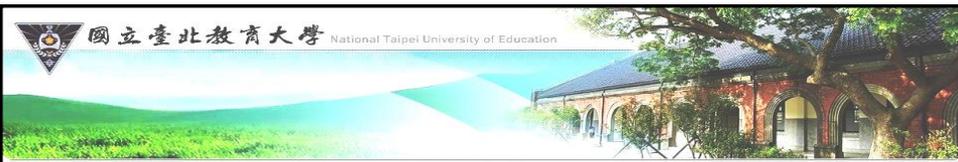


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Subjective Well-being of Taiwan Children and Its Social and Behavioral Determinants

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Introduction

- Child subjective well-being (SWB) has received global attention recently.
- Little is known about the SWB of Taiwan children in comparison to other countries.



Taiwan's National Well-being



Taiwan



Purpose

- Use **internationally comparable** indicators to assess the SWB in Taiwan children.
- Examine the association between SWB and its **social-economical and behavioral determinants** in Taiwan students aged 11, 13, 15 yrs.

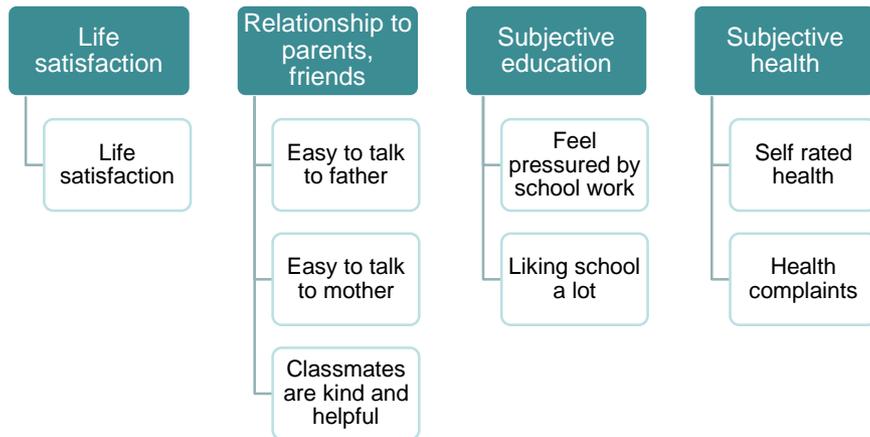
Instrument

- 2014 Taiwan Students Health and Well-being Survey
- Pilot study of **Health Behaviour in School-Aged Children** (HBSC) Taiwan Linked Project
 - 2013/2014 WHO HBSC questionnaire

Subjects

- 2112 students
- Two-stage cluster sampling
 - Five regions
 - School size
- 11 years old (301, ♂ 48.8%; ♀ 51.2%)
- 13 years old (671, ♂ 50.5%; ♀ 49.5%)
- 15 years old (1140, ♂ 48.5%; ♀ 51.5%)

Index of SWB



Klock, Clair, and Bradshaw (2014)

Social-Economical Determinants

- Gender: boys, girls
- Age: 11, 13, 15
- HBSC Family affluence scale (FASII)
 - Number of cars in their family
 - Number of computers at home
 - Number of family holidays
 - Have their own bedroom

Behavioral Determinants

- Health promoting behavior
 - Daily fruit (28.1%) consumption
 - Eating breakfast everyday (86.2%)
 - Exercise more than once per week (52.7%)
- Health risk behavior
 - Weekly smoking (2.4%)
 - Drunk (2.0%)
 - Being bullied (10.7%)
 - TV viewing \geq 2hrs (48.3%)
 - Game playing \geq 1hr (65.1%)
 - Computer using \geq 1hr (53.5)

Results

- Reliability and Validity of the SWB index.
- Taiwan's overall SWB in comparison to other countries.
- The relationship between social economic variables, health behavioral variables and SWB.

Correlation matrix of components of SWB Index

	Life satisfaction	Relationships	Subjective education	Subjective health	Overall subjective well-being
Life satisfaction	1	0.367**	0.322**	0.550**	0.819**
Relationships		1	0.296**	0.324**	0.641**
Subjective education			1	0.308**	0.638**
Subjective health				1	0.733**
Overall subjective well-being					1

Scalability of the SWB Index

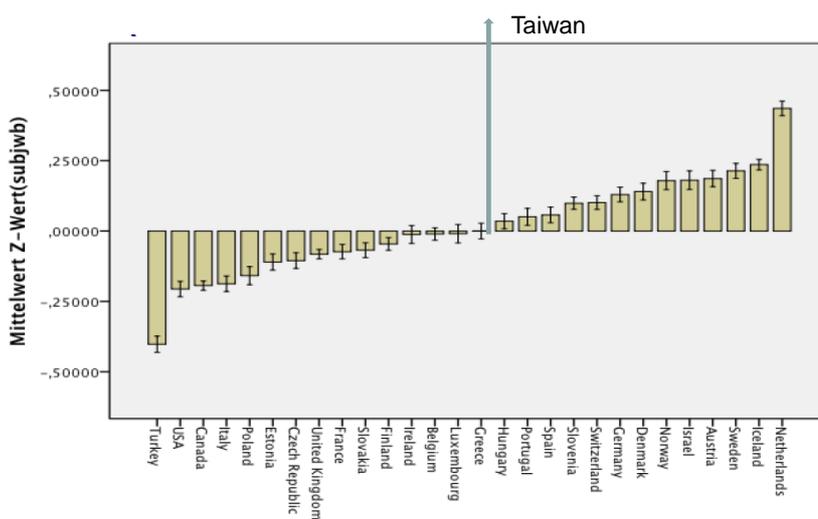
- The internal consistency of the SWB index is Cronbach's $\alpha = 0.686$.

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
Subjective health	.0245	2.458	.558	.359	.557
Subjective education	.0390	3.552	.419	.175	.646
Relationships	.0245	3.475	.378	.144	.670
Life satisfaction	.0439	3.302	.545	.332	.576

Validity of the SWB Index

- A factor analysis extracted one factor and confirms the viability of the scale (51.9% variance explained).
- There are **moderate associations** between SWB and HBSC **happiness** (Spearman's $\sigma = 0.61$), SWB and **Warwick-Edinburgh Mental Well-being Scale** (Spearman's $\sigma = 0.58$), and **KIDSCREEN-10 Index** (Spearman's $\sigma = 0.67$).

Overall SWB



Bradshw, 2014 ISCI

Social Determinants of SWB

- Boys have higher SWB.
- SWB is higher at age 11 than it is at age 13 and 15.
- Children with higher family affluence also have higher SWB

Health Behavioral Determinants

- Daily **breakfast consumption**, eating **fruit** daily, and taking vigorous **exercise** more than once a week increase children's SWB.



Risk Behavioral Determinants

- Being a victim of **bullying** reduces SWB.
- Currently **smoking** or ever been **drunk** has **no impact** on SWB.
- TV viewing, **computer** using or **game** playing has **no impact** on SWB.

Discussion

- International comparison provide **achievable targets** for decision making.
- Gender and grade differences and socioeconomic **inequalities** are in congruent with the previous findings.
- **Eating habits** are important determinants of children's SWB.
- The relationship between increasing **cyber-bullying** and SWB needs further investigation

Conclusion

- SWB of Taiwan children come **middle** of the rankings of OECD countries.
- **Healthy eating habits** and **regular exercise** could be **protective** factors for children's SWB,
- **Being bullied** may be a risk factor for SWB.
- The role of **social context** in children's SWB needs to be examined in future study.

Thank you for your attention!

