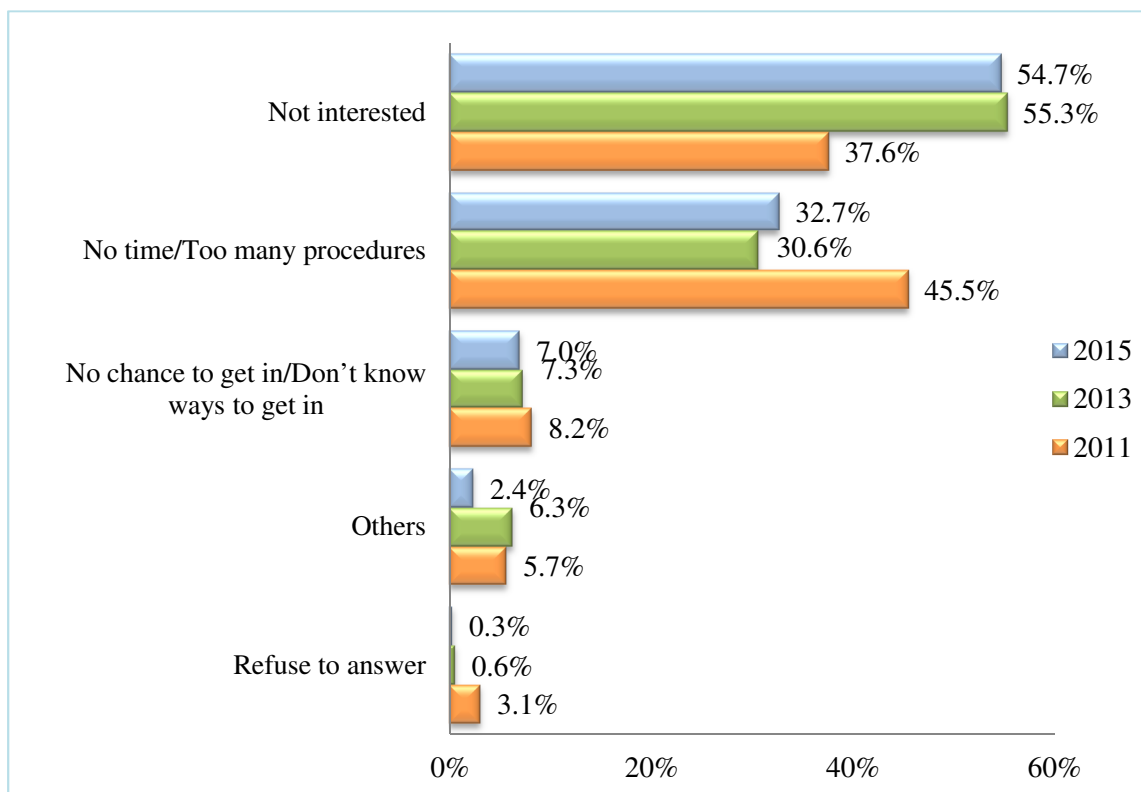
10.2.2 With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

Table 10.2.1: Awareness of family-related activities in 2011, 2013 and 2015 (%)



10.2.3 Among 44% of the respondents who had heard about the family-related activities/programmes but had not participated in those family-related programmes, their main reason for not participating was “not interested” (55%) in 2015. Another reason was that the respondents had no time to participate in such programmes or such programmes involved too many procedures (33%).

Table 10.2.2: Main reasons for not participating in the family-related activities in 2011, 2013 and 2015 (%)



10.2.4 Across all age groups, participation rate of those family-related programmes was relatively low (from 8% to 10%). Relatively speaking, elder respondents were the most active.

Table 10.2.3: Awareness of family-related activities by age group in 2011, 2013 and 2015 (%)

	Year	15-34	35-54	55 or above	Total
Participated in the activities / programmes	2015	7.7	10.4	9.8	9.4
	2013	7.3	14.6	9.9	10.9
	2011	4.1	10.5	8.2	7.8
I have heard about such activities/ programmes but did not participate	2015	42.5	48.0	41.8	44.3
	2013	41.6	43.0	38.6	41.2
	2011	36.7	43.4	37.9	39.7
Not aware of those activities/ programmes	2015	47.4	40.7	47.3	44.9
	2013	49.1	42.0	50.7	46.9
	2011	55.5	43.7	51.9	49.8

Table 10.2.4: Awareness of family-related activities by marital status and gender in 2011, 2013 and 2015 (%)

	Year	Never married		Married/ cohabiting without child		Married/ cohabiting with child		Divorced/ separated		Widowed	
		M	F	M	F	M	F	M	F	M	F
Participated in the activities / programmes	2015	2.7	2.4	1.2	0.7	8.3	8.2	5.4	5.8	5.3	7.2
	2013	4.1	6.0	3.6	7.7	14.9	14.3	4.6	18.1	14.6	13.6
	2011	3.5	4.0	0.0	1.3	10.2	12.4	6.2	8.1	7.3	14.7
I have heard about such activities/ programmes but did not participate	2015	42.6	48.3	54.0	40.2	46.3	43.3	26.3	45.5	45.9	36.3
	2013	44.2	44.2	47.8	35.9	39.2	40.3	60.3	38.6	40.6	31.4
	2011	37.4	36.5	55.1	46.2	44.4	39.0	33.6	31.4	27.9	39.6
Not aware of those activities/ programmes	2015	48.9	42.9	38.3	54.7	40.1	44.1	63.5	39.1	48.8	54.8
	2013	50.5	46.8	44.9	56.4	45.7	44.9	35.1	43.3	43.5	54.1
	2011	55.0	56.1	44.9	48.7	44.2	46.9	58.7	54.9	55.2	44.7

Views collected from focus group discussions

10.2.5 Apart from the findings collected from the questionnaire survey, views on participation of family-related programmes were solicited during the focus group discussions. Most of the focus group participants indicated that they would not participate in family-related programmes organised by the Government or NGOs. Some of the younger participants perceived that most of the activities were organised for the elderly. Some of the younger participants indicated that they needed to work overtime or take care of their children, therefore, if they had extra time, they would choose to take more rest at home instead of participating family-related programmes.

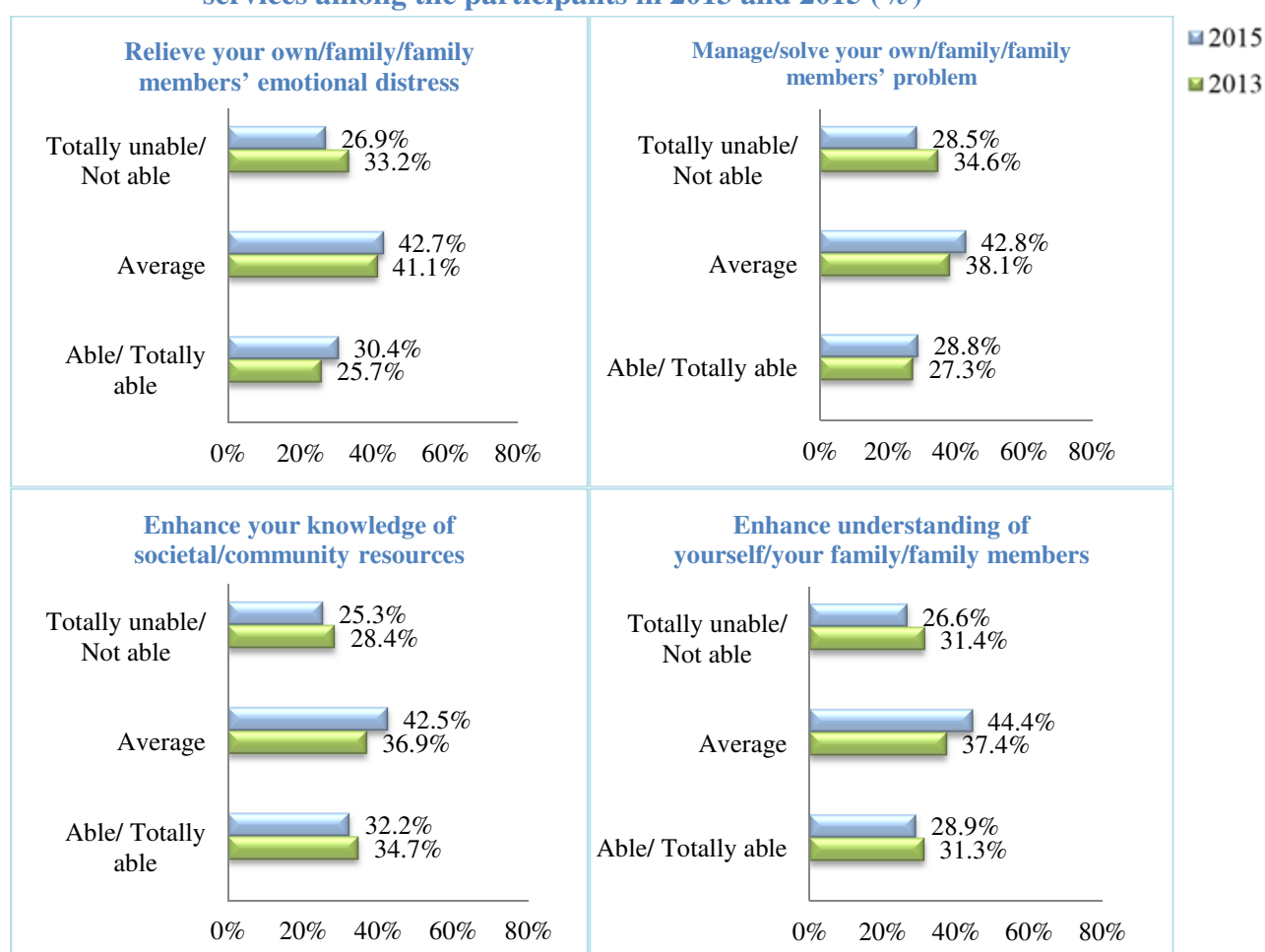
10.2.6 On the other hand, some of the older participants expressed that they would participate in some family-related programmes if they were aware of the promotion of the programmes. Besides, some of the older participants suggested programmes could be organised for both grandchildren and grandparents because most of the family-related programmes were targeted for the elderly only.

Perceived effectiveness on family counselling and family education services

10.2.7 Among 9% of the respondents who had participated in programmes organised by the Government and/or NGOs, their perceived effectiveness on family counseling and family education services varied.

10.2.8 With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.

Table 10.2.5: Perceived effectiveness on family counseling and family education services among the participants in 2013 and 2015 (%)



Family-related Programmes and Satisfaction with Family Life

10.2.9 Correlating participation in family-related programmes and satisfaction with family life, the pattern of satisfaction with family life was similar no matter whether the respondents had participated in family-related programmes or not.

Table 10.2.6: Participation of family-related programmes by satisfaction with family life in 2013 and 2015 (%)

	Year	Satisfied	Average	Dissatisfied
Participated in the activities / programmes	2015	71.5	23.2	1.8
	2013	77.7	18.8	3.3
I have heard about such activities/ programmes but did not participate	2015	79.6	18.0	2.0
	2013	73.9	21.8	2.9
Not aware of those activities/ programmes	2015	81.6	15.4	2.3
	2013	78.2	17.9	2.5

Chapter 11 | In-depth Survey - Parents

11.1 Introduction

11.1.1 An in-depth survey was conducted with parents with one or more children aged below 18 (“the parents”). A total of 300 interviews were conducted.

11.1.2 The in-depth survey of parents with one or more children aged below 18 aims at assessing the stress in raising children and issues related to parenthood. The survey covers the following aspects to ascertain the parents’ attitudes on:

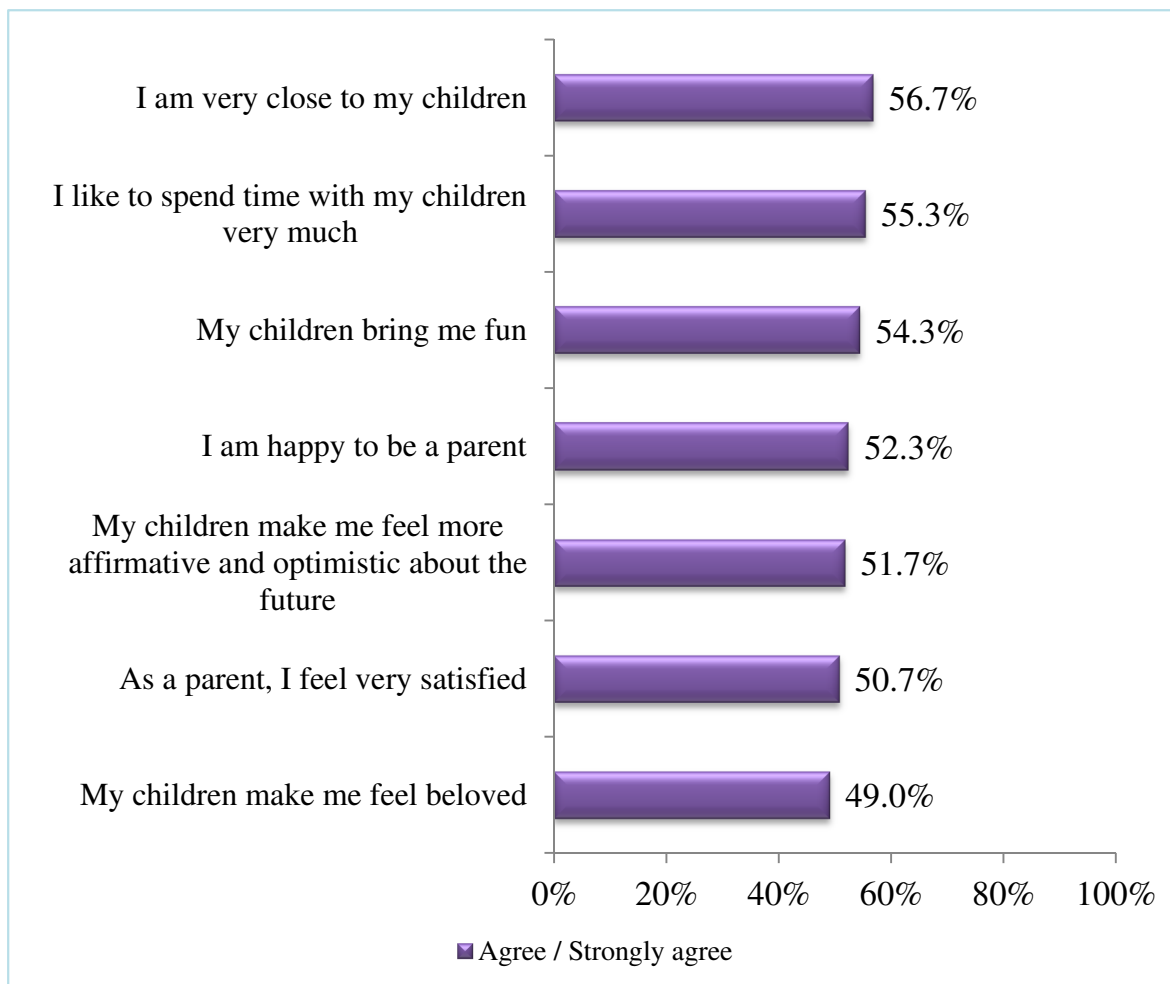
- (i) attitudes towards parenthood;
- (j) parent-child relationship;
- (k) attitudes towards work-family balance;
- (l) problems associated with poor work-life balance;
- (m) the level of difficulty and stress resulting from efforts to meet competing demands of work and family;
- (n) problems faced by the families
- (o) the satisfaction with the amount of time spent at work and with family; and
- (p) family satisfaction.

11.2 Attitudes of the parents

Impacts being a parent

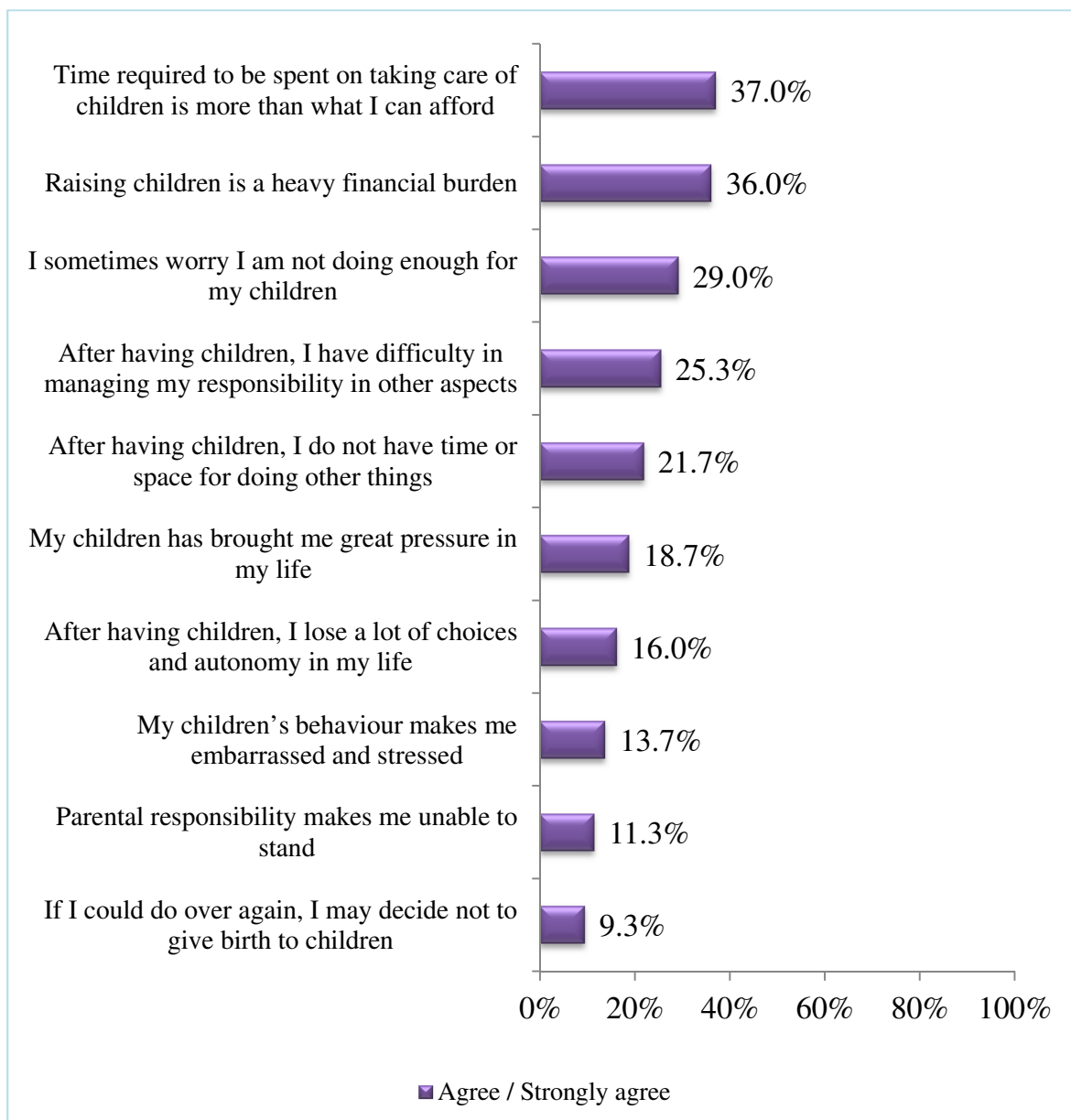
11.2.1 About half of the parents indicated that they were very close to their children (57%), they liked to spend time with their children very much (55%), their children brought them fun (54%), they were happy to be parents (52%), their children made them feel more affirmative and optimistic about the future (52%), they felt very satisfied as parents (51%) and their children made them feel beloved. (49%).

Chart 11.2.1: Positive impacts of being a parent of in-depth survey in 2015 (%)



11.2.2 Regarding the negative impacts of being a parent, about 37% and 36% of the parents expressed that time required to be spent on taking care of children was more than what they could afford and raising children was a heavy financial burden respectively. About 29% and 25% indicated that they sometimes worried they were not doing enough for their children and they had difficulty in managing their responsibilities in other aspects after having children respectively.

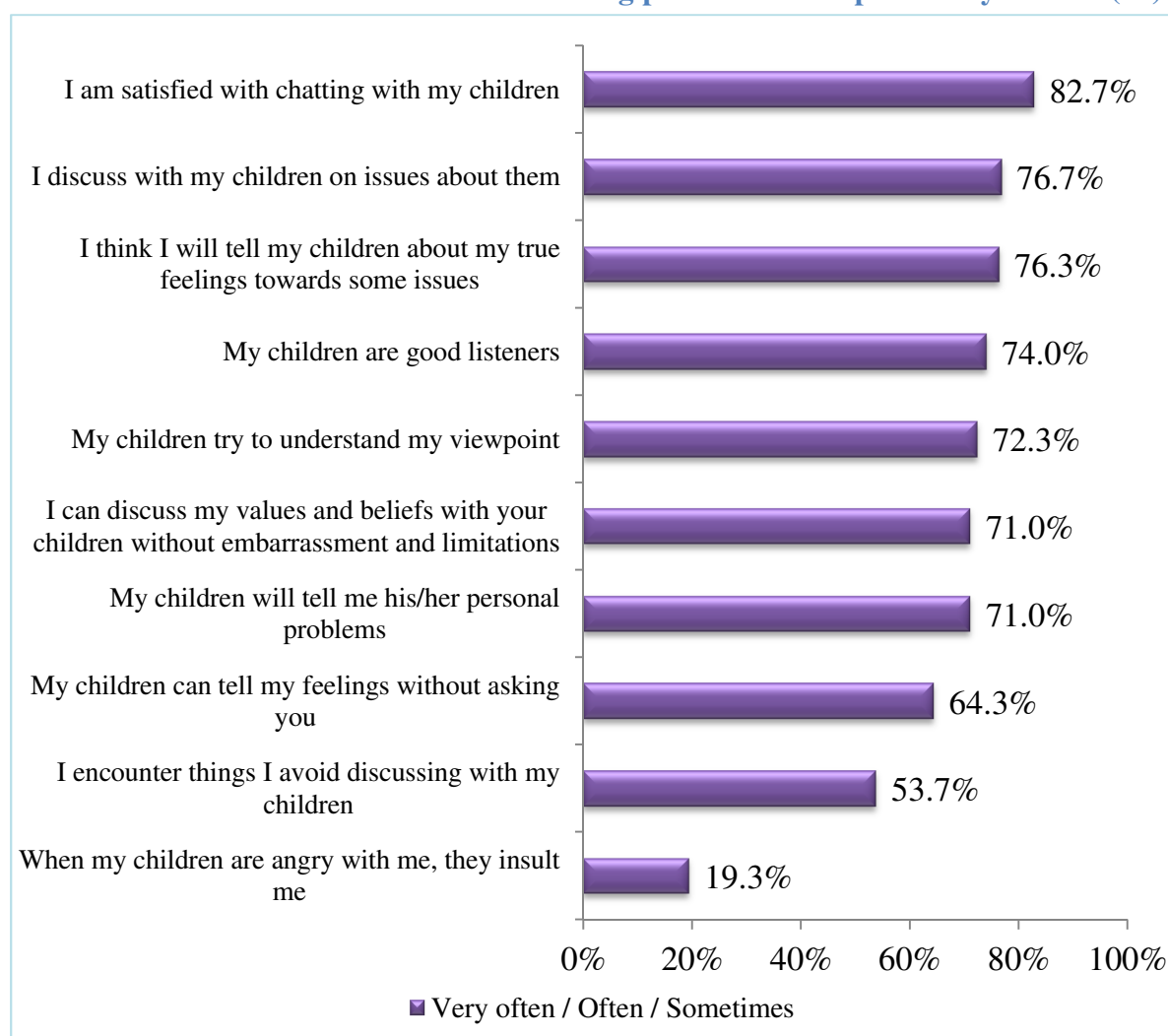
Chart 11.2.2: Negative impacts of being a parent of in-depth survey in 2015 (%)



Parent-child interactions

11.2.3 Regarding the parent-child interactions, over three quarters of the parents indicated that they were satisfied with chatting with their children (83%), they discussed with their children on issues about them (77%) and they thought they would tell their children about their true feelings towards some issues (76%). More than two-thirds of the parents stated that their children were good listeners (74%), their children tried to understand their viewpoints (72%), they could discuss their values and beliefs with their children without embarrassment and limitations (71%) and their children would tell them their personal problems (71%).

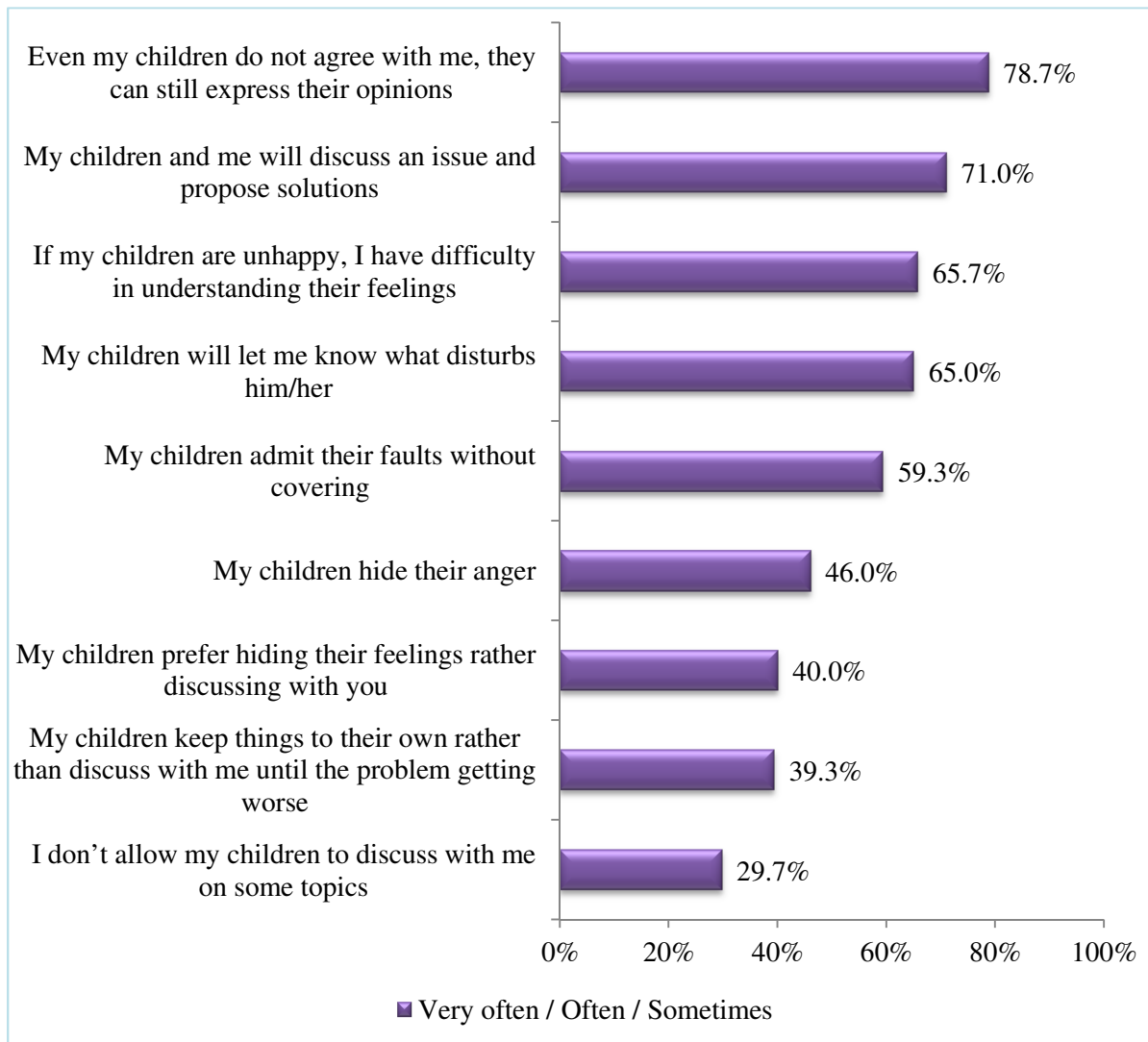
Chart 11.2.3: Parent-child interactions among parents of in-depth survey in 2015 (%)



11.2.4 On the other hand, about 54% of the parents encountered things that they avoided discussing with their children and 19% indicated that their children insulted them when their children were angry with them.

Chart 11.2.4: Parent-child interactions among parents of in-depth survey in 2015

(%)



11.2.5 More than half of the parents stated that their children could still express their opinions even their children did not agree with them (79%), their children would discuss an issue and propose solutions with them (71%), they had difficulty in understanding their feelings if their children were unhappy (66%), their children would let them know what disturbed them (65%) and their children admitted their faults without covering (59%).

11.2.6 On the other hand, slightly less than half of the parents stated that their children hid their anger (46%), their children preferred hiding their feelings rather than discussing with them (40%) and their children kept things to their own rather than discussed with them until the problem getting worse (39%). And still 30% of the parents did not allow their children to discuss with them on some topics.

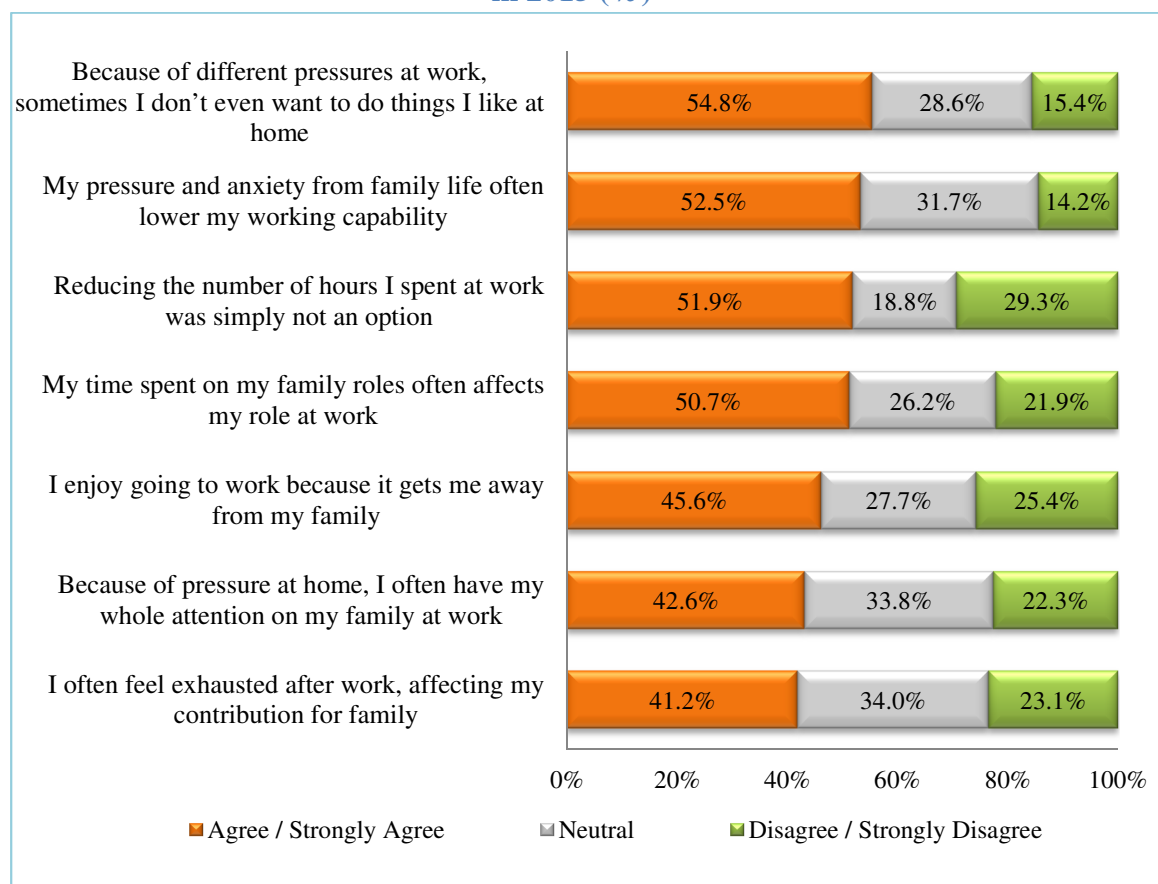
11.3 Balancing Work and Family

Views on balancing work and family

11.3.1 In 2015, over half of the parents at work shared the views that “Because of different pressures at work, sometimes I don’t even want to do things I like at home” (55%), “My pressure and anxiety from family life often lower my working capability” (53%), “Reducing the number of hours I spent at work was simply not an option” (52%) and “My time spent on my family roles often affects my role at work” (51%).

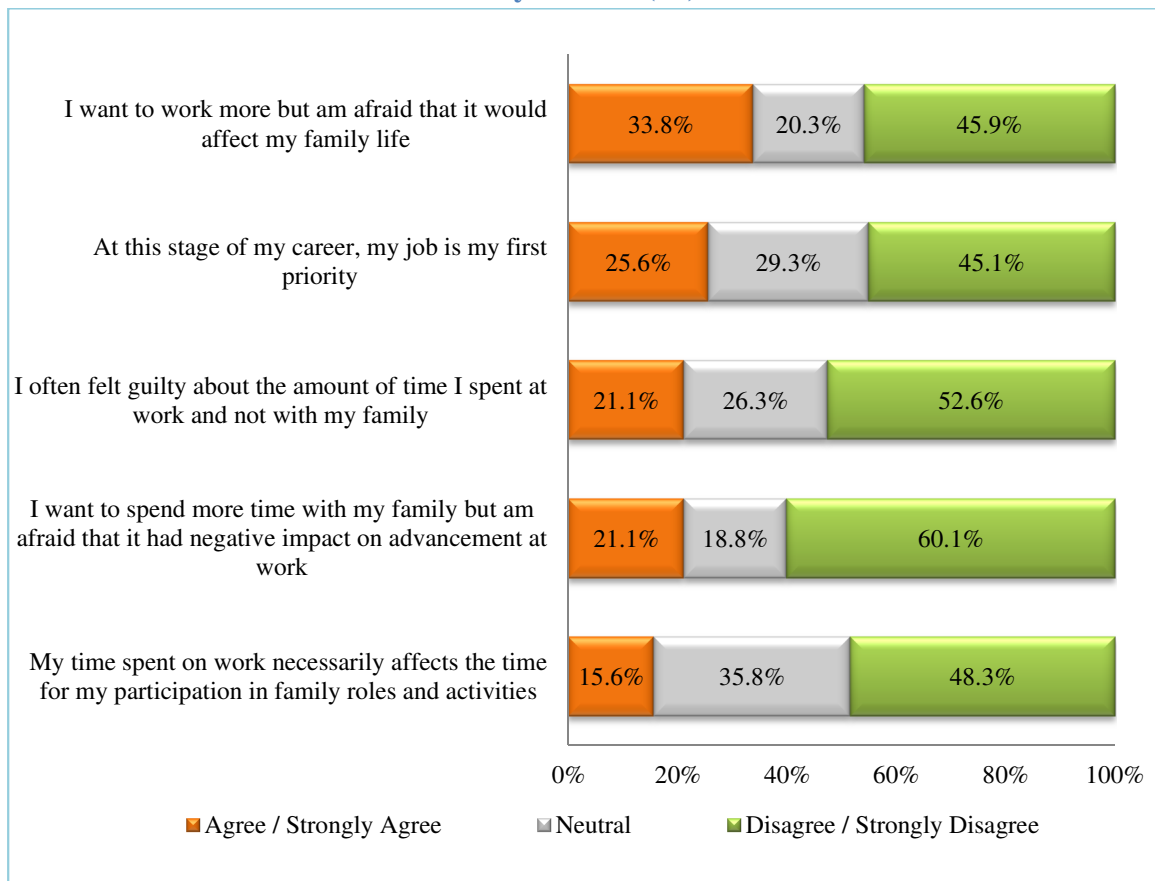
11.3.2 On the other hand, over two-fifths of the parents at work agreed that “I enjoy going to work because it gets me away from my family” (46%), “Because of pressure at home, I often have my whole attention on my family at work” (43%) and “I often feel exhausted after work, affecting my contribution for family” (41%).

Chart 11.3.1: Views on balancing work and family of parents of in-depth survey in 2015 (%)



11.3.3 In 2015, about 34% of the parents at work shared the views that “I want to work more but am afraid that it would affect my family life”. About one quarter of the parents agreed the statements that “At this stage of my career, my job is my first priority” (26%), “I often felt guilty about the amount of time I spent at work and not with my family” (21%) and “I want to spend more time with my family but am afraid that it had negative impact on advancement at work” (21%). On the other hand, 16% agreed the statement, “My time spent on work necessarily affects the time for my participation in family roles and activities”.

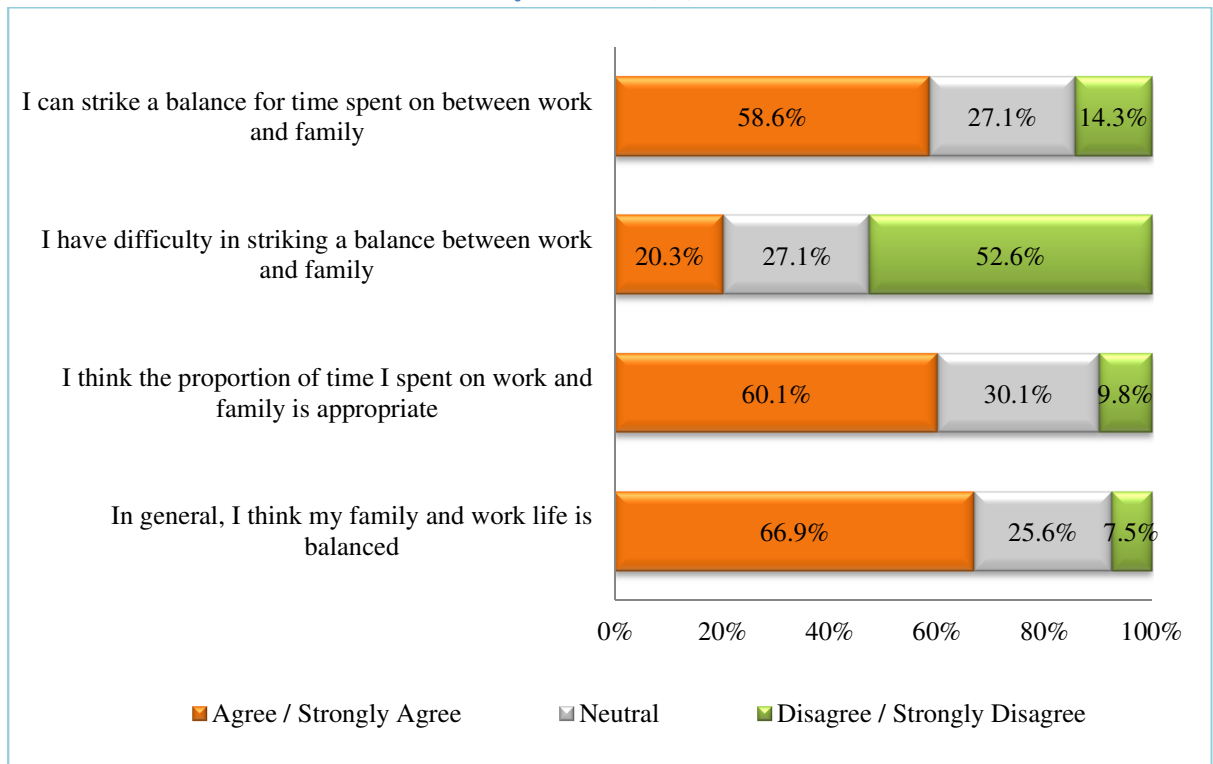
Chart 11.3.2: Views on balancing work and family among parents of in-depth survey in 2015 (%)



11.3.4 In 2015, slightly less than two-thirds of the parents at work shared the views that “In general, I think my family and work life is balanced” (67%), “I think the proportion of time I spent on work and family is appropriate” (60%) and “I can strike a balance for time spent on between work and family” (59%).

11.3.5 On the other hand, 20% of the parents indicated that they had difficulty in striking a balance between work and family and about 10% thought that the proportion of time they spent on work and family was not appropriate.

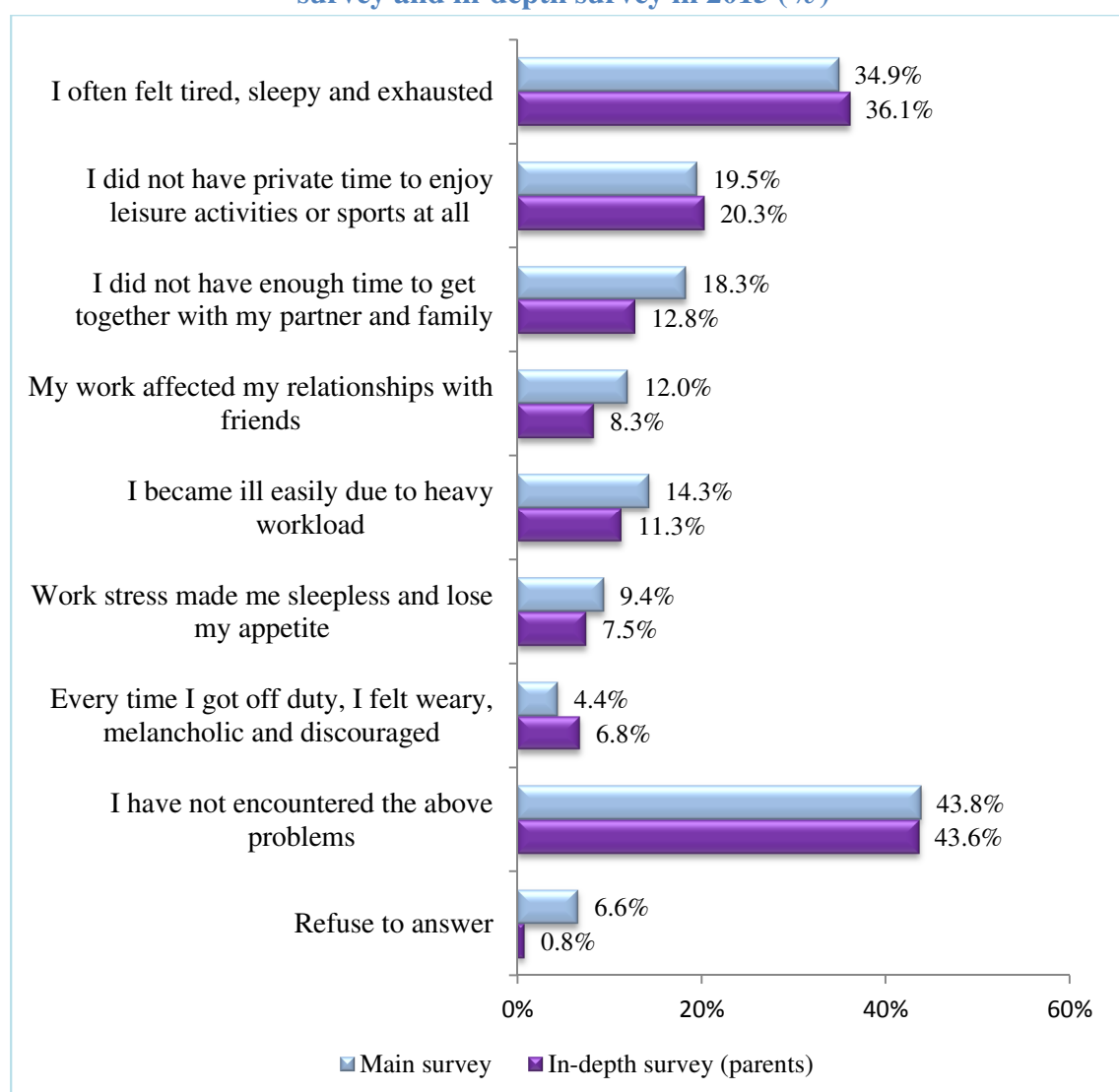
Chart 11.3.3: Views on balancing work and family among parents of in-depth survey in 2015 (%)



Problems associated with poor work-life balance

11.3.6 In 2015, the major problems associated with poor work-life balance of the parents at work were “I often felt tired, sleepy and exhausted” (36%), “I did not have private time to enjoy leisure activities or sports at all” (20%), “I did not have enough time to get together with my partner and family” (13%), “I became ill easily due to heavy workload” (11%) and “my work affected my relationships with friends” (8%) in 2015. On the other hand, 44% of the parents at work reported that they did not encounter any problems associated with poor work-life balance. Comparing the findings in main survey, the problems associated with poor work-life balance were similar.

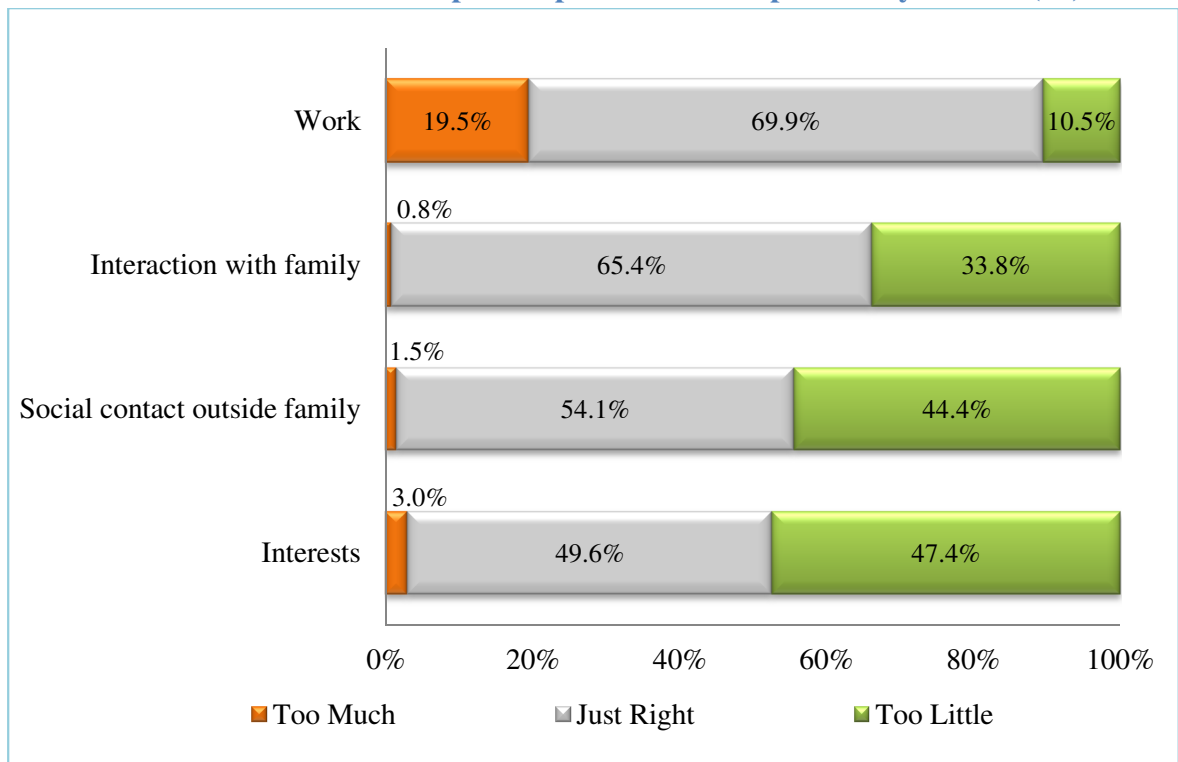
Table 11.3.4: Problems associated with poor work-life balance of parents of main survey and in-depth survey in 2015 (%)



Views on time spent

11.3.7 In 2015, about 70% of the parents considered that the time spent on work was just right whereas 20% and 11% indicated the time spent on work was too much and too little respectively. Regarding interaction with family, 65% considered that the time spent was just right and 34% indicated the time spent was too little. Regarding the social contact outside family, 54% considered that the time spent was just right and 44% indicated the time spent was too little. Regarding the time for the personal interests, 50% considered that the time spent was just right and 47% indicated the time spent was too little.

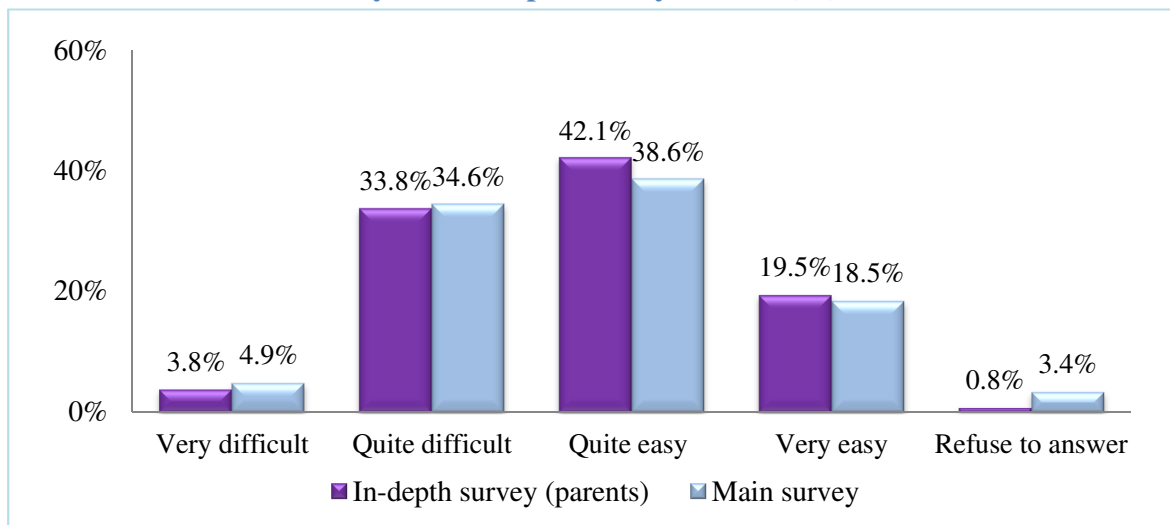
Table 11.4.5: Views on time spent of parents of in-depth survey in 2015 (%)



Level of difficulty in balancing work and family

11.3.8 In 2015, 38% of the parents at work reported that it would be very difficult or quite difficult in balancing the demands of work and family whereas 62% expressed that it would be quite easy or very easy in balancing work and family.

Table 11.4.6: Level of difficulty in balancing work and family of parents of main survey and in-depth survey in 2015 (%)

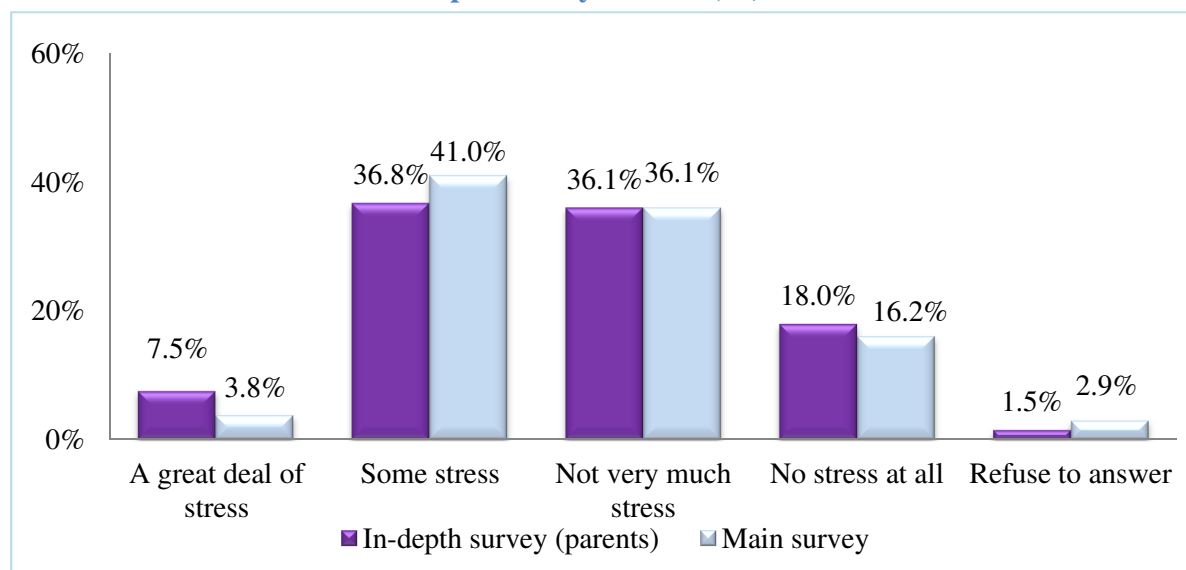


Stress in balancing work and family

11.3.9 **Nearly half of those parents at work reported stress in balancing work and family.** On the whole, 44% of the parents who were currently at work reported that balancing the competing demands of work and family caused them a great deal of stress or some stress in 2015. It is worth noting that 8% reported that balancing work and family caused them a great deal of stress and the corresponding proportion was higher than that of the main survey. 36% did not have very much stress and 18% did not have stress at all.

11.3.10 Compared with the findings in the main survey, the in-depth survey indicated that 8% of the parents found that balancing work and family caused them a great deal of stress

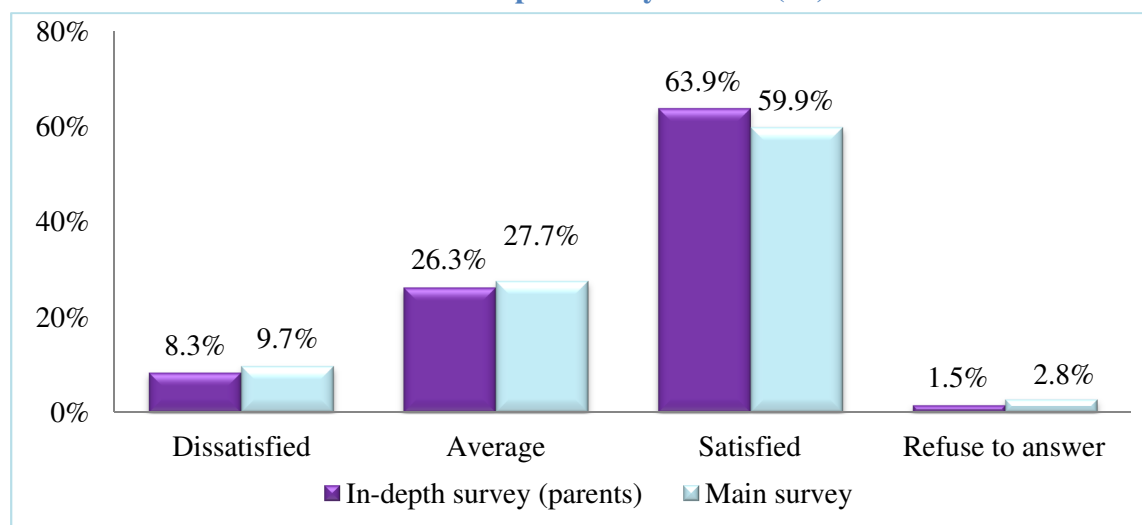
Chart 11.4.7: Stress in balancing work and family of parents of main survey and in-depth survey in 2015 (%)



Satisfaction with time spent at work and family

11.3.11 Notwithstanding the fact that quite a number of parents reported stress in balancing the **competing** demands of work and family, 64% of the parents at work were satisfied with the amount of time spent at work and with family and about 8% were not satisfied.

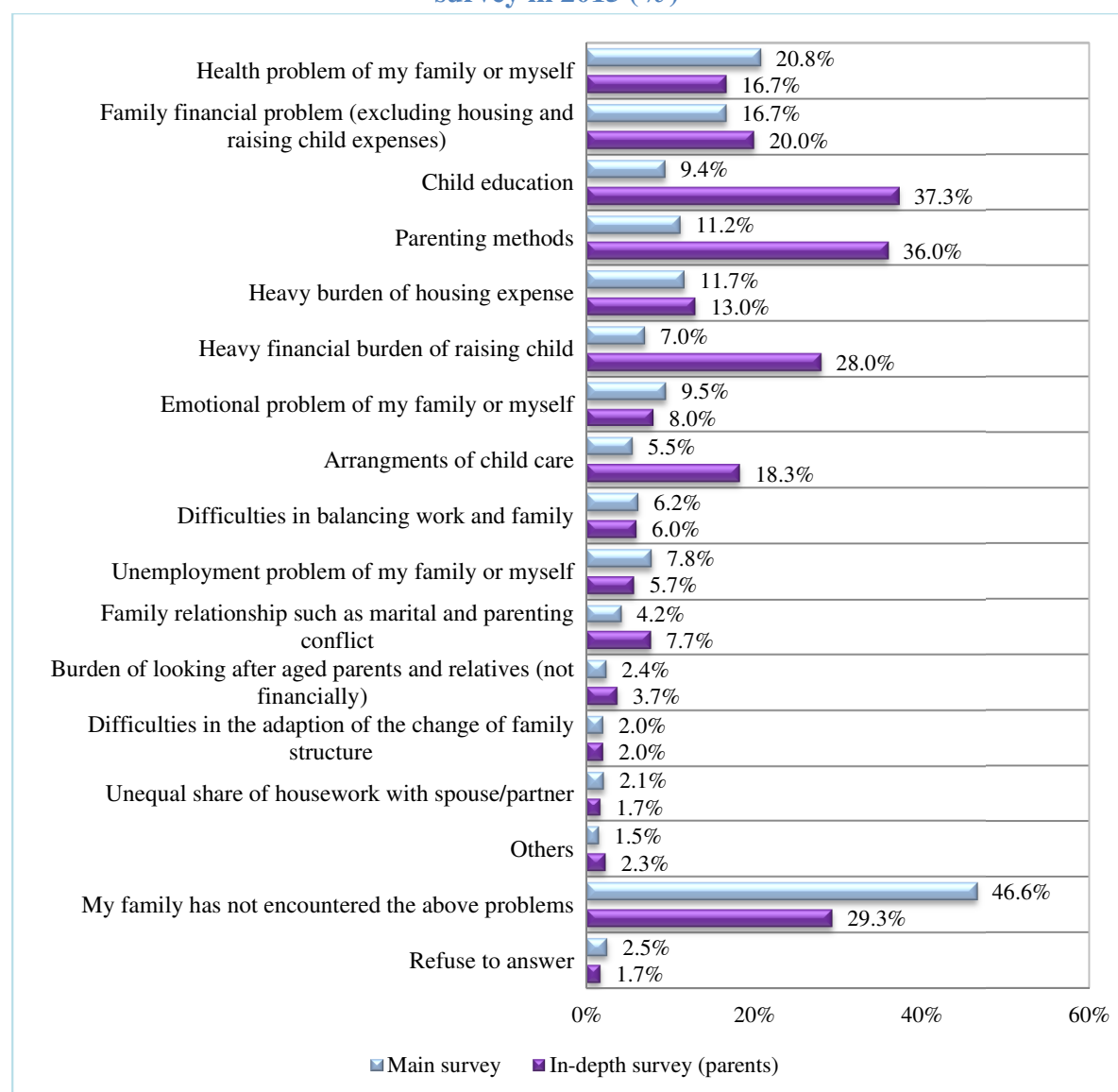
Table 11.4.8: Satisfaction with time spent at work and family of parent of main survey and in-depth survey in 2015 (%)



Problems faced by the families

11.3.12 About 71% of the parents indicated that their families encountered the problems and the corresponding proportion was higher than that of the main survey (53%). The major problems faced by the families reported by the parents were “Child education” (37%), “Parenting methods” (36%), “Heavy financial burden or raising child” (28%), “Family financial problem (excluding housing and raising child expenses)” (20%), “Arrangements of child care” (18%) and “Health problem of my family or myself” (17%). Most of the problems were related to their children.

Table 11.4.9: Problems faced by the families of parents of main survey and in-depth survey in 2015 (%)



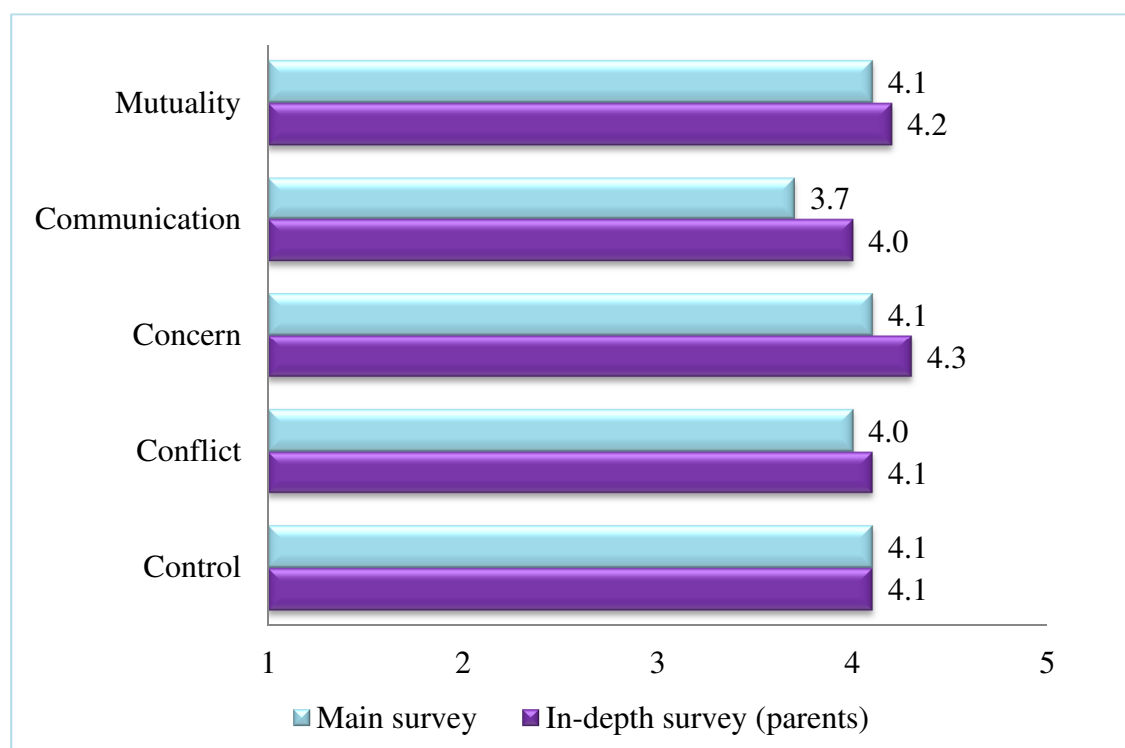
11.4 Family Life

The Chinese Family Assessment Instrument (CFAI)

11.4.1 In 2015, the mean scores of “Concern” and “Mutuality” of parents were at 4.3 and 4.2 respectively implying that respondents in general considered there was mutual trust and concern among family members and most of the families maintained a very good parent-child relationship. The mean scores were higher than those of the main survey. Besides, the mean score of “Communication” of parents was at 4.0 implying that in general the respondents communicated quite well and their families were cohesive, and parents understood their children’s need and thinking. The corresponding score was higher compared with the score of the main survey.

11.4.2 The results also showed that the mean scores of “Conflict” and “Control” of parents were at 4.1 respectively in 2015, implying that the families were quite harmonious, without much conflict between family members. The corresponding scores were more or less the same compared with the scores of the main survey.

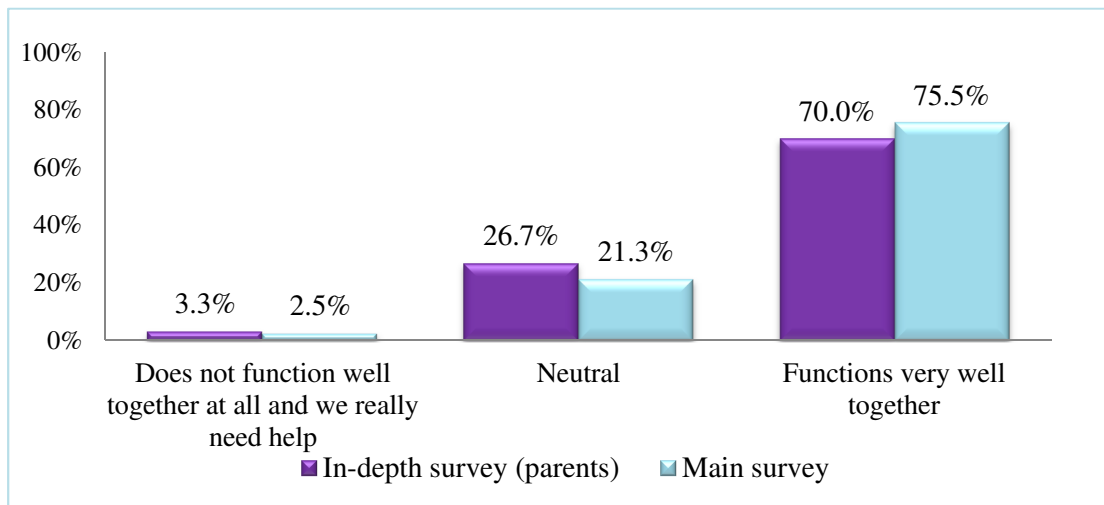
Chart 11.4.1: Mean scores of the Chinese Family Assessment Instrument of parents of main survey and in-depth survey in 2015



Family Functioning

11.4.3 In 2015, 70% of the parents considered that their family functioned very well together and the proportion was lower than that of the main survey. About 3% of the parents indicated that their family did not function very well together at all and they needed help.

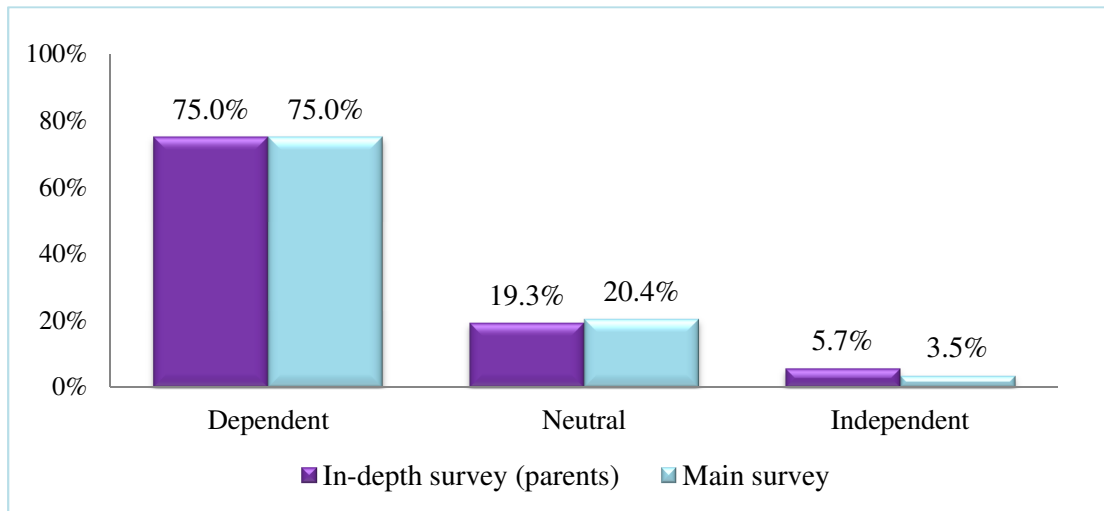
Chart 11.4.2: Family functioning of parents of main survey and in-depth survey in 2015 (%)



Dependence of family members

11.4.4 In 2015, most of the family members were dependent on each other. About 75% of the parents indicated that their family members were dependent on each other.

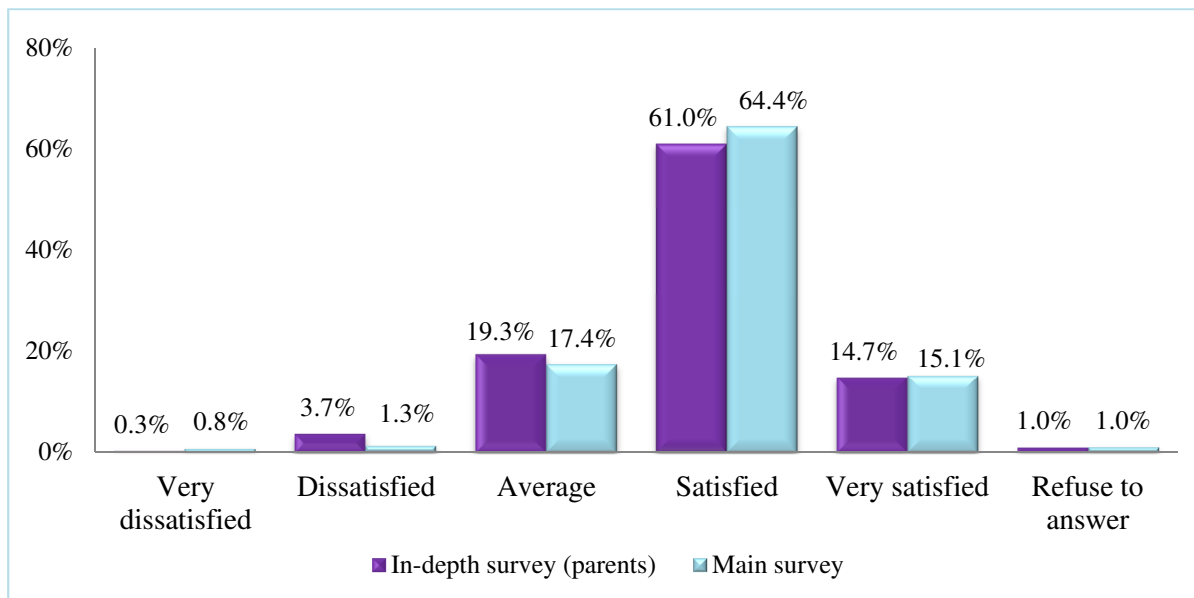
Table 11.4.3: Dependence of family members of parents of main survey and in-depth survey in 2015 (%)



Satisfaction with family life

11.4.5 In 2015, 76% of the parents were satisfied or very satisfied with their family life whereas about 4% were not satisfied with their family life.

Chart 11.4.4: Satisfaction with family life of parents of main survey and in-depth survey in 2015 (%)



Chapter 12 | In-depth Survey - Employees

12.1 Introduction

12.1.1 An in-depth survey was conducted with full-time employees (“the employees”). A total of 300 interviews were conducted.

12.1.2 The in-depth survey of employees aims at assessing the stress in raising children and issues related to parenthood. The survey covers the following aspects to ascertain the respondents’ attitudes on:

- (j) work-life balance measure;
- (k) attitudes towards work-family balance;
- (l) problems associated with poor work-life balance;
- (m) the level of difficulty and stress resulting from efforts to meet competing demands of work and family;
- (n) the satisfaction with the amount of time spent at work and with family;
- (o) job satisfaction;
- (p) turnover intention;
- (q) family satisfaction; and
- (r) views on policy related to family-friendliness.

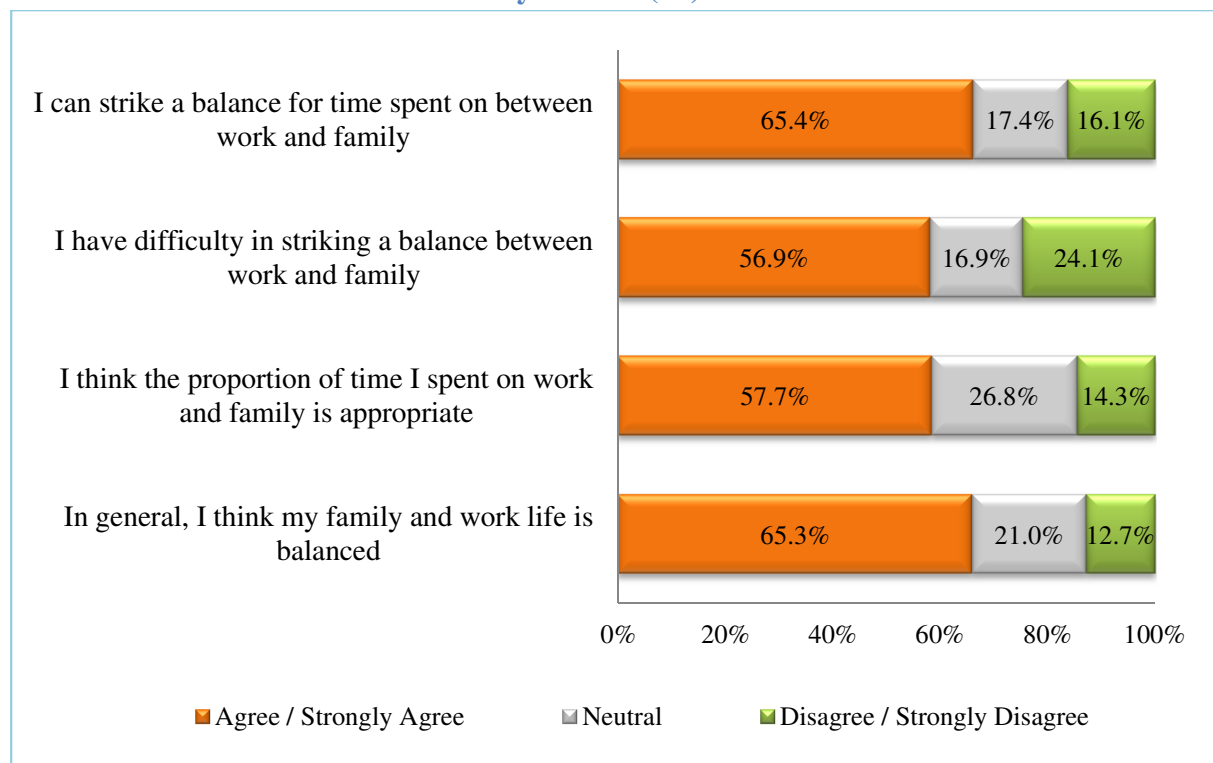
12.2 Balancing Work and Family

Views on balancing work and family

12.2.1 In 2015, over half of the employees shared the views that “In general, I think my family and work life is balanced” (65%), “I can strike a balance for time spent on between work and family” (65%), “I think the proportion of time I spent on work and family is appropriate” (58%) and “I have difficulty in striking a balance between work and family” (57%).

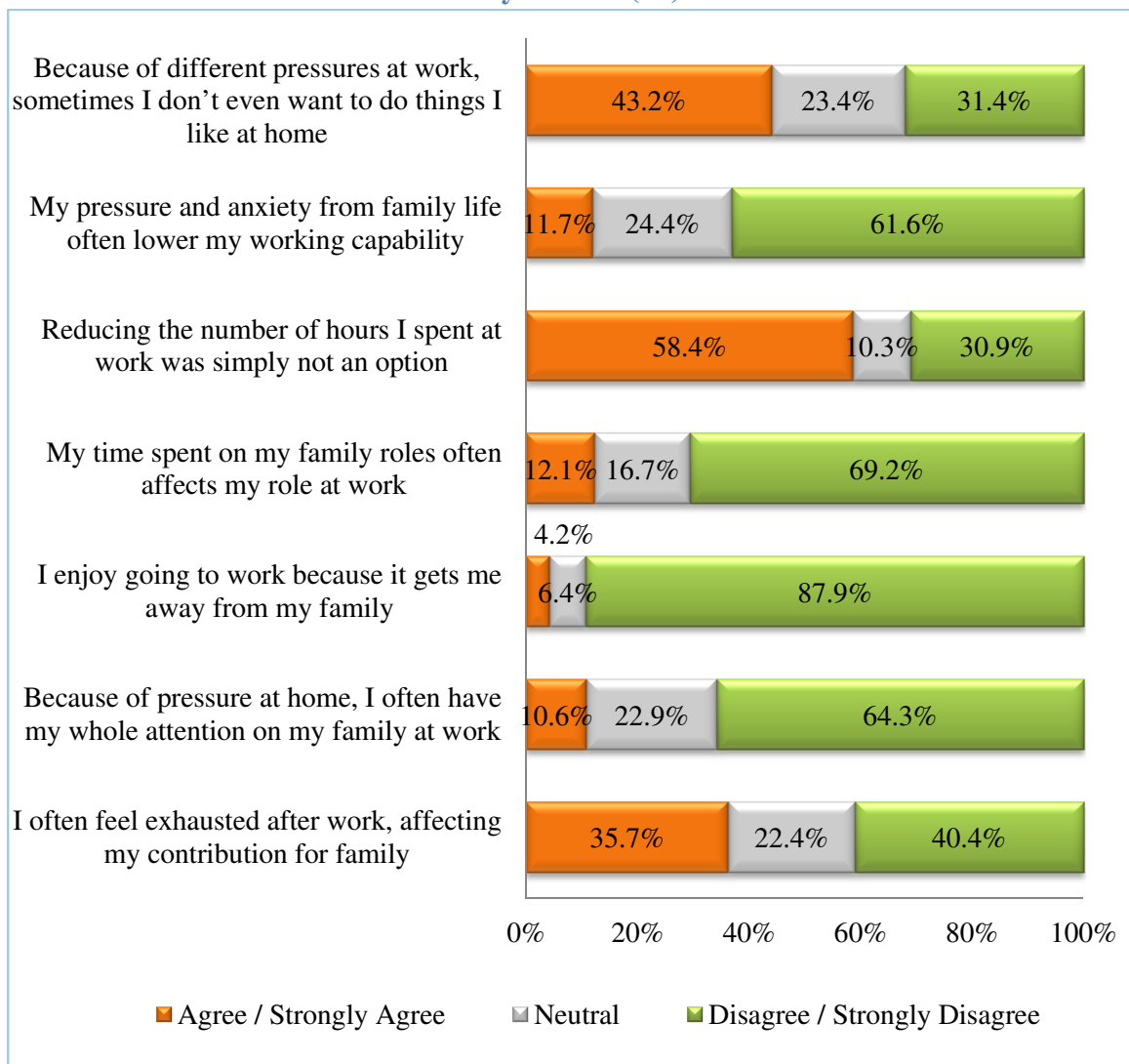
12.2.2 On the other hand, about 24% of the employees indicated that they had difficulty in striking a balance between work and family and about 14% thought that the proportion of time they spent on work and family was not appropriate.

Chart 12.2.1: Views on balancing work and family among employees of in-depth survey in 2015 (%)



12.2.3 In 2015, about 58% of the employees indicated that reducing the number of hours they spent at work was simply not an option. About 43% of the employees shared the view that “Because of different pressures at work, sometimes I don’t even want to do things I like at home”. About 36% stated that they often felt exhausted after work affecting their contribution for family.

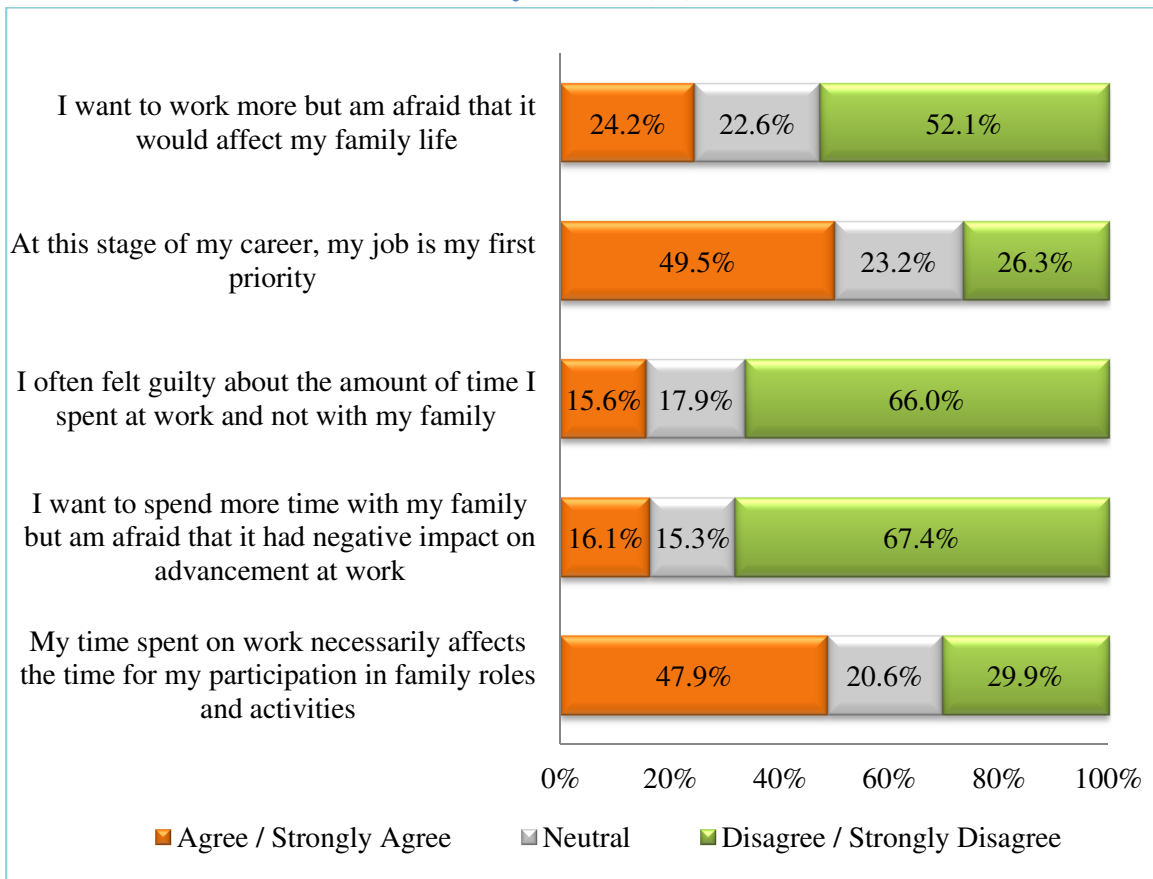
Chart 12.2.2: Views on balancing work and family among employees of in-depth survey in 2015 (%)



12.2.4 In 2015, about half of the employees shared the views that “At this stage of my career, my job is my first priority” (50%) and “My time spent on work necessarily affects the time for my participation in family roles and activities” (48%). About one quarter of the employees wanted to work more but they were afraid that it would affect their family lives.

12.2.5 About 16% shared the views that “I often felt guilty about the amount of time I spent at work and not with my family” and “I want to spend more time with my family but am afraid that it had negative impact on advancement at work” respectively.

Chart 12.2.3: Views on balancing work and family among employees of in-depth survey in 2015 (%)

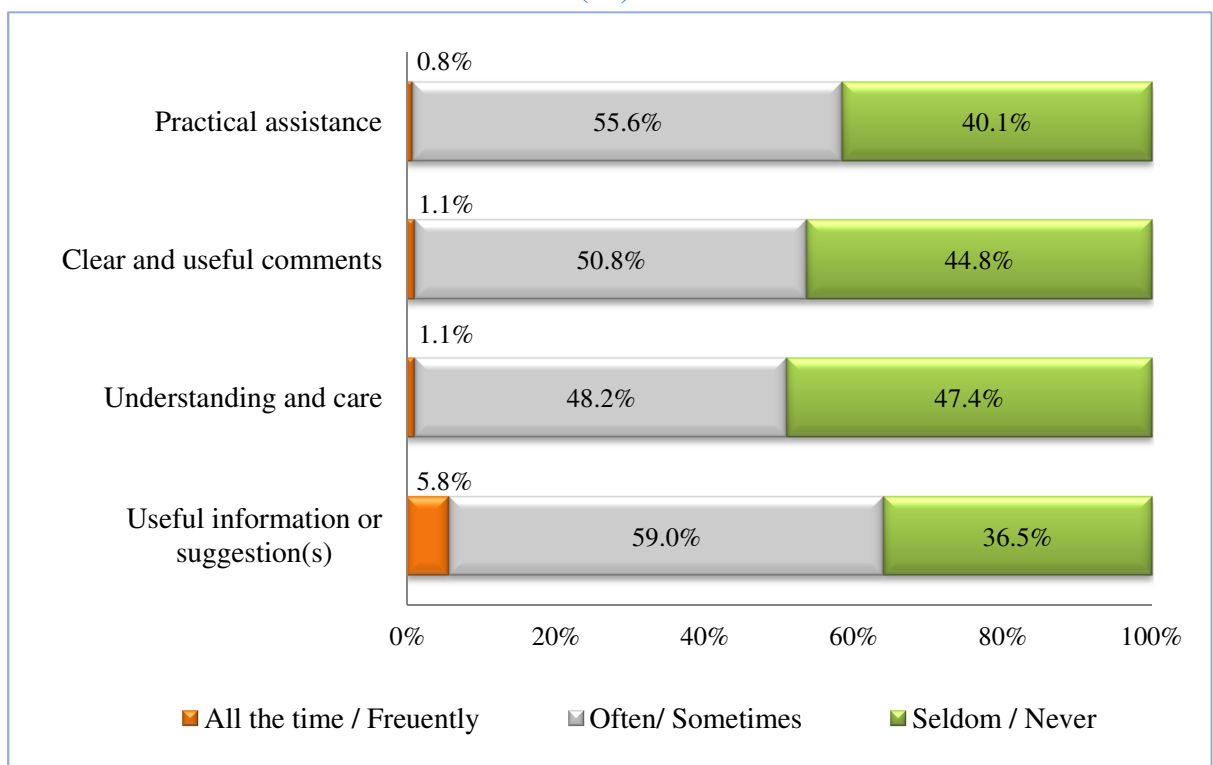


Support from supervisors

12.2.6 In 2015, about half of the employees reported that their supervisors often or sometimes provided useful information or suggestions (59%), provided practical assistance (56%), provided clear and useful comments (51%) and expressed understanding and care (48%) when encountered difficulties related to their work.

12.2.7 On the other hand, less than half of the employees stated that their supervisors **seldom or never** expressed understanding and care (47%), provided clear and useful comments (45%), provided practical assistance (40%) and provided useful information or suggestions (37%) when encountered difficulties related to their work.

Chart 12.2.4: Support from supervisors among employees of in-depth survey in 2015 (%)

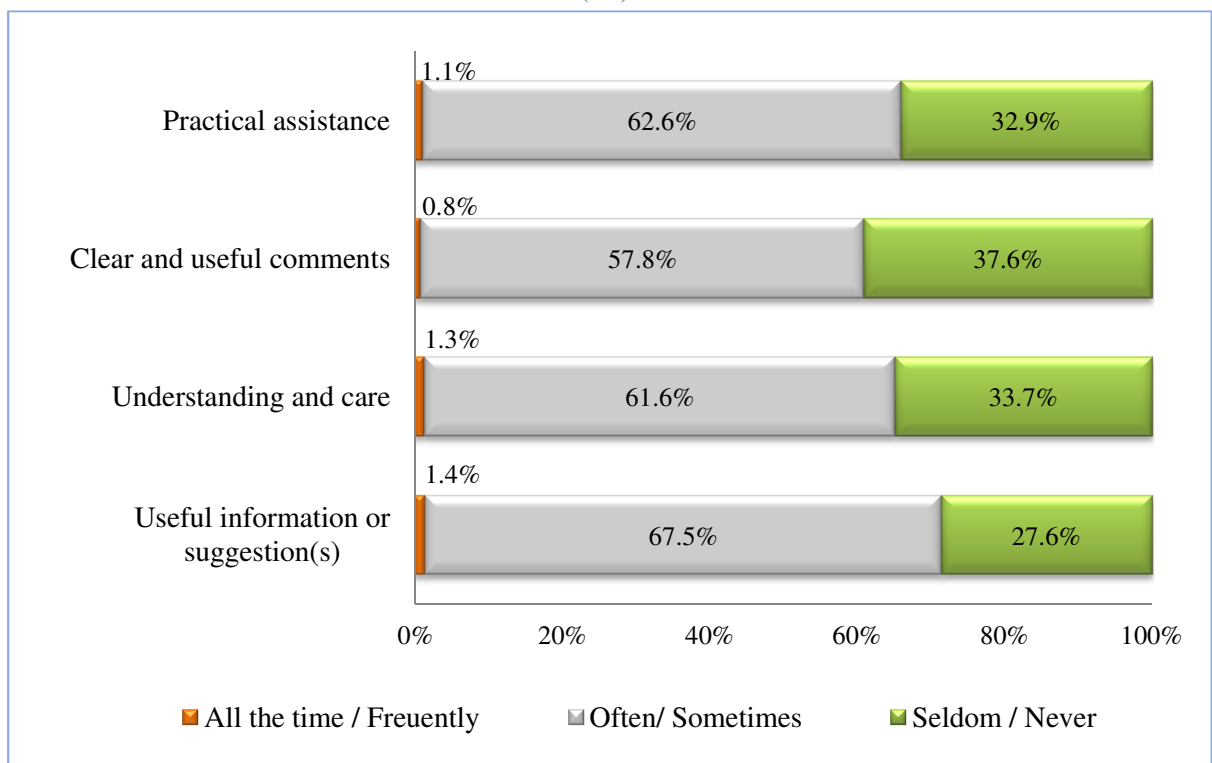


Support from colleagues

12.2.8 In 2015, over half of the employees indicated their colleagues often or sometimes provided useful information or suggestions (68%), provided practical assistance (63%), expressed understanding and care (62%) and provided clear and useful comments (58%) when encountered difficulties related to their work.

12.2.9 On the other hand, about one-third of the employees stated that their supervisors **seldom or never** provided clear and useful comments (38%), expressed understanding and care (34%), and provided practical assistance (33%) when encountered difficulties related to their work. About 28% of the employees received useful information or suggestions from their colleagues when encountered difficulties related to their work.

Chart 12.2.5: Support from colleagues among employees of in-depth survey in 2015 (%)

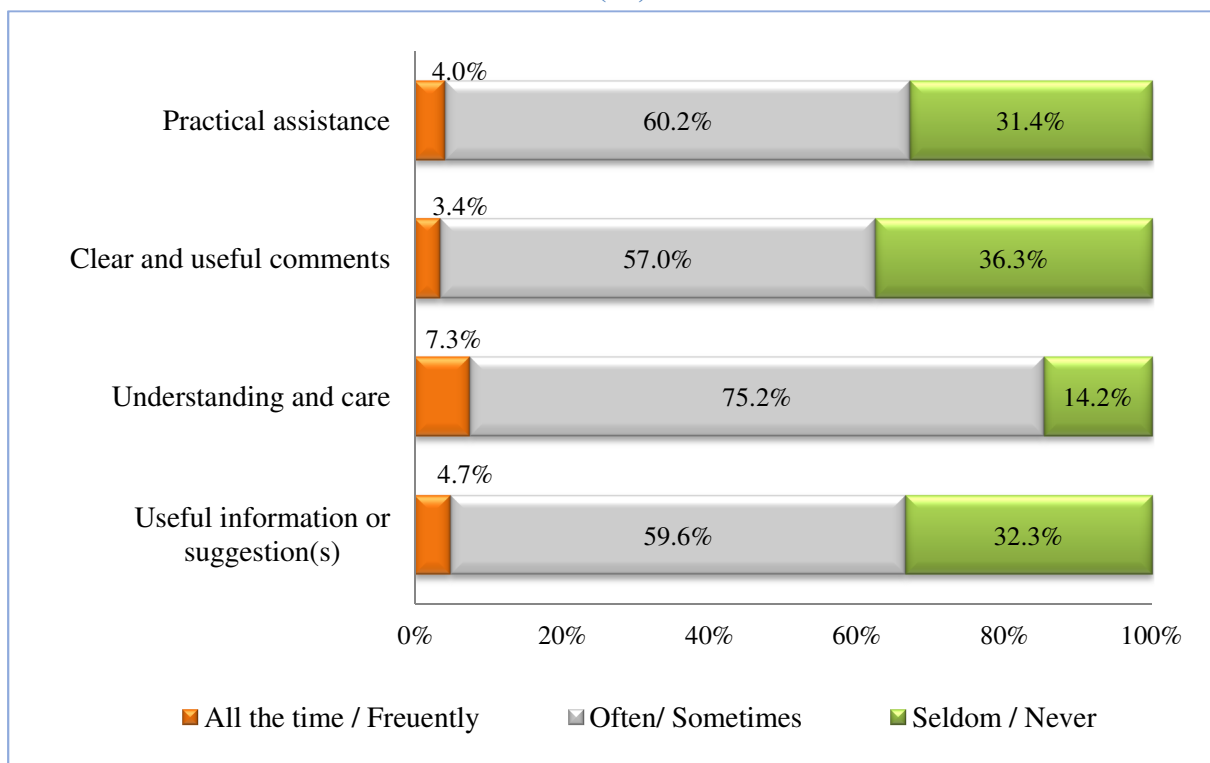


Support from family members

12.2.10 In 2015, about three quarters of the employees indicated their family members often or sometimes expressed understanding and care (75%) when encountered difficulties related to their work. Over half of the employees indicated their family members often or sometimes provided useful information or suggestions (60%), provided practical assistance (60%) and provided clear and useful comments (57%) when encountered difficulties related to their work.

12.2.11 On the other hand, about one-third of the employees stated that their family members **seldom or never** provided clear and useful comments (36%), provided useful information or suggestions (32%) and provided practical assistance (31%) when encountered difficulties related to their work.

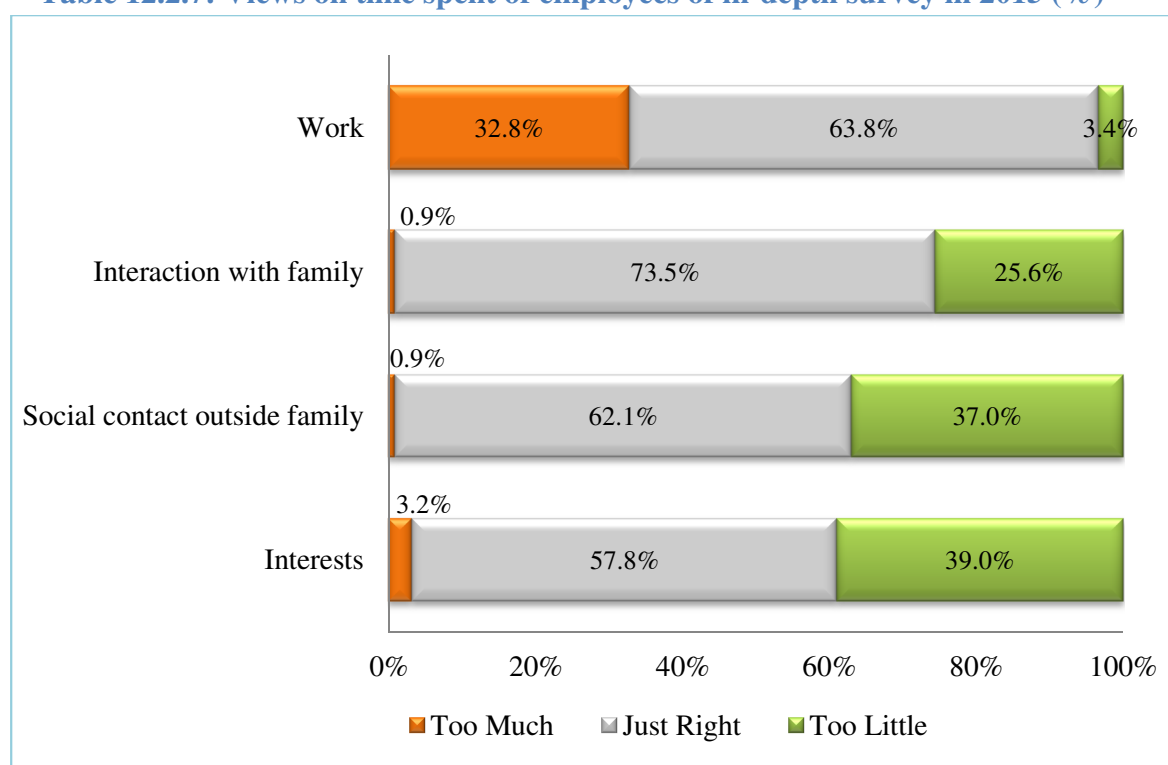
Chart 12.2.6: Support from family members among employees of in-depth survey in 2015 (%)



Problems associated with poor work-life balance

12.2.12 In 2015, about 64% of the employees considered that the time spent on work was just right whereas 33% and 3% indicated the time spent on work was too much and too little respectively. Regarding interaction with family, 74% considered that the time spent was just right and 26% indicated the time spent was too little. Regarding the social contact outside family, 62% considered that the time spent was just right and 37% indicated the time spent was too little. Regarding the time for the personal interests, 58% considered that the time spent was just right and 39% indicated the time spent was too little.

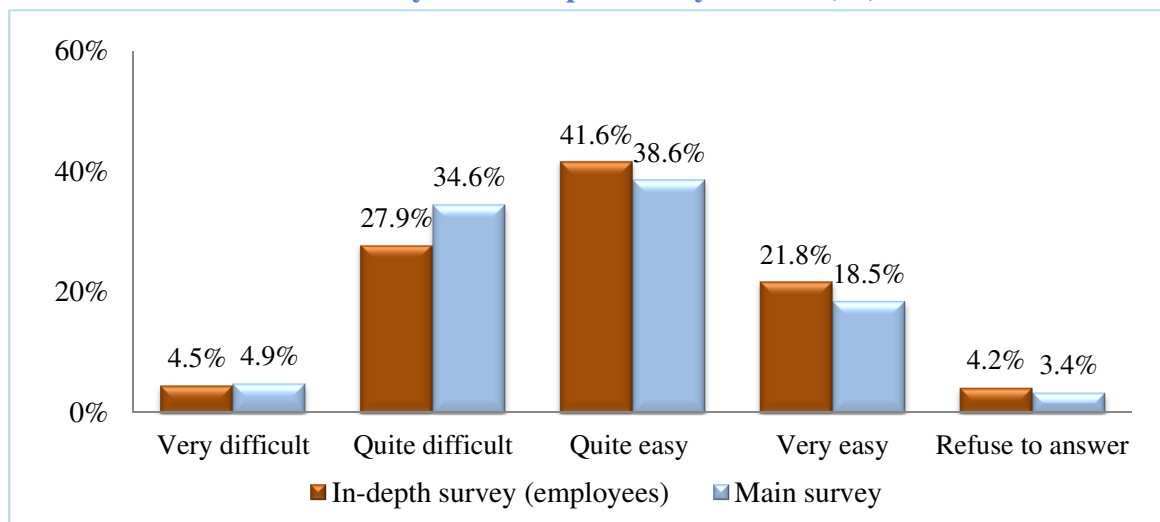
Table 12.2.7: Views on time spent of employees of in-depth survey in 2015 (%)



Level of difficulty in balancing work and family

12.2.13 In 2015, 32% of the employees reported that it would be very difficult or quite difficult in balancing the demands of work and family whereas 63% expressed that it would be quite easy or very easy in balancing work and family.

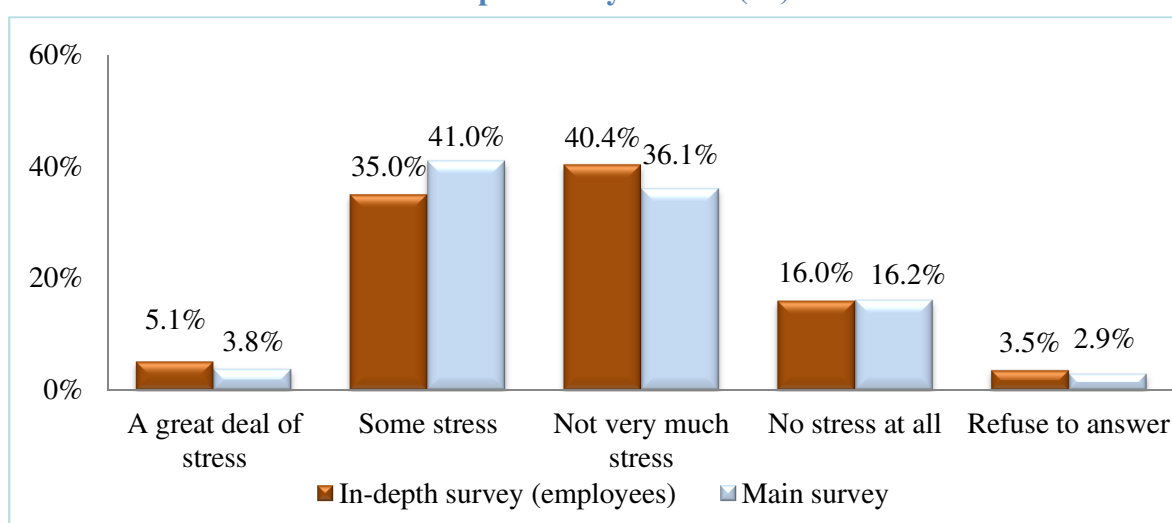
Table 12.2.8: Level of difficulty in balancing work and family of employees of main survey and in-depth survey in 2015 (%)



Stress in balancing work and family

12.2.14 **About two-fifths of the employees reported stress in balancing work and family.** On the whole, 40% of the employees reported that balancing the competing demands of work and family caused them a great deal of stress or some stress in 2015. It is worth noting that 5% reported that balancing work and family caused them a great deal of stress and the corresponding proportion was higher than that of the main survey. 40% did not have very much stress and 16% did not have stress at all.

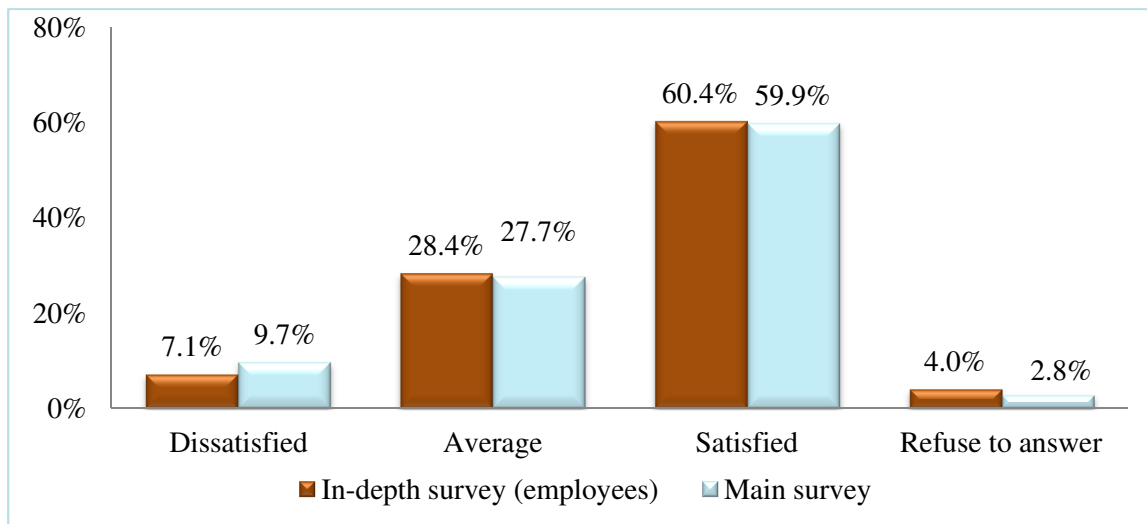
Chart 12.2.9: Stress in balancing work and family of employees of main survey and in-depth survey in 2015 (%)



Satisfaction with time spent at work and family

12.2.15 Notwithstanding the fact that quite a number of the employees reported stress in balancing the *competing* demands of work and family, 60% of the employees were satisfied with the amount of time spent at work and with family and about 7% were not satisfied.

Table 12.2.10: Satisfaction with time spent at work and family of employees of main survey and in-depth survey in 2015 (%)



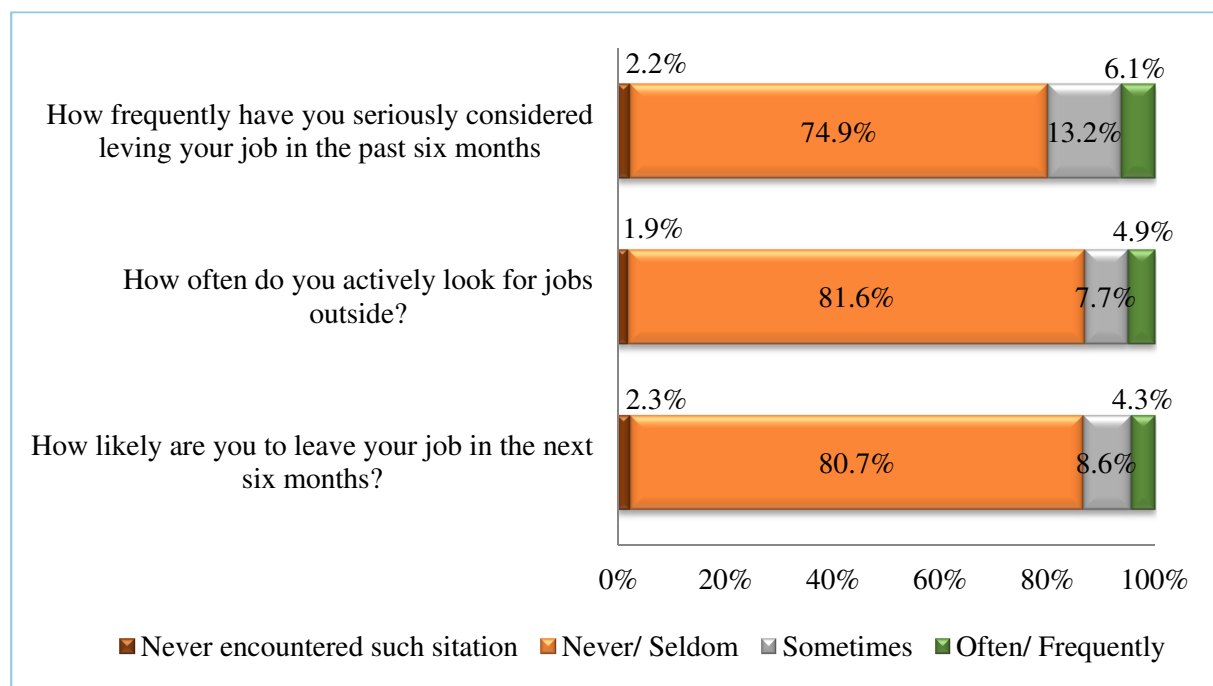
Turnover intentions

12.2.16 Turnover intentions were measured using a three item measure. Regarding how frequently the employees seriously considered leaving their jobs in the past six months, 75% indicated that they never or seldom had the intention whereas 13% sometimes and 6% often or frequently had the intention to leave their jobs in the past six months.

12.2.17 Regarding how often the employees actively looked for jobs outside, 82% indicated that they never or seldom looked for jobs outside whereas 8% sometimes and 5% often or frequently looked for jobs outside.

12.2.18 Regarding how likely the employees would leave their jobs in the next six months, 81% indicated that they never or seldom had the intention whereas 9% sometimes and 4% often or frequently had the intention to leave their jobs in the next six months.

Table 12.2.11: Turnover intentions among employees of in-depth survey in 2015 (%)

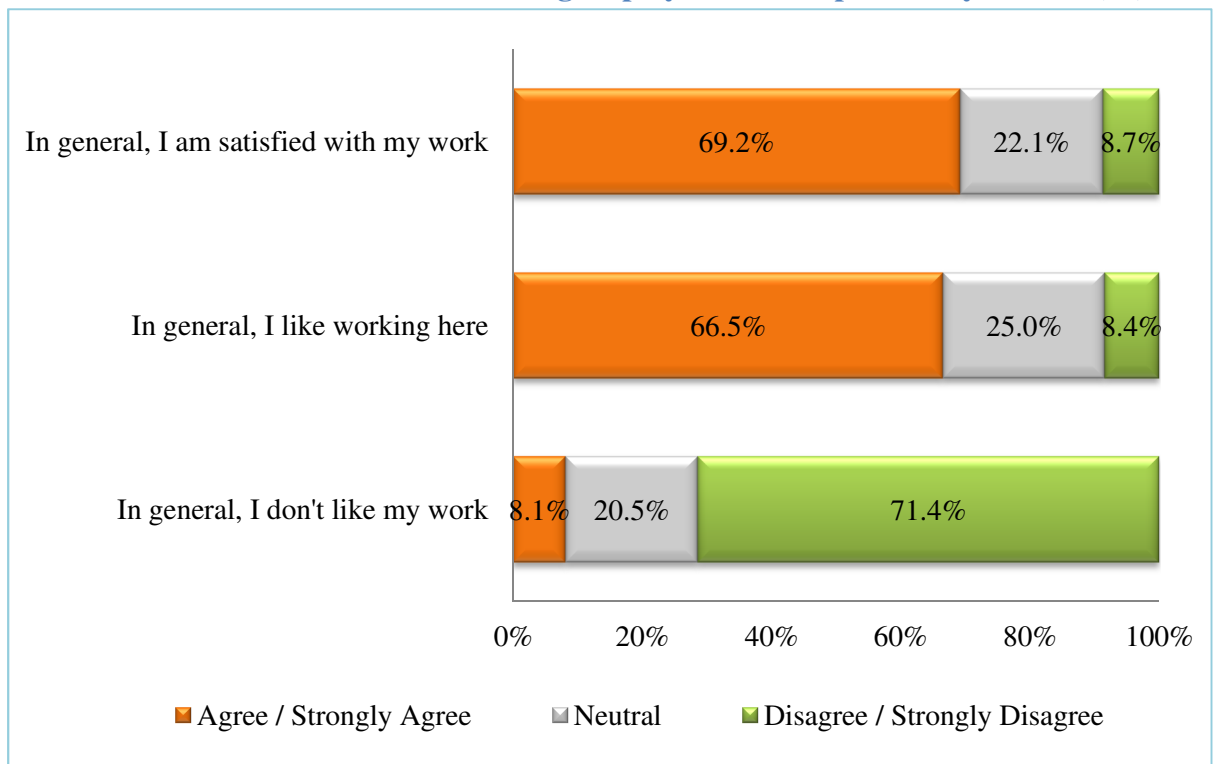


Job satisfaction

12.2.19 Job satisfaction was measured using three question items. About 70% of the employees expressed that they were satisfied with their work in general whereas 9% were not satisfied.

12.2.20 At the same time, about 67% expressed that their liked working at their current jobs in general whereas 8% did not like. Similarly, about 71% expressed that they liked their work in general whereas 8% did not like.

Table 12.2.12: Job satisfaction among employees of in-depth survey in 2015 (%)



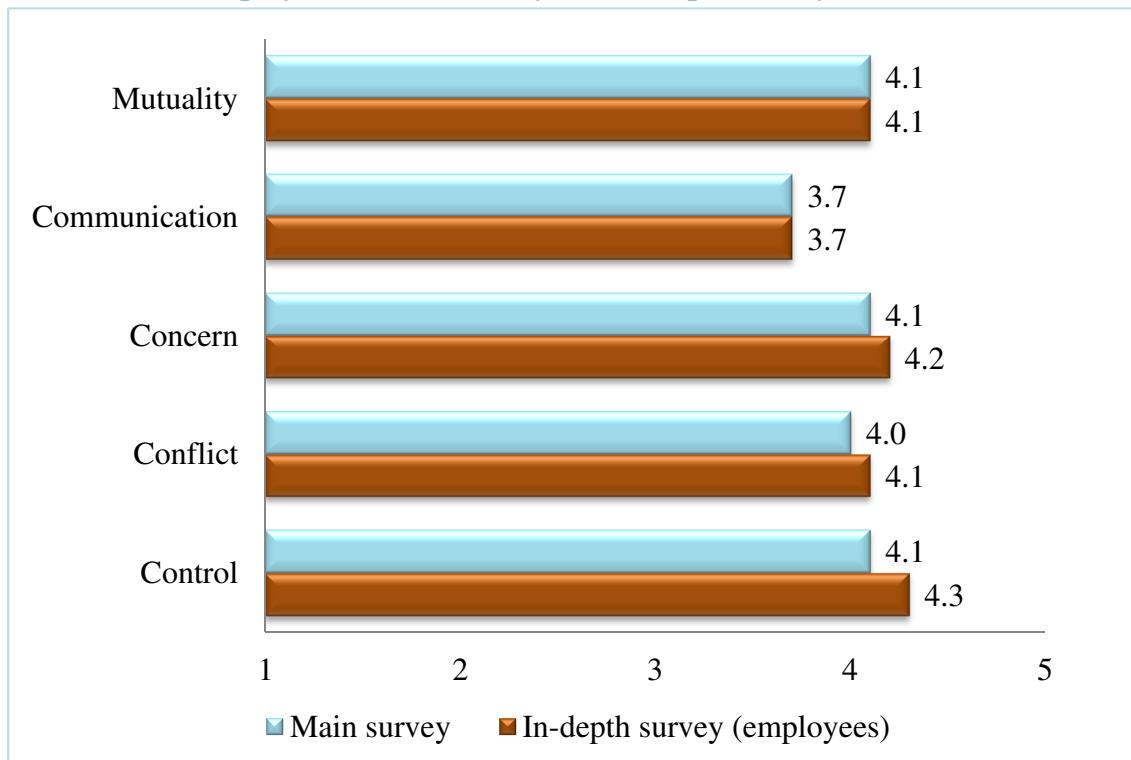
12.3 Family Life

The Chinese Family Assessment Instrument (CFAI)

12.3.1 In 2015, the mean scores of “Concern” and “Mutuality” of employees were at 4.2 and 4.1 respectively implying that respondents in general considered there was mutual trust and concern among family members and most of the families maintained a very good parent-child relationship. Besides, the mean score of “Communication” of employees was at 3.7 implying that in general the respondents communicated quite well and their families were cohesive, and parents understood their children’s need and thinking. The corresponding scores were more or less the same compared with the scores of the main survey.

12.3.2 The results also showed that the mean scores of “Conflict” and “Control” of employees were at 4.1 and 4.3 respectively in 2015, implying that the families were quite harmonious, without much conflict between family members. The corresponding scores were higher than the scores of the main survey, implying more conflicts and control between family members of the employees.

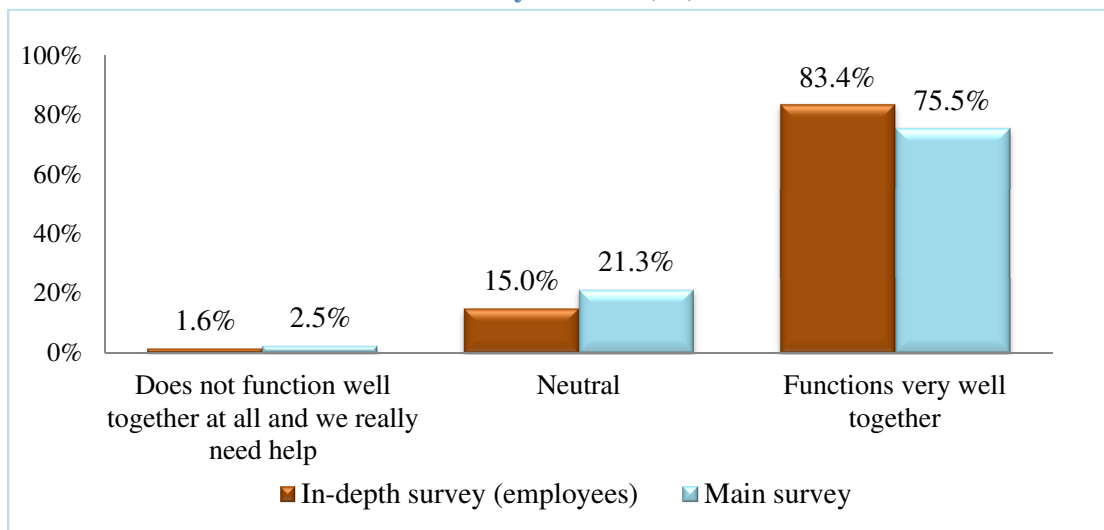
Chart 12.3.1: Mean scores of the Chinese Family Assessment Instrument of employees of main survey and in-depth survey in 2015



Family Functioning

12.3.3 In 2015, 83% of the employees considered that their family functioned very well together and the proportion was higher than that of the main survey. About 2% of the employees indicated that their family did not function very well together at all and they needed help.

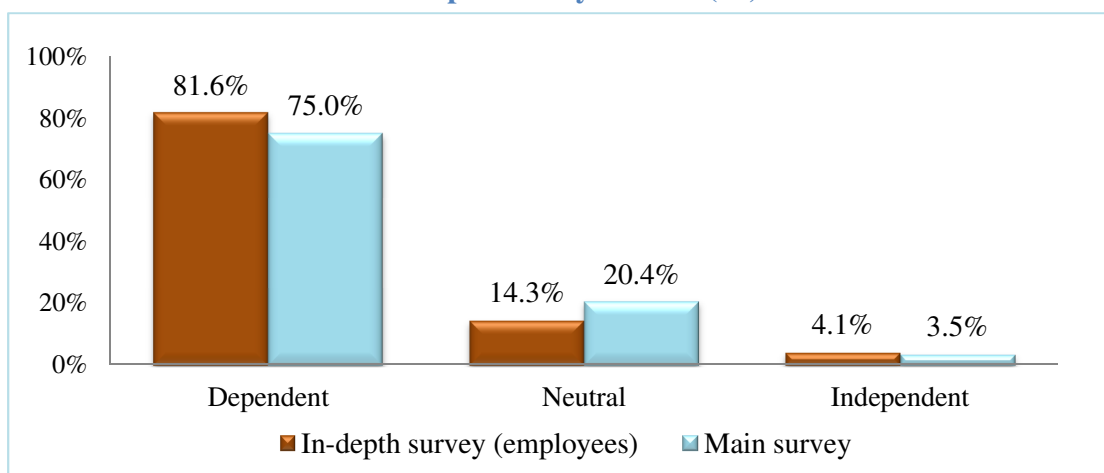
Chart 12.3.2: Family functioning of employees of main survey and in-depth survey in 2015 (%)



Dependence of family members

12.3.4 In 2015, most of the family members were dependent on each other. About 82% of the employees indicated that their family members were dependent on each other.

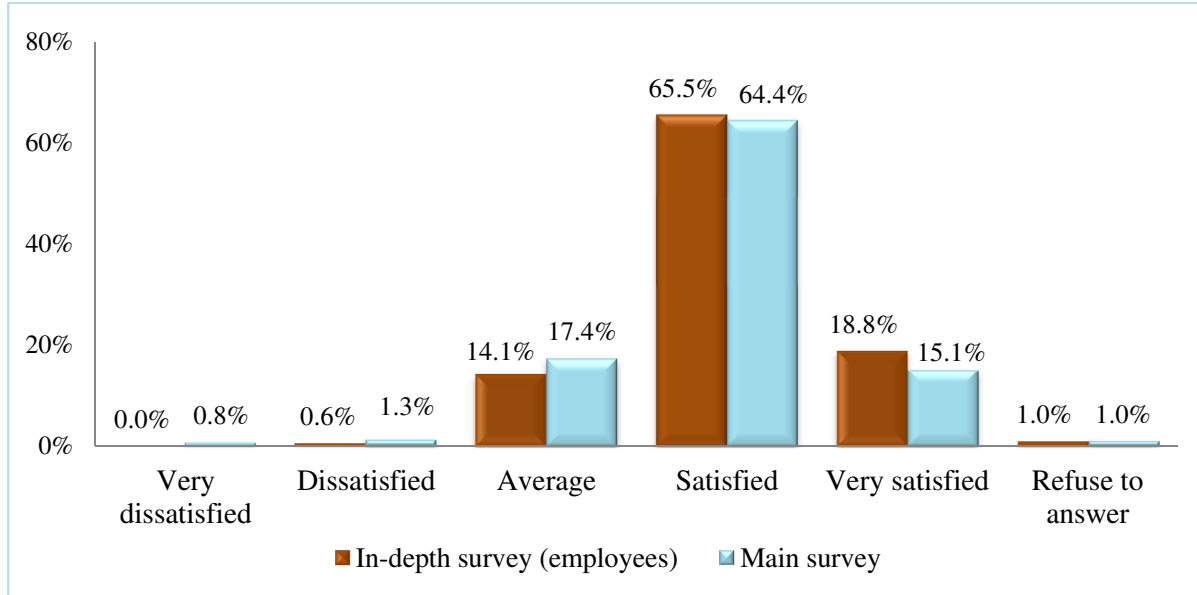
Table 12.3.3: Dependence of family members of employees of main survey and in-depth survey in 2015 (%)



Satisfaction with family life

12.3.5 In 2015, 84% of the employees were satisfied or very satisfied with their family life whereas about 1% were not satisfied with their family life.

Chart 12.3.4: Satisfaction with family life of employees of main survey and in-depth survey in 2015 (%)



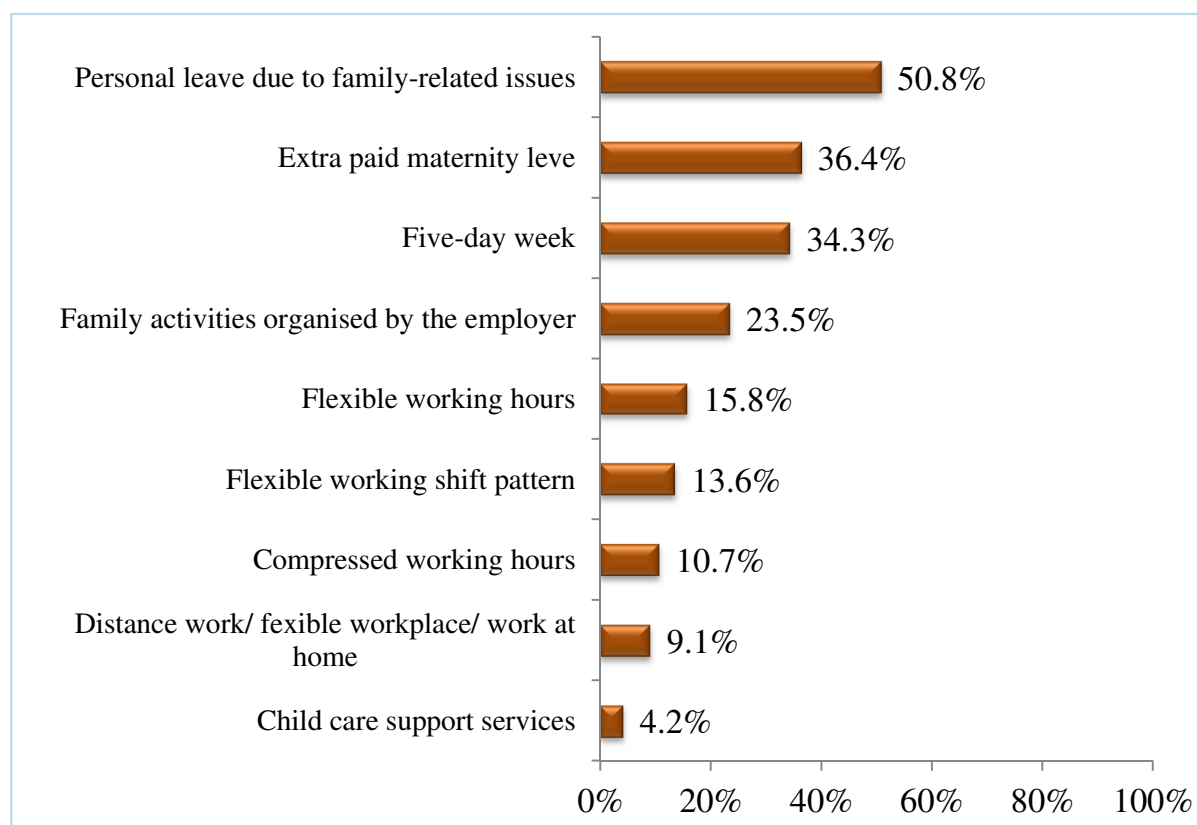
12.4 Family-friendly Employment Practices

Family-friendly employment practices offered by employers

12.4.1 In 2015, about 51% of the employees indicated that their employers offered personal leave due to family-related issues. About one-third of the employees indicated that their employers offered extra paid maternity leave (36%) and five-day week (34%).

12.4.2 Less than one quarter of the employees indicated that their employers offered family activities organised by the employers (24%), flexible working hours (16%), flexible working shift pattern (14%), compressed working hours (11%), distance work / flexible workplace / work at home (9%) and child care support services (4%).

Chart 12.4.1: Family-friendly employment practices offered by employers among employees of in-depth survey in 2015 (%)

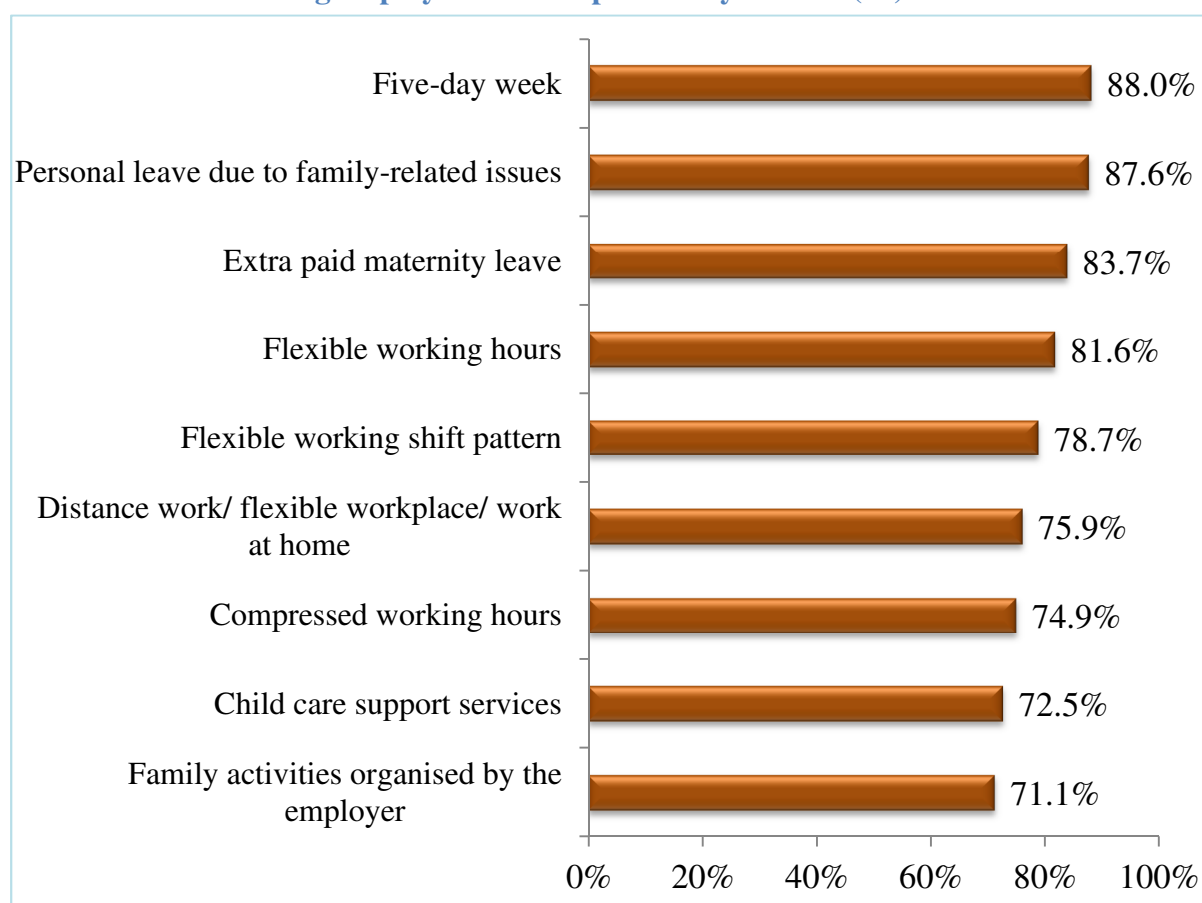


Perceived usefulness of family-friendly employment practices

12.4.3 In 2015, over three quarters of the employees considered the family-friendly employment practices useful including five-day week (88%), personal leave due to family-related issues (88%), extra paid maternity leave (84%), flexible working hours (82%), flexible working shift pattern (79%), distance work / flexible workplace / work at home (76%) and compressed working hours (75%).

12.4.4 About 73% and 71% of the employees considered the child care support services and family activities organised by the employer useful respectively.

Chart 12.4.2: Perceived usefulness of family-friendly employment practices among employees of in-depth survey in 2015 (%)

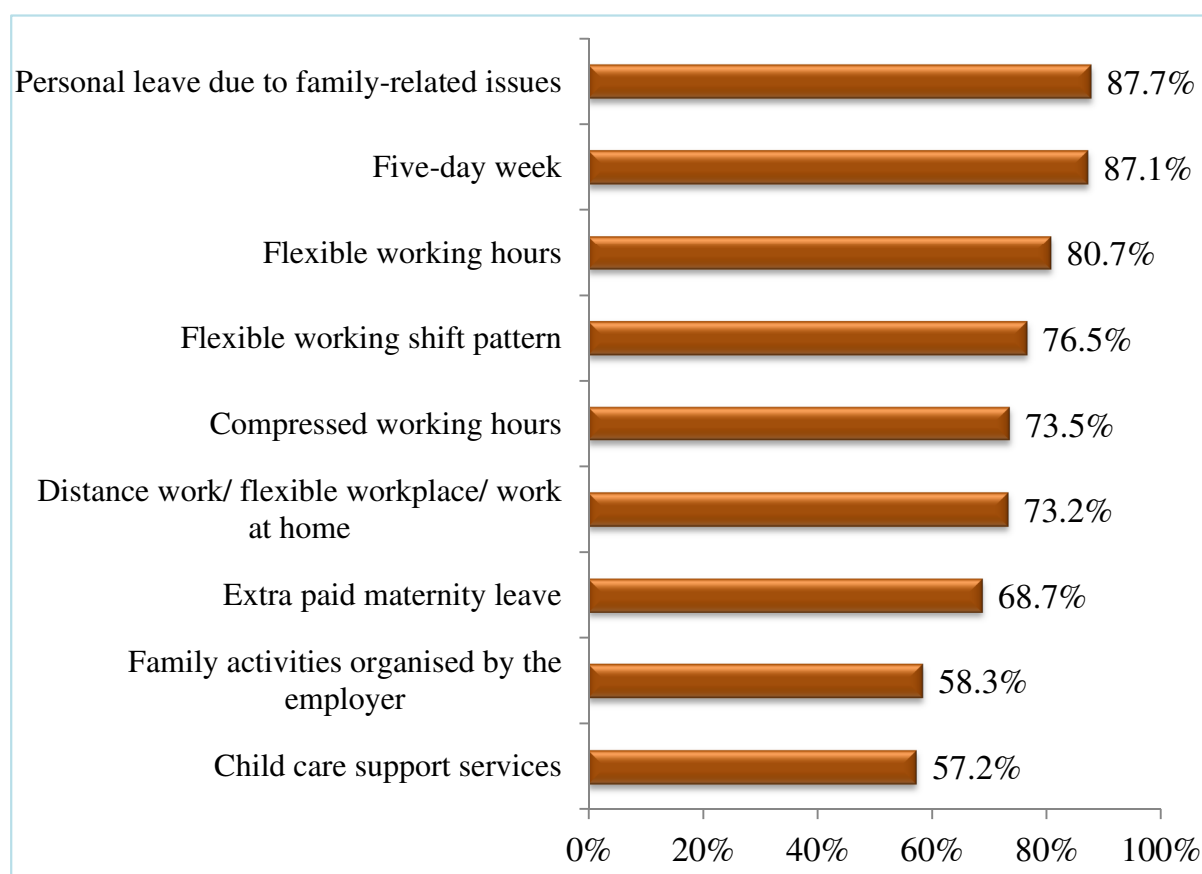


Satisfaction with family-friendly employment practices offered

12.4.5 In 2015, for those employees with family-friendly employment practices offered by their employers, over two-thirds were satisfied with the family-friendly employment practices offered including personal leave due to family-related issues (88%), five-day week (87%), flexible working hour (81%), flexible working shift pattern (77%), compressed working hours (74%), distance work / flexible workplace /work at home (73%) and extra paid maternity leave (69%).

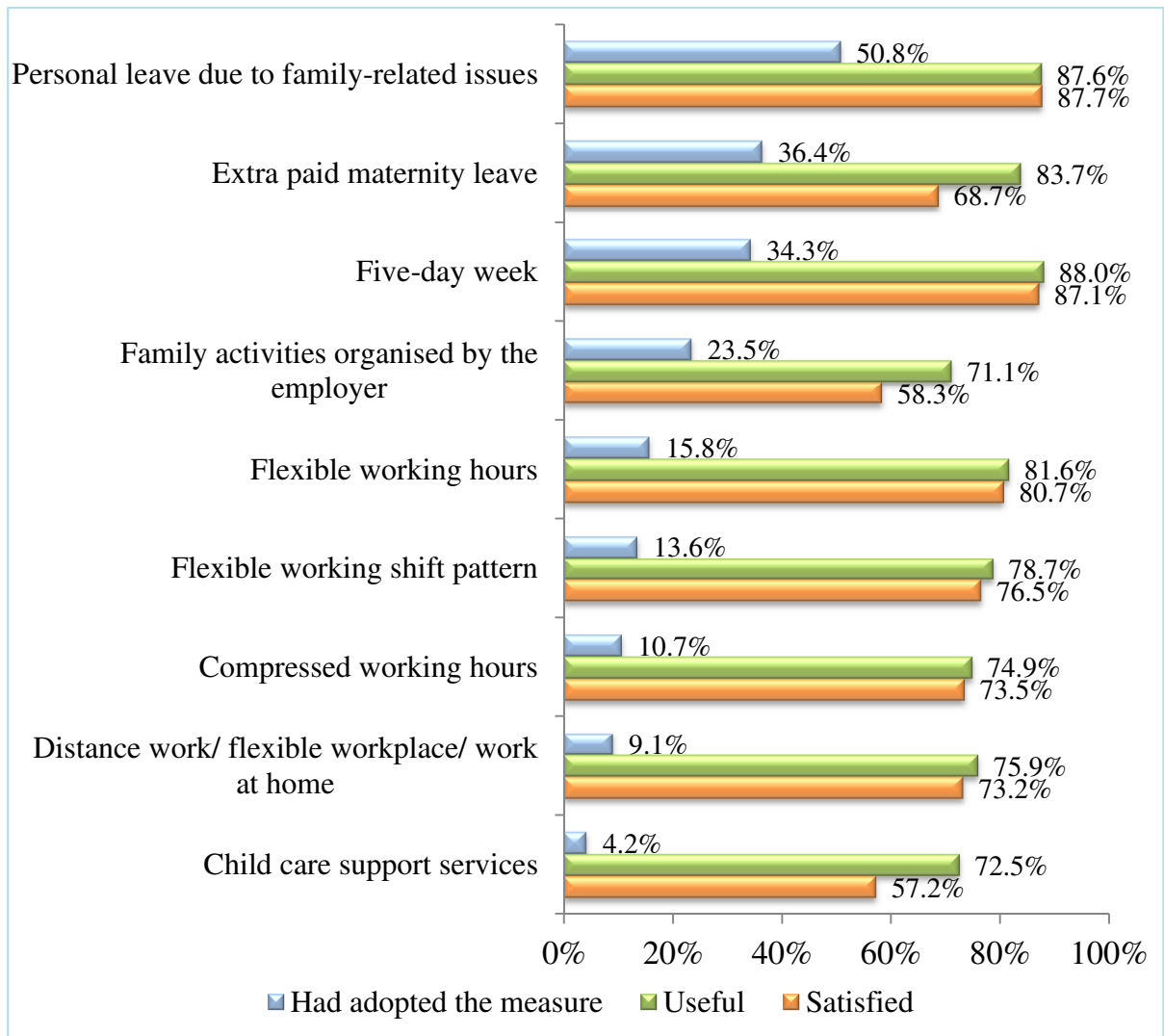
12.4.6 About 58% and 57% of the employees were satisfied with the family activities organised by the employer and child care support services respectively.

Chart 12.4.3: Satisfaction with family-friendly employment practices offered among employees of in-depth survey in 2015 (%)



12.4.7 In sum, majority of the employees considered the family-friendly employment practices offered by their employers useful and they were satisfied with the practices. However, the proportions of the employers who had adopted the measures were not high.

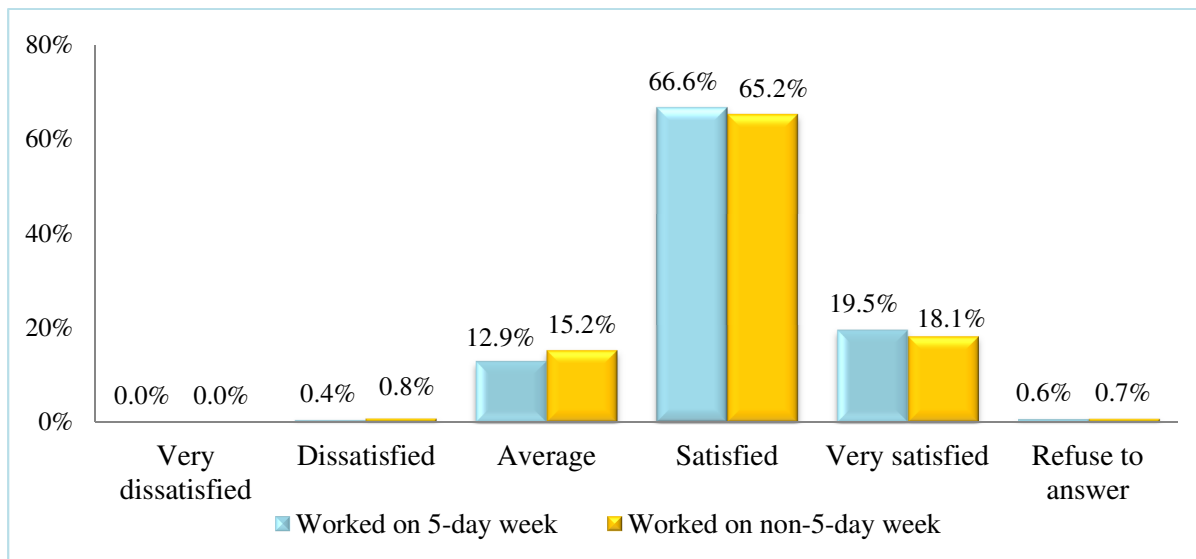
Chart 12.4.4: Summary of family-friendly employment practices offered among employees of in-depth survey in 2015 (%)



Comparison on family life and family relationship of the employees who worked on 5-day week and on non-5-day week

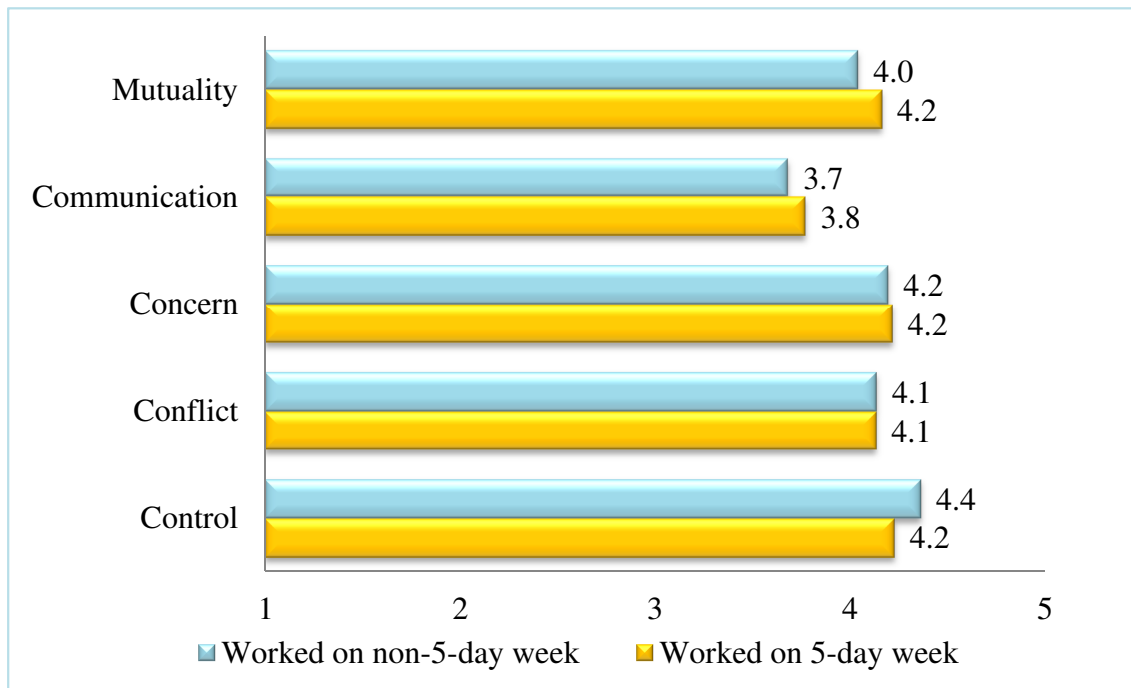
12.4.8 In 2015, the satisfaction with family life of the employees who worked on 5-day week were more or less the same compared with the satisfaction level of those who worked on non-5-day week.

Chart 12.4.5: Satisfaction with family life of employees who worked on 5-day week and on non-5-day week of in-depth survey in 20155 (%)



12.4.9 In 2015, the scores on family relationship of the employees who worked on 5-day week were more or less the same compared with the scores of those who worked on non-5-day week.

Chart 12.4.6: Mean scores of the Chinese Family Assessment Instrument of employees who worked on 5-day week and on non-5-day week of in-depth survey in 2015



Chapter 13 | In-depth Survey - Grandparents

13.1 Introduction

13.1.1 An in-depth survey was conducted with grandparents with one or more grandchildren (“the grandparents”). A total of 400 interviews were conducted.

13.1.2 The in-depth survey of grandparents with one or more grandchildren aims at assessing the trans-generational issues including tri-parenting, values, roles and functions in their families as well as problems encountered in raising grandchildren. The survey covers the following aspects to ascertain the respondents’ attitudes towards:

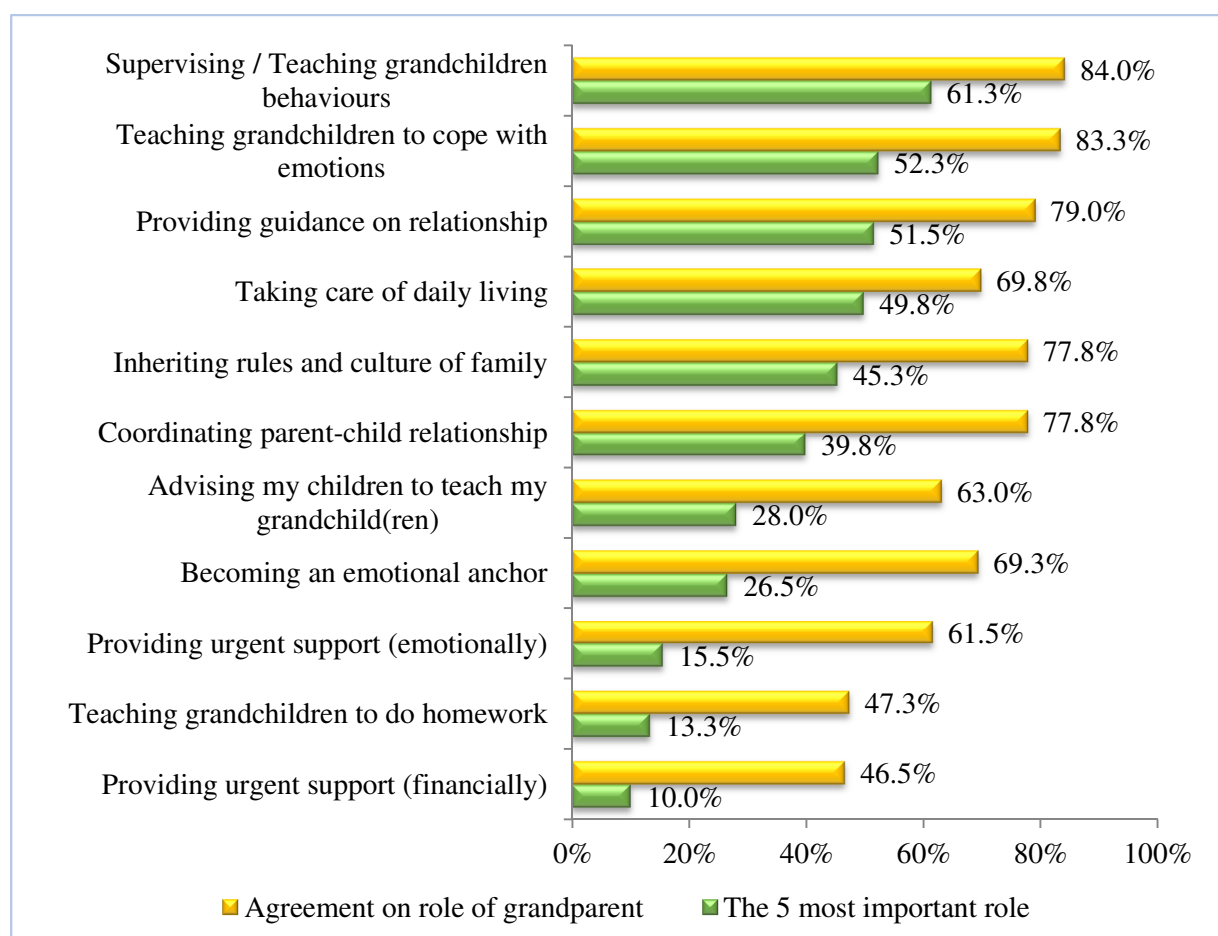
- (h) trans-generational issues including tri-parenting, values, roles and function in their families;
- (i) parenting method;
- (j) the level of difficulty and stress resulting from raising grandchildren;
- (k) the changes of role of grandparents;
- (l) parent-child relationship;
- (m) parent-grandchildren relationship; and
- (n) family satisfaction.

13.2 The roles of grandparents

Perceived important roles as a grandparent

13.2.1 *Disciplining grandchildren’s behaviour” was the most agreed role of grandparents.* In 2015, over half of the grandparents perceived their roles as a grandparent including “supervising / teaching grandchildren behaviours” (84%), “teaching grandchildren to cope with emotions” (83%), “providing guidance on relationship” (79%), “inheriting rules and culture of family” (78%), “coordinating parent-child relationship” (78%), “taking care of daily living” (70%), “becoming an emotional anchor” (69%), “advising my children to teach their grandchildren” (63%) and “providing urgent support (emotionally)” (62%). About half indicated that their roles as a grandparent were teaching grandchildren to do homework (47%) and providing urgent support (financially) (47%).

Table 13.2.1: Perceived important roles as a grandparent of in-depth survey in 2015 (%)

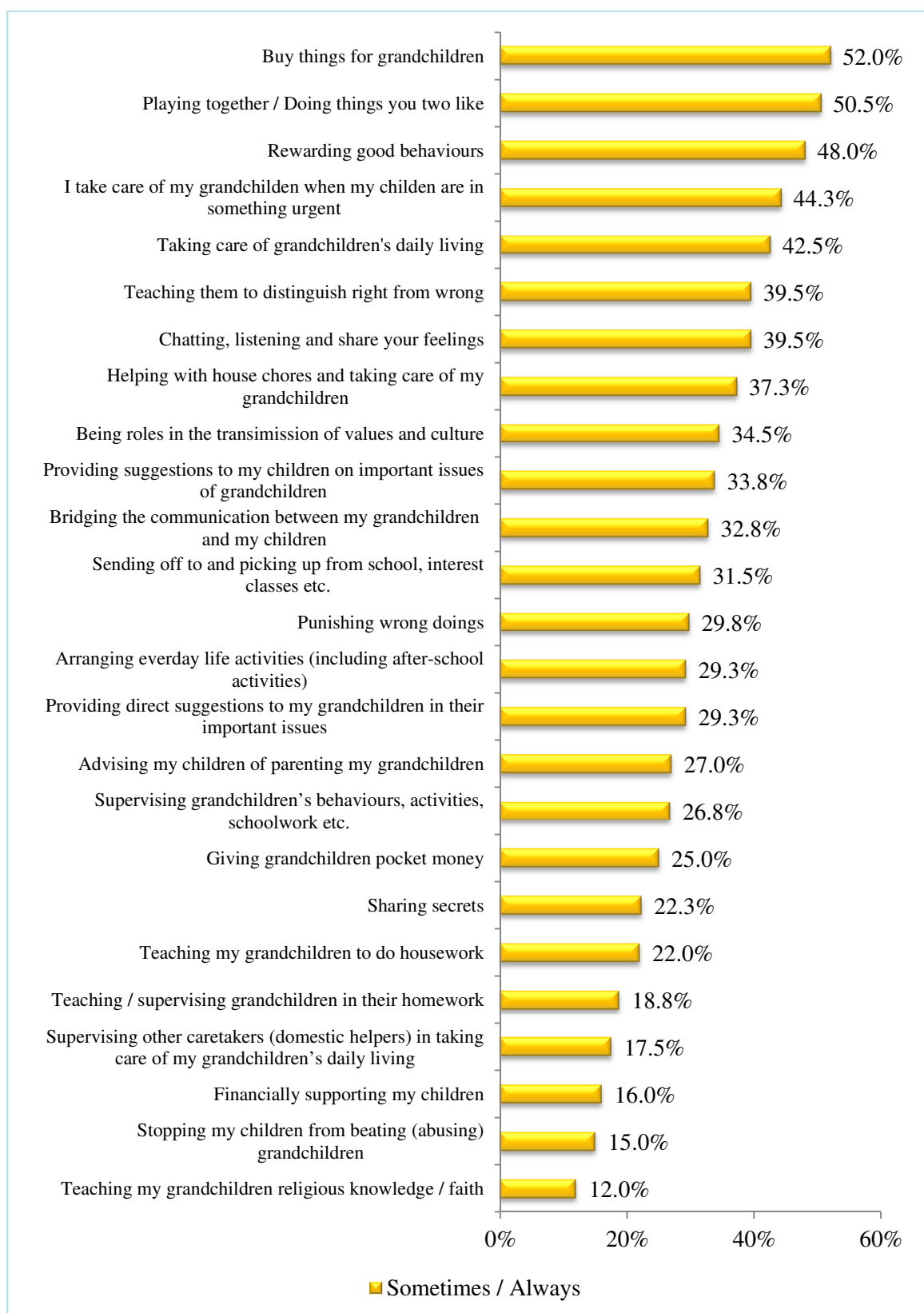


13.2.2 Among the 11 roles, the grandparents were asked to rate the first five important roles as a grandparent. Over half of the grandparents considered that the five important roles as a grandparent included – (1) supervising / teaching grandchildren behaviors (61%); (2) teaching grandchildren to cope with emotions (52%); (3) providing guidance on relationship (52%); (4) taking care of grandchildren’s daily living (50%); and (5) inheriting rules and culture of family (45%).

Roles as a grandparent

13.2.3 In 2015, about half of the grandparents performed their roles as a grandparent including “buy things for grandchildren” (52%) and “playing together / doing things you two like” (51%).

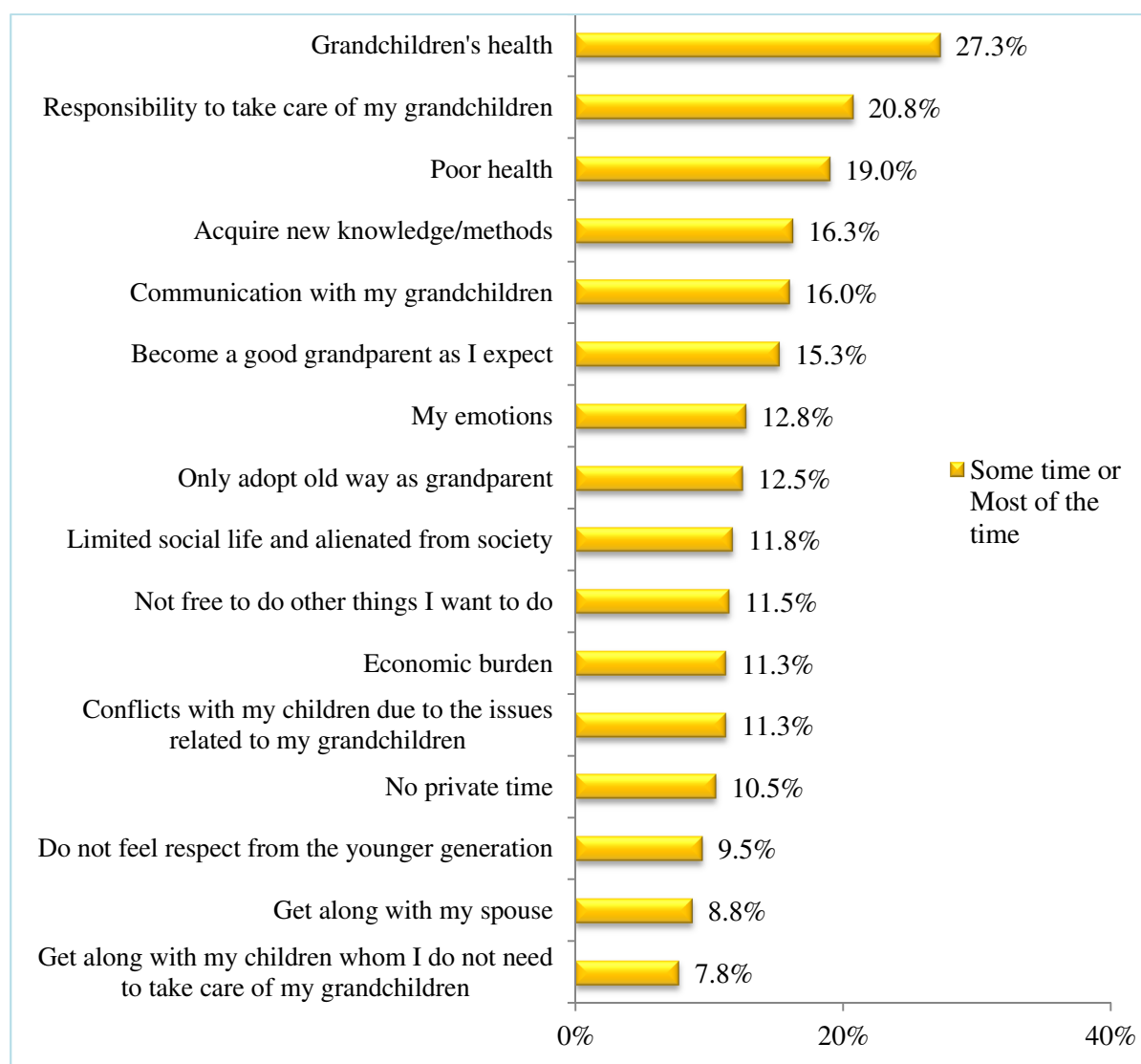
Table 13.2.2: Roles as a grandparent among grandparents of in-depth survey in 2015 (%)



Grandparents' pressure

13.2.4 In 2015, about one quarter of the grandparents worried about their grandchildren's health some time or most of the time. About one-fifth of the grandparents felt pressure for the responsibility to take care of their grandchildren (21%) and worried about their poor health (19%) some time or most of the time.

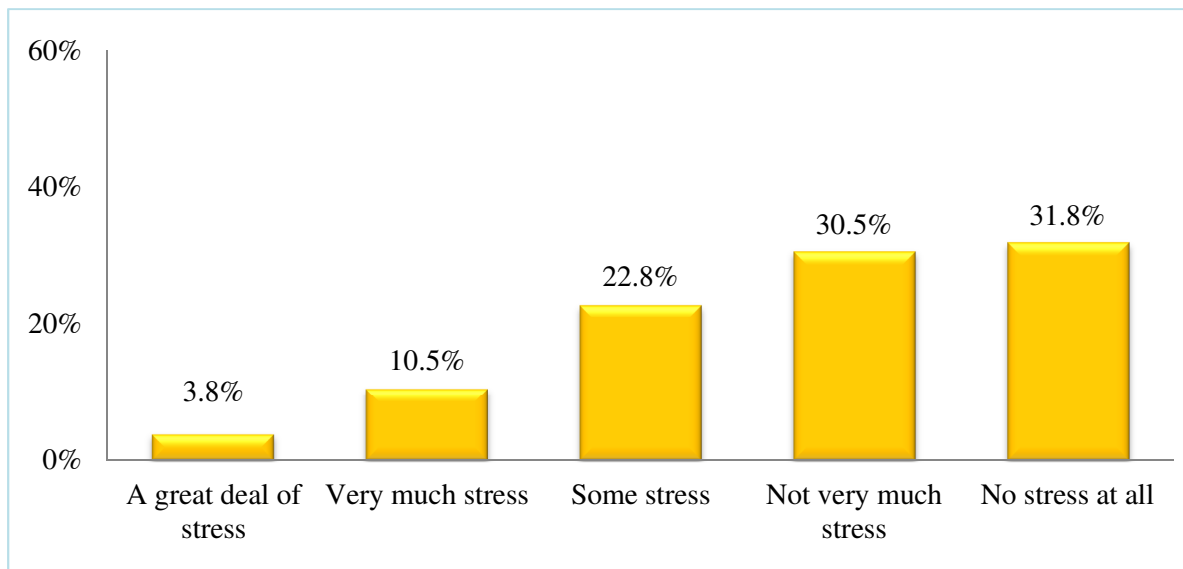
Table 13.2.3: Grandparents' pressure of in-depth survey in 2015 (%)



Stress as a grandparent

13.2.5 In 2015, about 14% of the grandparents reported that they had a great deal of stress or very much stress as a grandparent. About 31% did not have very much stress and 32% did not have stress at all.

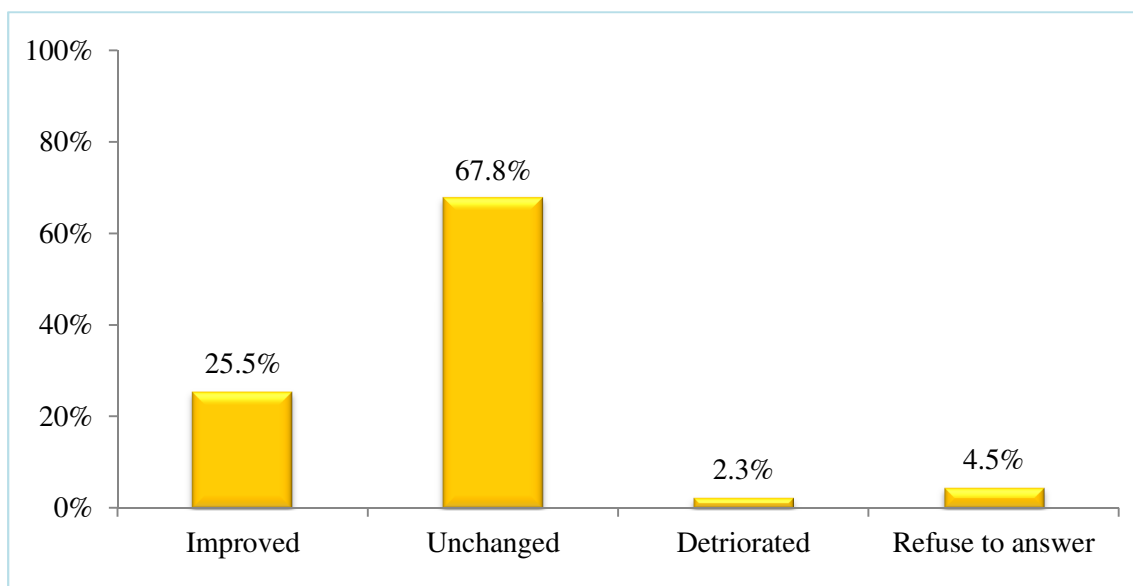
Chart 13.2.4: Stress as a grandparent among grandparents of in-depth survey in 2015 (%)



Changes of relationship with adult children

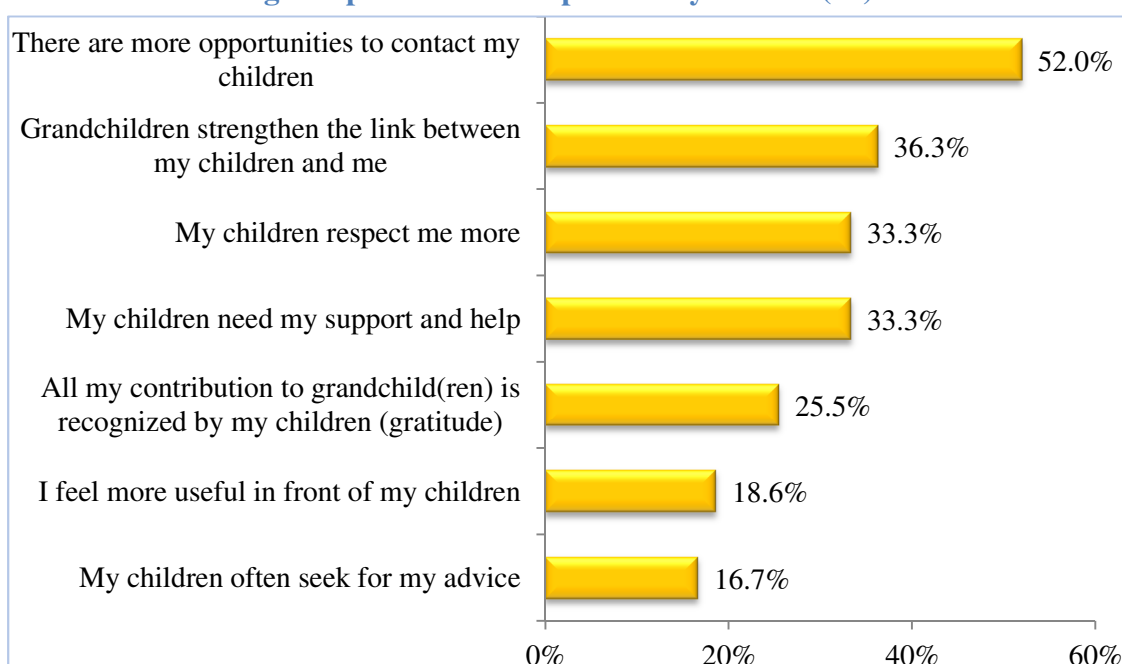
13.2.6 In 2015, about 68% of the grandparents indicated that the relationship with their adult children did not change after grandchildren were born, whereas 26% stated that the relationship with their adult children improved. Only 2% indicated that the relationship with their adult children deteriorated.

Table 13.2.5: Changes of relationship with adult children among grandparents of in-depth survey in 2015 (%)



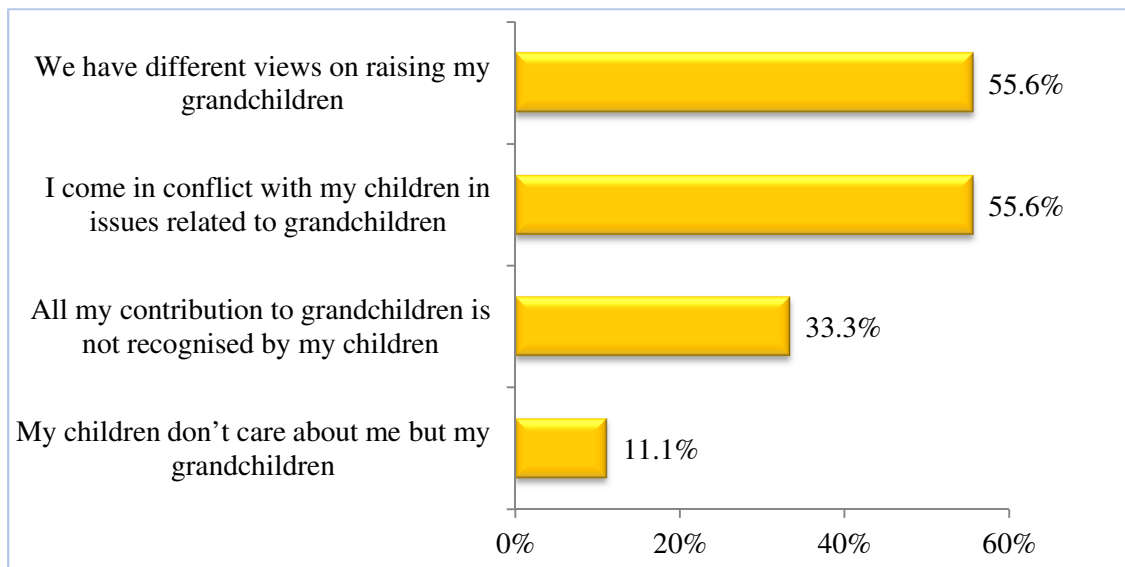
13.2.7 Among those grandparents who indicated that the relationship with adult children improved due to their role as grandparent, the major reasons were “there are more opportunities to contact my children” (52%), “grandchildren strengthen the link between my children and me” (36%), “my children respect me more” (33%), “my children need my support and help” (33%).

Table 13.2.6: Reasons for improvement of relationship with adult children among grandparents of in-depth survey in 2015 (%)



13.2.8 Among those grandparents who indicated that the relationship with adult children deteriorated due to their role as grandparent, the major reasons were “we have different views on raising my grandchildren” (56%), “I come in conflict with my children in issues related to grandchildren” (56%) and “all my contribution to grandchildren is not recognised by my children” (33%).

Table 13.2.7: Reasons for deterioration of relationship with adult children among grandparents of in-depth survey in 2015 (%)



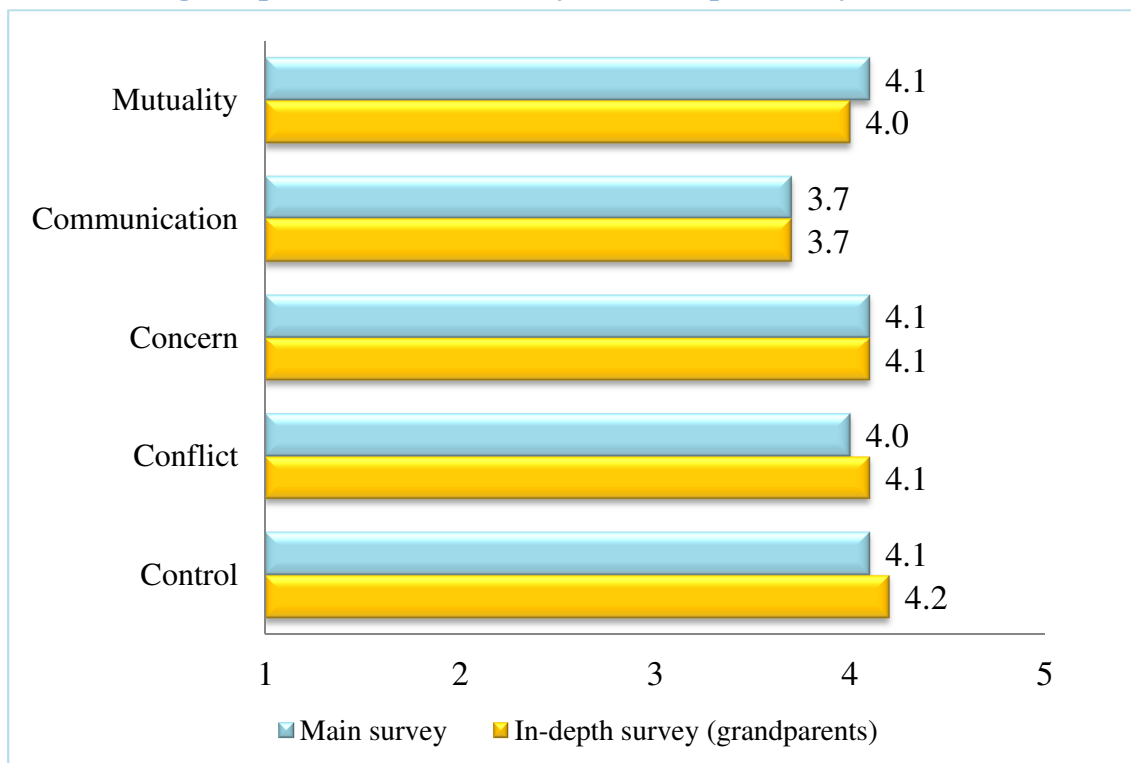
13.3 Family Life

The Chinese Family Assessment Instrument (CFAI)

13.3.1 In 2015, the mean scores of “Concern” and ”Mutuality” of grandparents were at 4.1 and 4.0 respectively implying that respondents in general considered there was mutual trust and concern among family members and most of the families maintained a very good parent-child relationship. Besides, the mean score of “Communication” of employees was at 3.7 implying that in general the respondents communicated quite well and their families were cohesive, and parents understood their children’s need and thinking. The corresponding scores were more or less the same compared with the scores of the main survey.

13.3.2 The results also showed that the mean scores of “Conflict” and “Control” of employees were at 4.1 and 4.2 respectively in 2015, implying that the families were quite harmonious, without much conflict between family members. The corresponding scores were higher than the scores of the main survey, implying more conflicts and control between family members of the grandparents.

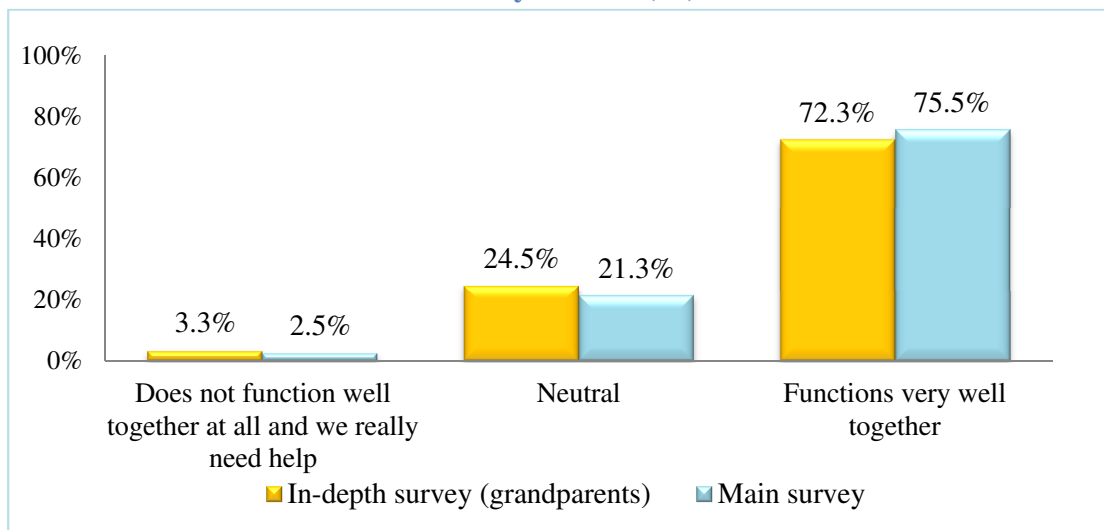
Chart 13.3.1: Mean scores of the Chinese Family Assessment Instrument of grandparents of main survey and in-depth survey in 2015



Family Functioning

13.3.3 In 2015, 72% of the grandparents considered that their family functioned very well together and the proportion was lower than that of the main survey. About 3% of the grandparents indicated that their family did not function very well together at all and they needed help.

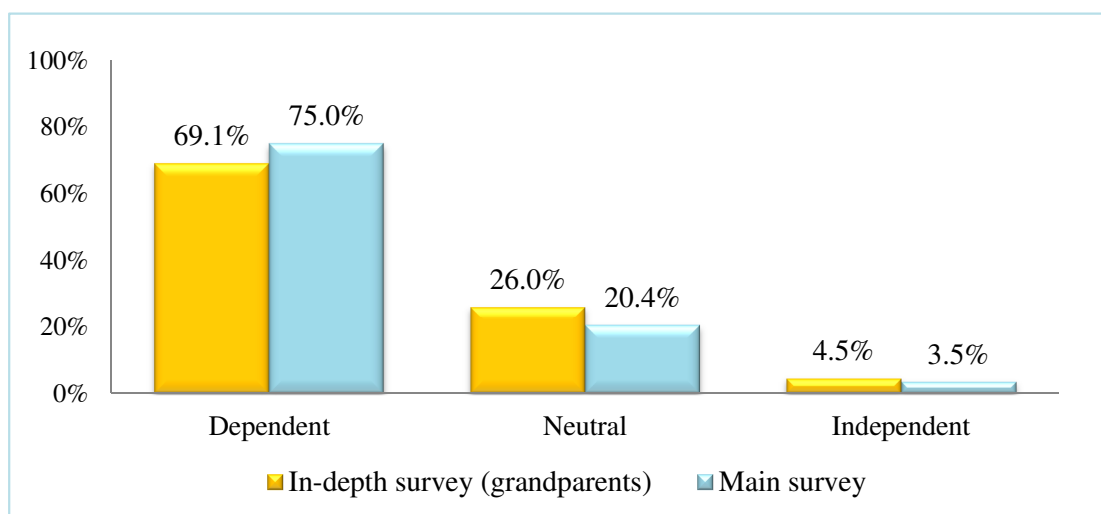
Chart 13.3.2: Family functioning of grandparents of main survey and in-depth survey in 2015 (%)



Dependence of family members

13.3.4 In 2015, most of family members were dependent on each other. About 69% of the grandparents indicated that their family members were dependent on each other. The proportion was lower than that of the main survey.

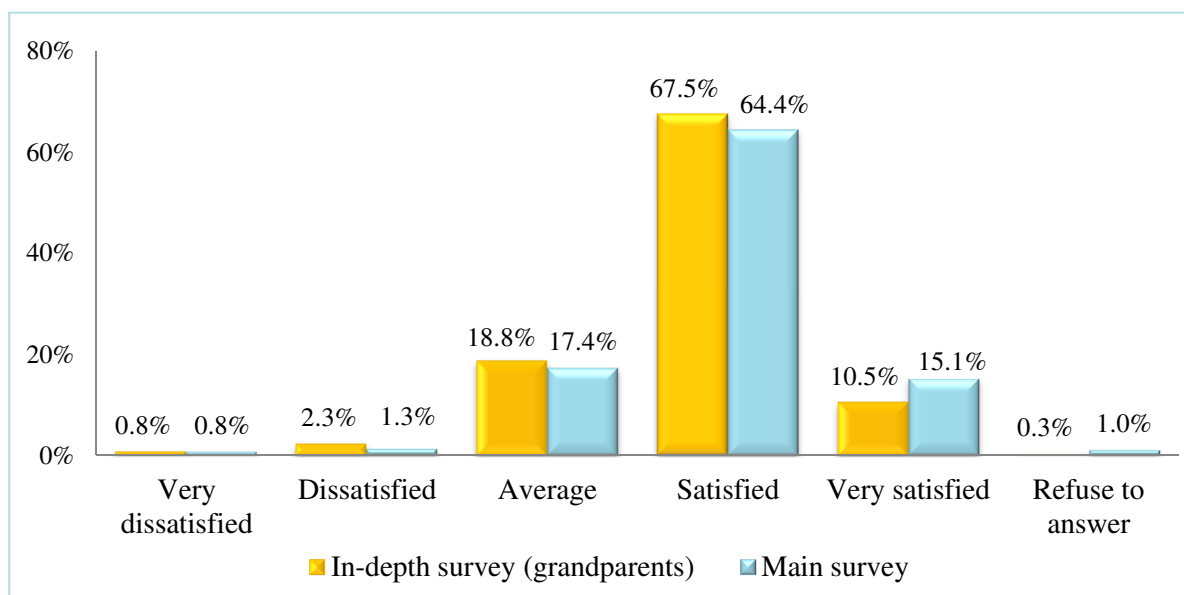
Table 13.3.3: Dependence of family members of grandparents of main survey and in-depth survey in 2015 (%)



Satisfaction with family life

13.3.5 In 2015, 78% of the grandparents were satisfied or very satisfied with their family life whereas about 3% were not satisfied with their family life.

Chart 13.3.4: Satisfaction with family life of grandparents of main survey and in-depth survey in 2015 (%)



Chapter 14 | Conclusions and Recommendations

14.1 *Conclusions*

Importance of family

- 14.1.1 Results of the Survey indicated that most people still held to traditional family values like “having a son to continue family name”, “having a son is better than having a daughter”, “family disgrace should be kept within the family” and “work hard to bring honor to the family”, however, the agreement on these attitudes decreased gradually in 2013 and 2015 compared with the findings in 2011.
- 14.1.2 Most people were willing to live with their parents and support their living even though they did not live with them. On the other hand, decreasing number of people agreed to live with their adult children.
- 14.1.3 While most people considered marriage as a necessary step in life and that child bearing was important in marriage, the trend observed was quite stable. Despite continuing support for marriage, attitudes towards cohabitation varied, but less people opposed cohabitation. Moreover, younger people aged 15-34 were more likely to accept cohabitation.
- 14.1.4 Concerning the attitudes on divorce, over half of people agreed that divorce is usually the best solution for a married couple without child who cannot live together harmoniously, however, there was no consensus when the couple already had children.
- 14.1.5 On involving grandparents in family matters, it is heartening to note that contribution of grandparents are recognised as majority of people valued the contribution and help of grandparents, however, number of people showing agreement decreased in 2015.
- 14.1.6 In general, most people practiced filial piety (caring, respecting, greeting, pleasing, obeying and providing financial support) to their parents. The overall filial piety, as a composite of six items, was compiled for all the respondents excluding students and the average filial piety score was 66.9

(male: 66.5; female: 67.2) in 2015 which was above average as 100 was the possible maximum.

Parenthood

14.1.7 About half of parents often found the stress of raising children overwhelming and most were not confident of their ability in both raising children and handling the associated stress. With the findings in 2011, 2013 and 2015 compared, decreasing number of parents who often found the stress of raising their children overwhelming was observed in 2015.

14.1.8 Though over half of parents claimed that they no private time, about two-thirds were happier than before. Regarding parental stress after the birth of child, despite the lack of personal time, most parents were found happier than before.

14.1.9 Majority of the parents indicated that they would be willing to spend time with their children and over half of parents considered that their relationship with their partner got better after they had children.

14.1.10 Majority of the parents have good parenting style. For instance, most parents interviewed in the survey would set good examples for their children, admit fault when doing wrong, explain to their children when they do something wrong and to set good examples to children so that they would respect and take care of their grandparents. However, with the findings in 2011 (62%), 2013 (64%) and 2015 (52%) compared, the agreements decreased significantly for all views.

14.1.11 About half of parents agreed that grandparents have the responsibility to discipline their grandchildren, on the other hand, slightly less than half of parents stated that grandparents should not intervene in their parenting method.

Family functioning and family life satisfaction

14.1.12 Using a sophisticated instrument to assess family functioning, it is found out that most families are functioning well. Most people were quite satisfied with the relationship with their family members. Most family members were dependent on each other and their relationship with one another was fairly

close in general.

- 14.1.13 On the whole, people were quite satisfied with the relationship with their family members and their family life. 80% of people were satisfied or very satisfied with their family life whereas only 2% were not satisfied with their family life. Compared with the findings in 2013, the proportion of respondents who were satisfied or very satisfied with their family life increased from 76% in 2013 to 80% in 2015, bouncing back to a level similar to that in 2011 (81%).
- 14.1.14 The Survey results indicated that time spent with parents was limited, but with improvement in the past two years. With the findings in 2011, 2013 and 2015 compared, increasing number of people spent more time to talk with their partner and children.
- 14.1.15 Increasing number of people including grandparents, parents and children frequently or sometimes used modern technologies (e.g. SMS, WhatsApp) in communication with family members. People could (a) express some wordings that were hard to say with their family members, (b) update their experience in daily life and (c) share their feelings with their family members. In 2015, about half of people frequently or sometimes used modern technologies in communication with children (51%), mothers (46%) and fathers (44%).

Balancing work and family

- 14.1.16 Work-life balance continues to remain a challenge in Hong Kong. It is worth noting that one quarter of those at work found it difficult to strike a balance between work and family in view of competing priorities. In addition, nearly half of those at work reported stress in balancing work. With the findings in 2011, 2013 and 2015 compared, the trend observed was quite stable.
- 14.1.17 Notwithstanding the fact that quite a number of people at work reported stress in balancing the competing demands of work and family, 60% of people at work were satisfied with the amount of time spent at work and with family and about 10% were not satisfied.

14.2 Recommendations

Family education

- 14.2.1 The greater variety of family forms and continued changes in attitudes on family values raise important issues for family support services. In view of the increasing number of divorce cases and the potential adverse impact on children of divorced families, as well as declining fertility rate in Hong Kong, such ready acceptance of divorce and singlehood warrants closer attention. Educational workshops on parenting skills, marriage enrichment and marriage counselling are desired. It is recommended that steps be taken to strengthen parental skills and pre-marriage education, counselling services and couple communication programmes, especially for youth and young adults.
- 14.2.2 Family life education in child care, child rearing as well as parental and in-law relationships is valuable for young adults. To minimize adverse impact on the divorced couples and their children, it is also recommended to strengthen pre- and post-divorce counselling to those couples contemplating separation and divorce. Apart from the services for married couples already with problems, more preventive programmes are recommended to be developed and promoted.
- 14.2.3 In view of the stress faced by parents in raising children which will inevitably affect the quality of parenting and well-being of children, it is recommended to promote the stress management techniques among parents as taking a proactive stance on stress management is quite important. Moreover, stress relief programmes should be sector specific to achieve better result.
- 14.2.4 Regarding the aging population, it is recommended to continue to raise awareness among grandparents of the range of support available to them in the community and to continue to promote the needs for respecting and caring for our aging parents and grandparents.

Family-friendly employment practices

- 14.2.5 The employers or the top management of the organisations have to understand the trade-offs between various important activities occurring simultaneously and prioritise and allocate proper resources to avoid unnecessary tensions and work pressure. Then, the individuals will have more time to tackle with work and family issues effectively. Furthermore, apart from monetary benefits, a conducive and friendly working environment and job assurance is crucial for creating balance. Regarding the publicity, it is recommended to organise dialogue sessions for the business sectors (e.g. professional associations, grass-roots community groups, labour unions, etc.) to promote stress management techniques and to raise the awareness on the need for family friendly practices (FFEPs).
- 14.2.6 It is recommended to continue to promote the FFEPs among employers. Through direct and candid communication between employers and employees, a family friendly employment culture may be cultivated in near future.
- 14.2.7 Apart from encouragement, it is recommended to demonstrate effective means in implementing FFEPs according to different industries i.e. business environments and operations. Good practices or guidelines are advised to be consolidated to share among different sectors.

Awareness of family-related programmes

- 14.2.8 Some grandparents may experience a diminishing of their grandparenting role. Consideration also needs to be given to grandparents as vulnerable adults. Support services should continue to raise awareness among grandparents of the range of support available to them in the community. Support services for grandparents may help the grandparents understand their roles in the families, establish their value as well as maintain and prolong a good quality of life. It is recommended to promote and encourage intergenerational activities to strengthen family structures and intergenerational harmony as well as to involve more young people in family-related programmes (e.g. exchange diaries and recordings among grandchild and grandparent). Apart from the intergenerational activities, it is also recommended to arrange activities and programmes to attract male and disinterested family members to

participate in the services.

The future of family survey

14.2.9 The findings of the Family Surveys provide useful information based on which changes over time in people's attitude and behaviour related to family can be monitored and studied. Given that wide span of subject areas covered in the survey, it is practically not feasible to probe further into individual subject areas without affecting response rate and data quality of the survey. It is recommended that the Family Survey should be conducted periodically. It is worth exploring if the sample size of future survey could be further expanded to cope with the need of in-depth analysis, if necessary.

14.2.10 For future surveys, it may be worthy to explore how FFEPs can help address the difficulties experienced by parents at work in balancing work and family. More specifically, it will be advisable to explore the impact of five-day week on family life satisfaction, parental stress as well as parent-child and grandparent-grandchild relationship.