

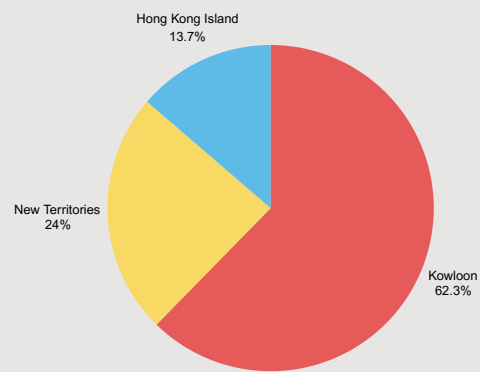
# Evaluate the Effectiveness of Community Living Room in Relieving Hardships Among Mothers in Subdivided Unit

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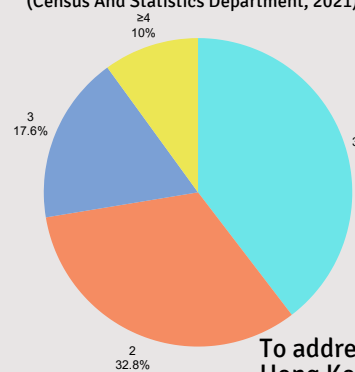
Supervisor: Dr. Grace SEO

## Introduction

### Subdivided Units in Hong Kong (Census And Statistics Department, 2021)



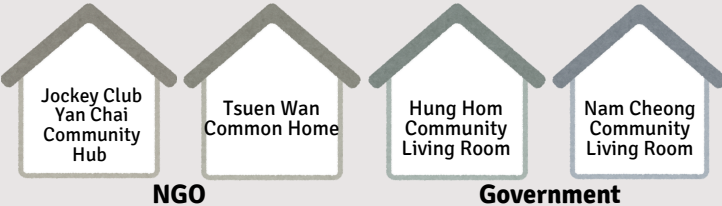
### Family Size living in Subdivided Units (Census And Statistics Department, 2021)



### Problems faced by Residents Living in Subdivided Flats

- Mental Health
- Limited Financial Resources
- Enviornmental and Safety Concerns
- Social Challenges
- Limited Access to Health Services

To address the challenges faced by them, Hong Kong Government implemented a new policy  
→ **The Pilot Programme on Community Living Room (CLR)**  
→ **Collaboration with NGOs**



## Research Question

- What **difficulties** do mothers living in subdivided flats face?
- How can community living rooms **effectively** help mothers living in subdivided flats?

### The Hardships of Mothers those living in Subdivided Flats

#### Community Living Room

- Housework Pressure Hardships
- Social Connection
- Parenting
- Mental Health Issues
- Personal Empowerment

## Methodology

### Research Method

76 Questionnaires (Snowball Sampling)  
10 in-depth interviews

### Selection Criteria

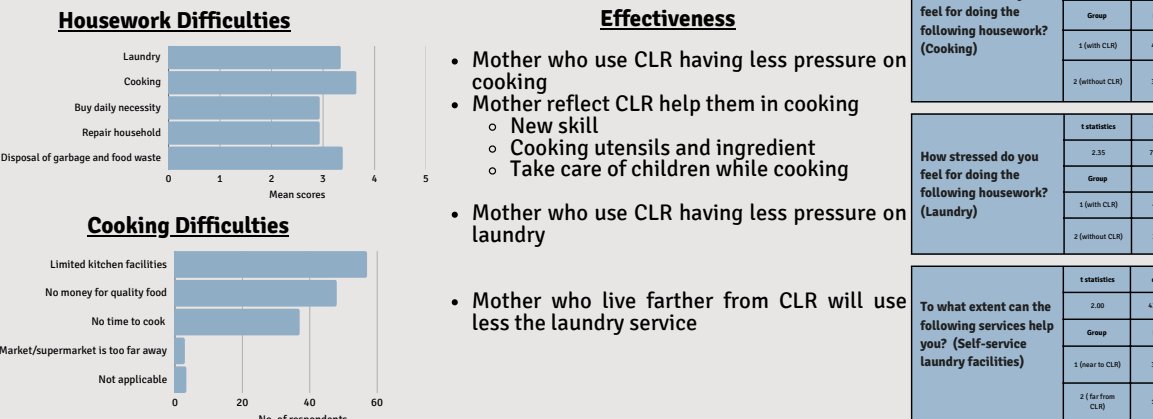
Mothers  
Living in Subdivided Unit  
Aged from 18 to 65  
Community Living Room users and non-users

## Finding

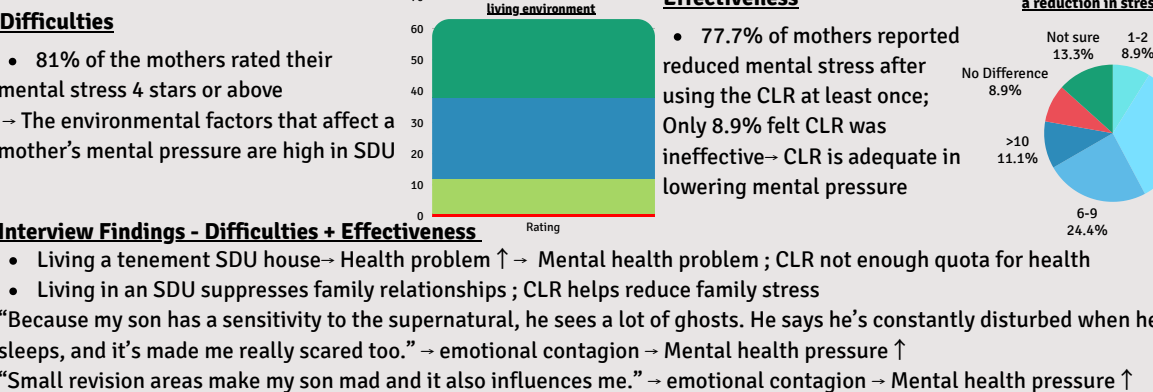
## Characteristics of the Respondents



## Housework Pressure Hardships



## Mental Health Issues



### Summary

- Frequency of using CLR ↑, housework stress ↓
- Frequency of using CLR ↑, emotional contagion ↓ → Mental health pressure ↓
- Frequency of participated CLR activities ↑, self-confidence and autonomy ↑, employment empowerment ↑
- Frequency of attending parenting workshops ↑, parenting stress ↓
- Frequency of using CLR ↑, senses of belonging ↑, interaction ↑

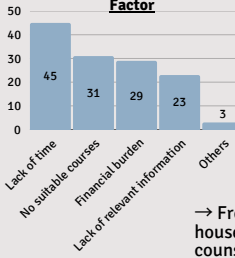
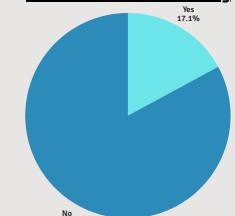
✓ **CLR is effective for mothers**

### Suggestion

- From the result of our research:
  - (A) More quota of the activities
    - Expand the participant quota per activity to enhance accessibility
    - e.g. health check
  - (B) Plan more activities for the children → mothers have extra time to spend on other things
    - e.g. working
    - e.g. me-time

## Personal Empowerment

### Effectiveness



### Empowerment Barrier

Have you ever join interest classes or vocational training

Free or low-cost courses, childcare or household assistance and employment counseling and job search support

Frequency of attend activities held by CLR

1. I believe I have the ability to find a suitable job

2. I believe I can overcome most of the difficulties in life

3. I am able to effectively manage my time so that I can balance family responsibilities while also pursuing personal growth

4. I feel comfortable expressing my opinions and needs within my family and community

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