

2021

深水埗基層家庭精神健康及十大生活擔子

研究報告





Abstract

The outbreak of the Covid-19 have great impact on all citizens in Hong Kong. Life become particularly difficult for grassroots families under pandemic. Fear of Covid-19, ever changing' s Prevention of Disease Ordinance, unemployment, and families conflicts harm the mental health of these families. Families living in Sham Shui Po district are even worse due to the unaffordable rental and undesirable living environment in subdivided household. Thus, YWCA has conducted studies on "Top 10 Living Burdens in the Grassroots Families in Sham Shui Po" in 2012 and 2016.

To extend the previous research findings and implication, YWCA has collected 628 questionnaires from grassroots households in 2021 by convenience sampling. Results indicate that mental health of grassroots families in Sham Shui Po is unsatisfied. Fear of Covid-19, expensive living cost and poor living conditions are their major difficulties. Middle-aged and women as the breadwinner and caregiver have the worst mental health compare with other social backgrounds.

Recommendation include strengthen the support for grassroots families in hygiene, food, housing and employment.



研究報告訂閱表格

請填妥以下表格，並聯絡藍朗先生 (電話: 2559 6310; 電郵: kurtan@ywca.org.hk)

研究報告	數量	定價	郵費	總計
深水埗基層家庭精神健康及十大生活擔子研究報告		\$50	\$14	
香港年青媽媽生涯發展需要研究報告書		\$50	\$14	
兒童為本遊戲治療評估研究報告書		\$50	\$14	
高危中學生服務介入評估研究報告書		\$50	\$14	
影響護老者照顧的正面元素之探索行動研究報告書		\$50	\$14	
準退休/退休人士參與義務工作之比較性研究報告書		\$50	\$14	
香港初小兒童情緒及社交研究報告書		\$50	\$14	
	合計費用:			

訂購聯絡資料:

姓名 / 團體名稱: _____

電話: _____ 電郵: _____

付款方式: ☐ 支票 / ☐ 銀行轉帳