



Happiness of Chinese undergraduates in H.K., U.K., U.S.A and Australia

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It is believed that a happy learning environment can improve the academic performance of higher education students (see Langevin, 2013, and Nickerson et al, 2011).

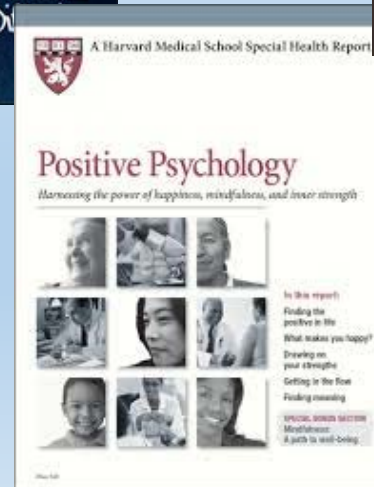
A good
education is
another name
for happiness.

Ann Plato

meetville.com



Harvard's Most Popular Course: Tal Ben-Shahar On How to Be Happier





Vanderbilt University,
located in Nashville,
Tennessee

The Colleges With The Happiest Students, According To The Princeton Review's 2014-15 Ranking



Chain-referral sampling email questionnaire survey

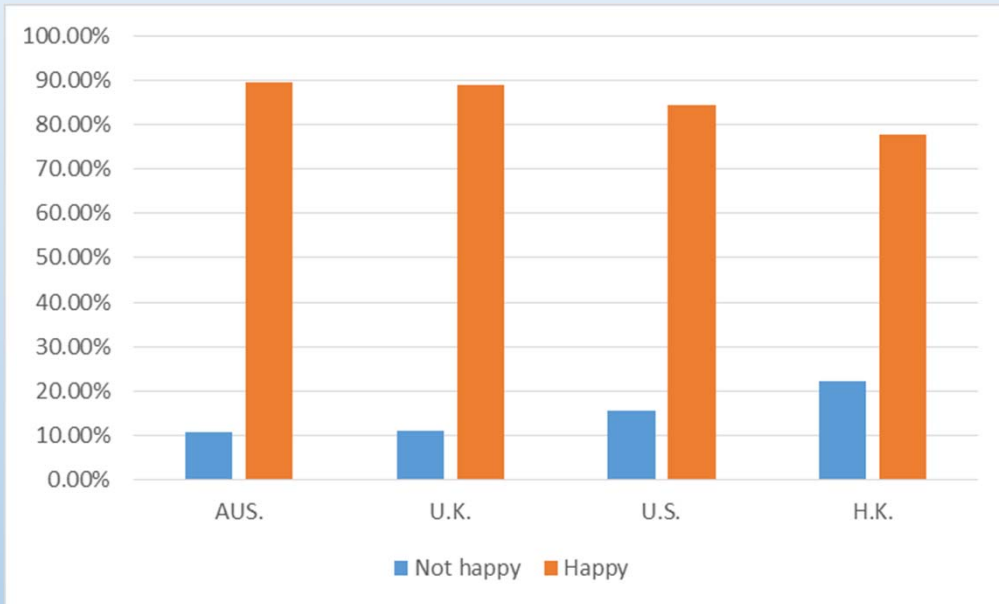


First three weeks of March 2014

Survey on happiness of a total sample of 471 Chinese undergraduates from four countries (151 from Hong Kong, 94 from U.S., 71 from Australia and 101 from U.K.).



How happy is your life now?



HOW WE ANSWERED

(Respondents were asked to give a score from one to ten)

Overall, how satisfied are you with your life?
Seventy-six per cent said seven or higher.

Overall, to what extent do you think the things you do in your life are worthwhile?
Seventy-eight per cent said seven or higher.

Overall, how happy did you feel yesterday?
Seventy-three per cent

gave seven-plus answers. Thirty-six per cent said nine or ten, while 12 per cent said less than five.

Overall, how anxious did you feel yesterday?
While 57 per cent said four or lower, 27 per cent said five or higher, indicating high levels of anxiety.

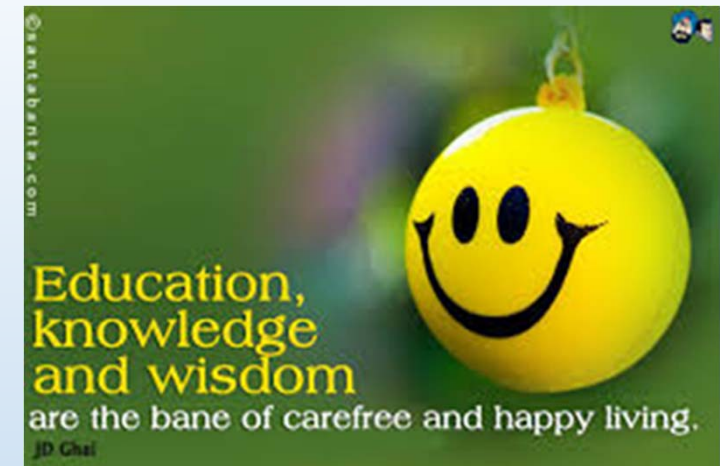
Some were also asked about their satisfaction with their financial situation.

This returned the lowest average score in the exercise, at 6.2 out of ten.

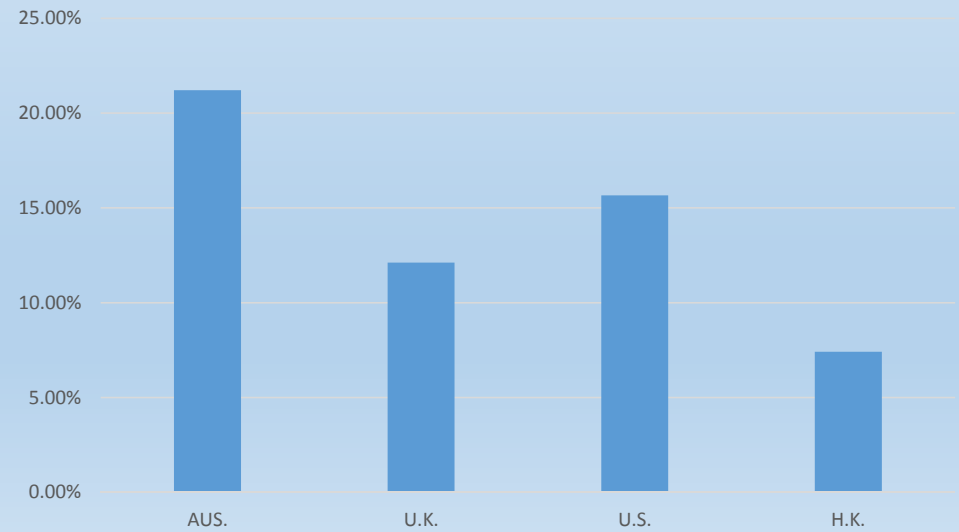
Area	Certainly not happy	Not quite happy	Quite happy	Certainly happy
AUS.	1.52%	9.09%	68.18%	21.21%
U.K.	1.01%	10.10%	67.68%	21.21%
U.S.	3.61%	12.05%	62.65%	21.69%
H.K.	0.74%	21.48%	68.15%	9.63%

Are you happy with your academic performance?

Area	Certainly not happy	Not quite happy	Quite happy	Certainly happy
AUS.	6.06%	21.21%	51.52%	21.21%
U.K.	4.04%	22.22%	61.62%	12.12%
U.S.	6.02%	28.92%	49.40%	15.66%
H.K.	8.15%	33.33%	51.11%	7.41%



Certainly happy





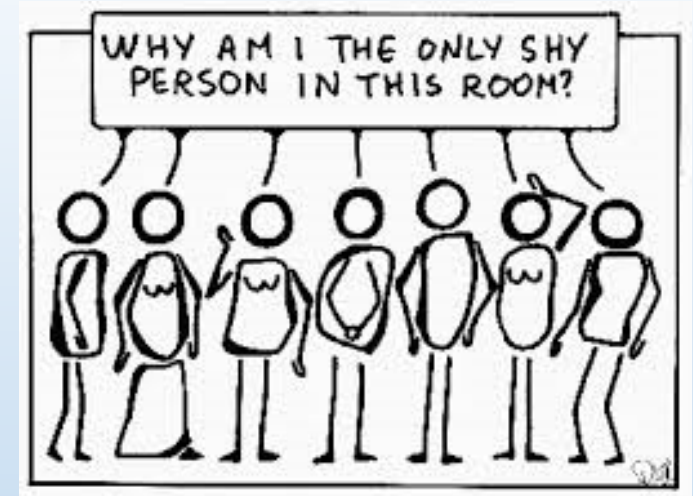
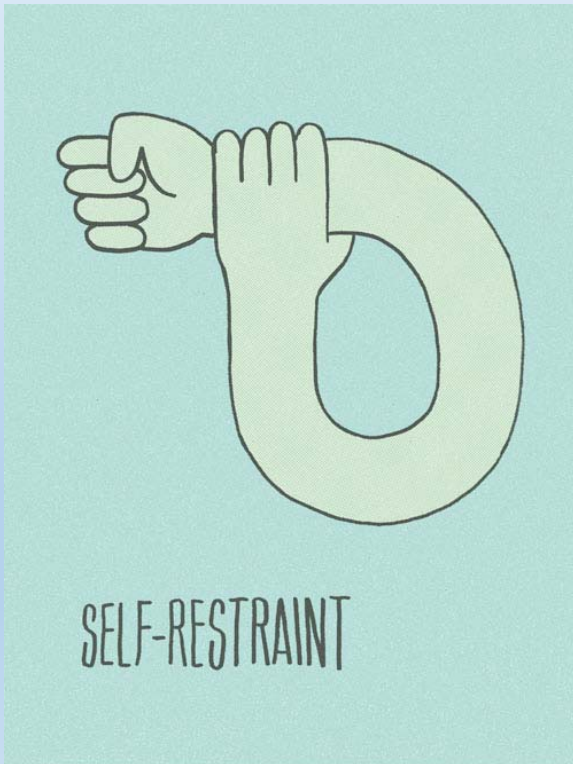
Experience of university life and interaction with other students should be able to build up students positive attitude towards life.



Do you see yourself in a positive light?

Area	Certainly not	Maybe not	Maybe	Certainly
AUS.	0.00%	18.18%	56.06%	25.76%
U.K.	2.02%	20.20%	48.48%	29.29%
U.S.	1.20%	12.05%	59.04%	27.71%
H.K.	2.96%	20.00%	56.30%	20.74%

University students in Hong Kong do not feel that other people will understand their attitude towards life. This may be due to the self-restraining culture of Chinese.

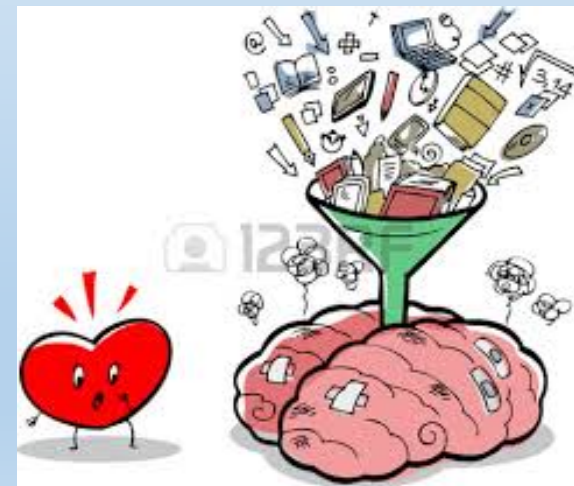


Do others view you the same as you think you are in terms of positive light?

Area	Certainly not	Maybe not	Maybe	Certainly
AUS.	4.55%	10.61%	71.21%	13.64%
U.K.	3.03%	14.14%	65.66%	17.17%
U.S.	2.41%	19.28%	69.88%	8.43%
H.K.	1.48%	25.19%	63.70%	9.63%

Are you on track to realize your full inner potential?

Areas	Certainly not	Maybe not	Maybe	Certainly
AUS.	0.00%	16.67%	60.61%	22.73%
U.K.	2.02%	17.17%	52.53%	28.28%
U.S.	1.20%	12.05%	56.63%	30.12%
H.K.	5.19%	17.78%	60.00%	17.04%

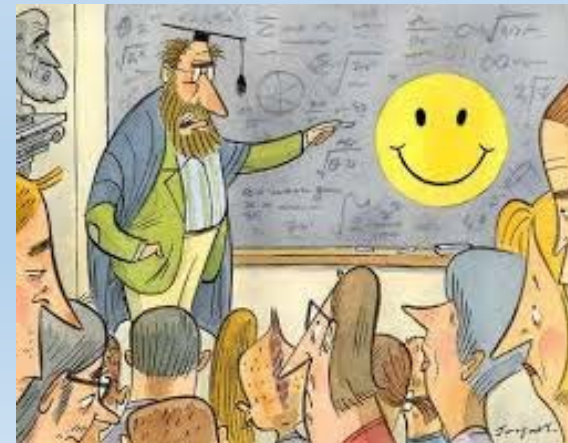


Happiness	Constant	Realize your full inner potential	See yourself in positive light?	Do others view you the same?	Happy with your academic	Gender	Income	Adjust R sq
HK	1.0831 (0.2768)	The learning experience in U.S. are more hand-on and interactive	0.958* (0.0582)	0.1562*				0.3052
US	0.3479* (0.5702)	0.3054* (0.0952)	0.2039* (0.0963)	In today's chaotic world, we can help students and be more successful universities	Both educational systems put substantial efforts in cultivating social elites, this perhaps makes social perception an important factor for happiness		the attitude towards studying	0.2676
AUS	1.0096* (0.4509)	0.1345 (0.0984)	0.3316* (0.1038)				Australian academic programs is to leave enough free time to get seriously involved with things other than studying	
UK	1.3393* (0.3407)	-0.1222 (0.0739)	0.1906* (0.0785)				.0725 (.0662)	0.3383

() standard error, * Significance at conventional significant level

Conclusion

Different areas have their own education culture and historical background in the development of educational system. These factors affect the design of university's program and influence the happiness of the students.



END

Hope you enjoy the presentation

