



「2023 香港青少年心理健康，升學
計劃及睡眠質素調查」
對未來的啟示

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簡介

香港是一個國際大都會，年青人成長充滿機遇同時亦需要面對高度的競爭，學生和青少年在巨大的學習壓力下，對他們的精神健康和睡眠質素都有重大影響，直接影響他們的情緒身心成長。

香港遊樂場協會作為專門服務年青人的福利機構，一直關注年青人的身心健康，並且透過我們在全港各區的青少年中心和服務，派住中小學的學校社工，外展社工不分晝夜，為有需要的年青人提供輔導和協助。

除了實務工作外，我們亦十分關注年青人的現況，以了解青少年精神健康及睡眠的情況，並為政府和非政府組織提出建議，設計更有效的服務幫助有需要的青少年。

青少年精神健康的重要性

青少年期是個人發展的關鍵時期，對於未來的健康和成長有著重要的影響。學習壓力和其他壓力因素可能會對青少年的情緒和心理健康產生負面影響，包括焦慮、抑鬱、自殺傾向等。因此，關注青少年的精神健康，提供支持和協助是協會非常重要的任務。

減輕學習壓力

在香港，學生面對巨大的學習壓力，這可能會導致壓力症狀的出現，例如焦慮、失眠和抑鬱等。學習壓力還可能會導致學生對學習的興趣和熱情下降，影響他們的學習成就。因此，如何幫助年青人減輕學習壓力和改善睡眠同樣重要。

關注睡眠質素

睡眠質素對身體和心理健康都非常重要。缺乏睡眠可能會導致注意力不集中、學習困難、情緒波動、焦慮和抑鬱等問題。青少年在成長發育期需要更多的睡眠時間，且睡眠質量對他們的健康和學習成就有著直接的影響。因此，保持良好的睡眠習慣和睡眠質素對青少年的健康和學習非常重要。

香港青少年的精神健康、學習壓力和睡眠質素都是非常重要的，對他們的未來健康和成功有著重大的影響。學校、家長和社會應該共同關注這些問題，提供相應的支持和幫助。

Introduction

Hong Kong is an international metropolis with abundant opportunities for young people to grow, but they also face intense competition. Under enormous academic pressure, students and teenagers' mental health and sleep quality are significantly impacted, directly affecting their emotional and physical development. The Hong Kong Playground Association is a welfare organization that specializes in serving young people, and through our youth centers and school social workers in different districts, we provide counseling and assistance to those in need around the clock.

In addition to our practical work, we also pay close attention to the current situation of young people to understand their mental health and sleep conditions, and make suggestions to the government and non-governmental organizations to design more effective services to help those in need.

The Importance of Youth Mental Health

The adolescent period is a critical time for personal development that has significant implications for future health and growth. Academic pressure and other stressors may negatively impact the emotional and psychological well-being of young people, including anxiety, depression, and suicidal tendencies. Therefore, it is essential for the association to focus on young people's mental health and provide support and assistance.

Reducing Academic Pressure

In Hong Kong, students face enormous academic pressure that may lead to symptoms of stress, such as anxiety, insomnia, and depression. Academic pressure can also cause a decline in students' interest and enthusiasm for learning, affecting their academic achievements. Therefore, helping young people reduce academic pressure and improve their sleep is equally important.

Attention to Sleep Quality

Sleep quality is essential for both physical and mental health. Lack of sleep can lead to problems such as lack of concentration, learning difficulties, emotional fluctuations, anxiety, and depression. Adolescents need more sleep during their growth and development period, and sleep quality has a direct impact on their health and academic achievements. Therefore, maintaining good sleep habits and sleep quality is crucial for the health and learning of young people.

The mental health, academic pressure, and sleep quality of Hong Kong youth are all vital factors that significantly impact their future health and success. Schools, parents, and society should all pay attention to these issues and provide appropriate support and assistance.

甲、 主要結果

1. 受訪兒童及青少年受焦慮、抑鬱及壓力困擾分別佔52.5%、46.2%及30.5%。
其中以中四至中六組別最為嚴重。
2. 7成受訪兒童及青少年在畢業後希望在港升學。
4. 32.3%受訪兒童及青少年睡眠質素不理想，很大機會受失眠困擾。
5. 睡眠質量與抑鬱 ($r = -.463, p < .01$)、焦慮 ($r = -.486, p < .01$) 和壓力 ($r = -.494, p < .01$) 呈中度負相關，即睡眠質量差與增加抑鬱、焦慮和壓力有關。

1. 52.5%, 46.2% and 30.5% of the interviewed children and adolescents suffer from anxiety, depression and stress respectively. Among them, the Form 4 to Form 6 groups are the most serious.

2. 70% of the interviewed children and teenagers hope to study in Hong Kong after graduation.

4. 32.3% of the interviewed children and adolescents have poor sleep quality and are likely to suffer from insomnia.

5. Sleep quality was moderately negatively correlated with depression ($r = -.463, p < .01$), anxiety ($r = -.486, p < .01$) and stress ($r = -.494, p < .01$) Correlation, that poor sleep quality is associated with increased depression, anxiety and stress.

乙、文獻及定義

1. 睡眠質素的本地相關研究

本地另一項研究旨探討社交媒體使用與香港青少年睡眠質量之間的關聯，結果顯示，社交媒體使用與較差的睡眠質量顯著相關，且使用社交媒體時間越長，睡眠質量越差 Chan & Chan (2020)。該研究凸顯出社交媒體使用對青少年睡眠質量可能造成的負面影響。

另一項由 Lam 和 Wong (2018) 進行的研究發現，學校壓力對中國青少年的睡眠質量和心理社會適應有負面影響。Li 等人 (2020) 發現，睡眠質量在中國大學生感知壓力和心理健康之間具有中介作用。發現，香港青少年普遍存在心理健康問題，許多人不求助，並發現智能手機依賴與中國大學生的睡眠質量和心理健康狀況惡化有關 Wong et al. (2021)。總體而言，這些研究強調了睡眠質量對於青少年的心理健康的重要性，並建議對優化睡眠質量對青少年的成長是十分重要的。

The study by Chan and Chan (2020) aimed to examine the association between social media use and sleep quality among adolescents in Hong Kong. The results indicated that social media use was significantly associated with poor sleep quality, with more social media use associated with worse sleep quality. The study highlights the potential negative impact of social media use on adolescent sleep quality. Another study by Lam and Wong (2018) found that school pressure negatively affected sleep quality and psychosocial adjustment in Chinese adolescents. Li et al. (2020) found that sleep quality mediated the relationship between perceived stress and mental health among Chinese college students. Wong et al. (2021) found that mental health problems were prevalent among adolescents in Hong Kong, with many not seeking help. Finally, Wong et al. (2021) found that smartphone dependence was associated with poorer sleep quality and worse mental health among Chinese university students. Overall, these studies highlight the importance of sleep quality in mental health among adolescents and young adults, and suggest that interventions targeting sleep quality may be beneficial.

2. 受訪者學歷

是次調查受訪者學歷分為初小(小學一年級至三年級)，高小(小學四年級至六年級)，初中(中學一年級至三年級)，高中(中學四年級至六年級)以及大專/大學。

Respondent Education level

In this survey, respondent education was divided into primary 1-3, primary 4-6, junior secondary (secondary 1-3), senior secondary (secondary 4-6), and tertiary education.

3. 精神健康

香港青少年的精神健康一直受人關注，本調查以抑鬱,焦慮,壓力量表中文版(DASS21) 量度受訪者的精神健康狀況。量表分別提供有關抑鬱，焦慮，壓力的分數。各項評分範圍分由 0 分至 42 分，表示受訪者的心理狀況。分數越高代表有關受訪者心理狀況越嚴重。(Lovibond & Lovibond, 1996; Taouk, Lovibond, & Laube, 2001)

	抑鬱 DEPRESSION	焦慮 ANXIETY	壓力 STRESS
NORMAL 正常	0-9	0-7	0-14
MILD 輕微	10-13	8-9	15-18
MODERATE 中等	14-20	10-14	19-25
SEVERE 嚴重	21-27	15-19	26-33
EXTREMELY SEVERE 極嚴重	28+	20+	34+

A guide to the Depression, Anxiety and Stress Scale (DASS21), (Lovibond & Lovibond, 1996)

Mental Health

Mental health of Hong Kong adolescents has always been a concern. In this survey, the Depression Anxiety Stress Scale-Chinese version (DASS21) was used to measure the mental health status of the respondents, including depression, anxiety, and stress. Each score ranges from 0 to 42, indicating the mental health condition of the respondent. The higher the score, the more severe the mental health condition of the respondent. (Lovibond & Lovibond, 1996; Taouk, Lovibond, & Laube, 2001)

4. 睡眠質素

睡眠質素是指睡眠的深度、延長時間和連續性等方面的表現。它可以通過測量睡眠的各個方面來評估，例如入睡時間、睡眠時間、睡眠中斷的頻率、翻身的次數和熟睡時間等。

是次研究使用香港教育大學，社群心理健康研究中心的中文版「睡眠狀況指標」 Sleep Condition Indicator (SCI) 是使用 DSM-5 的失眠標準，可用於個別臨床案例及各機構公共健康監測/公眾衛生監察。「睡眠狀況指標」以 8 條問題，每條問題均採用李克特五點量表 (0 - 4) 進行評估，即總分在 0 到 32 之間，分數越高表明上個月睡眠質量更好，失眠風險更低。其中 5 題有關睡眠模式 (Sleep Pattern) ，睡眠相關影響/日間影響 (Sleep-Related Impact/ Daytime Impact)則有 3 題。受訪者如總分在 21 以下，表示很大機會被臨床診斷為失眠，並建議需要尋求協助 (Meng, Lau, Spruyt, Miller, & Dong, 2022)。

Sleep quality

Sleep quality refers to the performance of various aspects of sleep, such as depth, duration, and continuity. It can be assessed by measuring various aspects of sleep, such as sleep onset time, sleep duration, frequency of sleep interruption, number of times turning over, and amount of deep sleep.

In this study, the Chinese version of the "Sleep Condition Indicator" (SCI) from the Community Mental Health Research Center of the Education University of Hong Kong was used. The SCI uses the DSM-5 insomnia criteria and can be used for individual clinical cases as well as public health monitoring by various institutions. The "Sleep Condition Indicator" consists of 8 questions, each evaluated using a Likert five-point scale (0-4). The total score is between 0 and 32, and a higher score indicates better sleep quality and lower risk of insomnia in the past month. Five questions are about sleep patterns, while three questions are about sleep-related impact/daytime impact. If the total score is below 21, the respondent is likely to be clinically diagnosed with insomnia and is advised to seek help (Meng, Lau, Spruyt, Miller, & Dong, 2022).

丙、研究基本資料

研究於 2022 年 8 至 10 月進行，由香港遊樂場協會分佈全港各區的青少年中心和地區服務協助，成功訪問了 2,326 名香港兒童及少年。調查以不記名方式進行，問卷亦不會收集任何個人資料，已收集供資料只供研究分析之用，問卷將在分析後銷毀。

Basic Research Information

The research was conducted from August to October 2022. A total of 2,326 Hong Kong children and adolescents were successfully interviewed. The survey was conducted anonymously, and no personal information was collected in the questionnaires. The collected data was used solely for research analysis, and the questionnaires will be destroyed after the analysis.

1. 研究目的

- 了解香港青少年的壓力及精神健康狀況
- 探索兒童與青少年對未來升學的期望
- 了解香港青少年的睡眠質素和對生活的影響

Research Objectives

- To understand the stress and mental health status of Hong Kong adolescents
- To explore the expectations of children and adolescents for future education
- To understand the sleep quality of Hong Kong adolescents and its impact on their lives

2. 研究方法

是次研究有關題目，主要以量化研究方式進行。透過自助問卷方式，向目標群體收集數據，並使用 SPSS 29 統計軟件進行數據分析，從文獻整理、問題定義、問卷設計及測試、受訪對象選擇、問卷分發、數據收集及處理分析和撮寫報告均由香港遊樂場協會負責執行。

在服務建議方面，運用調查結果結合本會同工在有關範疇服務經驗已提出建議，供有關方面和業界參考。

Research Methods

The study was mainly conducted using quantitative research methods. Data was collected from the target group through self-administered questionnaires and analysed using SPSS 29 statistical software. Service recommendations were made based on the survey results.

3. 調查對象

調查對象為接受本會服務 6 至 24 歲的兒童及青少年，於 2022 年 8 至 10 月期間以不記名隨機抽樣方式，邀請參與有關研究。受邀請兒童及青少年自行填寫問卷或接受職員訪問。最後成功訪問了 2,326 名香港兒童及少年，有效問卷為 2,214 份，有效問卷比率為 95.2%。受訪兒童及青少年平均年齡為 15.27 歲，男性有效百分比佔 51.4% 女性為 48.69%。

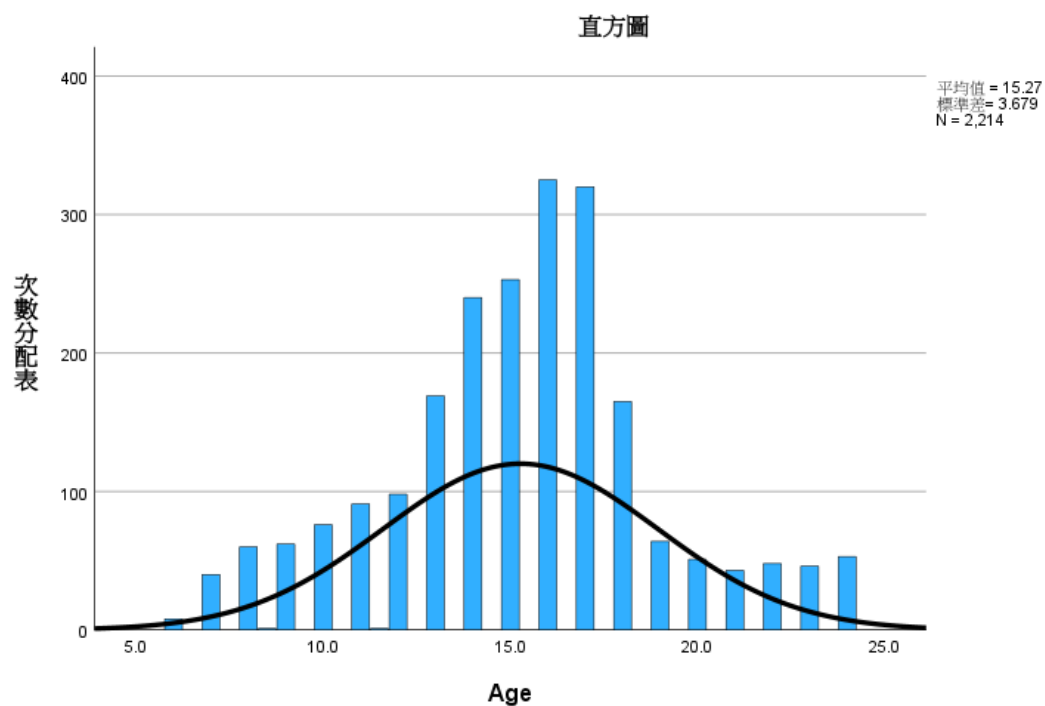
Survey Participants

The survey participants were children and adolescents aged 6 to 24 who received services from the association during the period from August to October 2022. They were invited to participate in the study through an anonymous random sampling method. 2,326 Hong Kong children and adolescents were effectively interviewed, with 2,214 valid questionnaires and a valid questionnaire rate of 95.2%. The average age of the interviewed children and adolescents was 15.27 years, with males comprising 51.4% of the valid sample and females 48.69%.

受訪者包括 6 至 24 歲兒童及青少年，平均年齡為 15.27 歲。年齡分布如下

(圖表 1 受訪者年齡分布)

圖表 1 受訪者年齡分布



丁、 調查結果

1. 青少年的壓力及精神健康狀況

調查顯示 52.5% 的受訪者受不同程度的焦慮困擾，45% 的受訪者，焦慮指數為中等至極度嚴重。

抑鬱方面 46.2% 的受訪者受不同程度的抑鬱困擾，32.7% 的受訪者，抑鬱指數為中等至極度嚴重。

壓力方面 30.5% 的受訪者受不同程度的壓力困擾，19.6% 的受訪者，壓力指數為中等至極度嚴重。(表格 1 兒童及少年的精神健康)

Stress and mental health conditions among adolescents

Surveys show that 52.5% of respondents are affected by anxiety to varying degrees, with 45% of respondents experiencing moderate to severe anxiety. In terms of depression, 46.2% of respondents are affected by depression to varying degrees, with 32.7% of respondents experiencing moderate to severe depression. Regarding stress, 30.5% of respondents are affected by stress to varying degrees, with 19.6% of respondents experiencing moderate to severe stress.

表格 1 兒童及少年的精神健康

	壓力Stress	焦慮Anxiety	抑鬱Depression
正常Normal	69.5%	47.2%	53.8%
輕微Mild	10.9%	7.8%	13.5%
中等Moderate	11.0%	22.9%	21.4%
嚴重Severe	7.0%	9.6%	5.9%
極度嚴重Extremely Severe	1.6%	12.5%	5.4%
總數Total	100.0%	100.0%	100.0%

N=2214

表格 2 不同年級青少年面對的壓力

壓力Stress	初小 P1-P3	高小 P4-P6	初中 S1-S3	高中 S4-S6	大專 Tertiary
正常Normal	79.4%	77.1%	72.1%	65.5%	71.7%
輕微Mild	8.4%	6.2%	8.7%	13.3%	11.8%
中等Moderate	4.6%	6.2%	11.4%	12.9%	11.0%
嚴重Severe	6.1%	8.1%	6.1%	6.5%	5.5%
極度嚴重Extremely Severe	1.5%	2.4%	1.7%	1.8%	0%
總計Total	100.0%	100.0%	100.0%	100.0%	100.0%

N=2214

表格 3 不同年級青少年面對的焦慮

焦慮Anxiety	初小 P1-P3	高小 P4-P6	初中 S1-S3	高中 S4-S6	大專 Tertiary
正常Normal	60.3%	62.2%	45.8%	43.4%	43.8%
輕微Mild	12.2%	7.7%	7.9%	7.4%	7.0%
中等Moderate	17.6%	11.0%	24.1%	24.0%	34.4%
嚴重Severe	3.8%	7.2%	8.6%	12.0%	7.8%
極度嚴重Extremely Severe	6.1%	12.0%	13.6%	13.1%	7.0%
總計Total	100.0%	100.0%	100.0%	100.0%	100.0%

N=2214

表格 4 不同年級青少年面對的抑鬱

抑鬱Depression	初小 P1-P3	高小 P4-P6	初中 S1-S3	高中 S4-S6	大專 Tertiary
正常Normal	75.4%	67.0%	52.5%	49.2%	52.3%
輕微Mild	5.4%	9.6%	13.8%	14.0%	20.3%
中等Moderate	14.6%	9.6%	21.2%	25.0%	22.7%
嚴重Severe	0.8%	4.8%	7.0%	6.1%	3.9%
極度嚴重Extremely Severe	3.8%	9.1%	5.5%	5.7%	0.8%
總計Total	100.0%	100.0%	100.0%	100.0%	100.0%

N=2214

2. 對未來升學的期望

整體 69.3% 的青少年畢業後希望在本地上學。按學歷分組，高中至中六學生希望在本地上學比例最高達 76.4%，初小受訪者希望在本地上學比例最低，只有 59.2%。(表格 6 不同年級青少年在畢業後的計劃)

Expectations for further education in the future

Overall, 69.3% of young people hope to pursue further education locally after graduation. When grouped by educational level, the proportion of high school to sixth form students hoping to study locally is the highest at 76.4%, while the proportion of junior primary school respondents hoping to study locally is the lowest, at just 59.2%.

表格 5 受訪兒童及少年在畢業後的計劃不同年級青少年面對的焦慮

整體受訪者	
本地升學	69.3%
海外升學	9.3%
工作	13.0%
其他	8.4%
總計	100.0%

N=2214

表格 6 不同年級青少年在畢業後的計劃

	初小 P1-P3	高小 P4-P6	初中 S1-S3	高中 S4-S6	大專 Tertiary
本地升學	59.2%	74.7%	73.1%	76.4%	60.0%
海外升學	12.2%	11.1%	8.3%	9.4%	8.6%
工作	12.2%	4.3%	8.1%	8.6%	28.6%
其他	16.3%	9.9%	10.5%	5.6%	2.9%
總計	100.0%	100.0%	100.0%	100.0%	100.0%

N=2214

3. 睡眠質素

是次研究 26.8% 受訪兒童及青少年睡眠質量分數在 21 分以下，表示很大機會受失眠困擾。受訪兒童及少年自評上個月睡眠質量，問題總分在 0 到 32 之間，分數越高表明睡眠質量更好，失眠風險更低。其中 5 題有關睡眠模式 (Sleep Pattern)，睡眠相關影響/日間影響 (Sleep-Related Impact/ Daytime Impact) 則有 3 題。受訪者如總分在 21 以下，表示很大機會會在臨床被診斷為失眠。(Espie et al., 2018)

研究以雙樣本 t 檢驗，以比較男性和女性之間的睡眠質量(SCI)。在男性(M = 24.12, SD = 6.69) 和女性 (M = 23.43, SD = 6.86) 之間的睡眠質量(SCI)存在顯著差異； $t(df) = 2.354, p = .009$ 。

有關數字與 2020 年本地研究相似,有關研究當時問了 2804 名 9-15 歲學生，受訪男生受失眠困擾由 30.4%至 38.4%, 女生受失眠困擾比例更高由 32.56%至 39%。(Lau, Lam, & Lee, 2021)

Sleep quality

In this study, 26.8% of children and adolescents surveyed have a sleep quality score of 21 or below, indicating a high likelihood of being affected by insomnia. The total score for self-assessed sleep quality among surveyed children and adolescents in the past month ranges from 0 to 32, with higher scores indicating better sleep quality and lower risk of insomnia. A total score of 21 or below indicates a high likelihood of being clinically diagnosed with insomnia (Espie et al., 2018).

表格 7 不同年級青少年的睡眠質量

睡眠質量	初小 P1-P3	高小 P4-P6	初中 S1-S3	高中 S4-S6	大專 Tertiary
差(<21)	11.6%	25.7%	26.8%	27.5%	24.2%
好 (21 or above)	88.4%	74.3%	73.2%	72.5%	75.8%
Total	100.0%	100.0%	100.0%	100.0%	100.0%

N=2214

百分位數	10	14.0000
	20	18.0000
	30	21.0000
	40	23.0000
	50	25.0000
	60	27.0000
	70	28.0000
	80	30.0000
	90	32.0000

N=2214

4. 受訪兒童及青少年睡眠質量與精神健康

調查顯示受訪兒童及青年的齡與睡眠質量呈弱負相關 ($r = -.126, p < .01$)，表明隨著年齡的增長，睡眠質量有輕微下降的趨勢。

睡眠質量與抑鬱 ($r = -.463, p < .01$)、焦慮 ($r = -.486, p < .01$) 和壓力 ($r = -.494, p < .01$) 呈中度負相關 表明較低的睡眠質量與較高水平的抑鬱、焦慮和壓力有關。(表格 8)

抑鬱、焦慮和壓力彼此呈強烈正相關 (所有 $r > .80, p < .01$)，表明經歷高水平抑鬱的個體也可能經歷高水平的焦慮和壓力，反之亦然。重要的是要注意相關性並不意味著因果關係。在相關表中觀察到的關係並不一定表明變量之間存在因果關係。

Sleep quality and mental health of children and adolescents surveyed

Age has a weak negative correlation with sleep quality ($r = -.126, p < .01$), indicating that as age increases, sleep quality tends to decrease slightly.

Sleep quality has moderate negative correlations with depression ($r = -.463, p < .01$), anxiety ($r = -.486, p < .01$), and stress ($r = -.494, p < .01$), indicating that lower sleep quality is associated with higher levels of depression, anxiety, and stress.

Depression, anxiety, and stress are strongly positively correlated with each other (all $r > .80, p < .01$), indicating that individuals who experience high levels of depression are likely to also experience high levels of anxiety and stress, and vice versa. It is important to note that correlation does not imply causation. The relationships observed in the correlation table do not necessarily indicate a causal relationship between the variables.

表格 8 年齡, 睡眠質量與精神健康的關係

	睡眠質量 Sleep quality	抑鬱 Depression	焦慮 Anxiety	壓力 Stress
年齡 Age	-.126**	.095**	.102**	.133**
睡眠質量		-.463**	-.486**	-.494**
抑鬱			.826**	.819**
焦慮				.828**

** . 相關性在 0.01 層級上顯著 (雙尾)。

不同教育程度，睡眠與抑鬱、焦慮和壓力之間的關係

研究結果表明，在所有教育水平上，睡眠與抑鬱、焦慮和壓力之間存在顯著的負相關關係，這表明隨著睡眠質量的下降，抑鬱、焦慮和壓力的症狀會增加。
(表格 9)

The relationship between sleep and depression, anxiety, and stress at different education levels

The Pearson correlation among sleep ,depression, anxiety and stress in different education level show that there is a significant negative correlation between sleep and depression, anxiety, and stress across all education levels, indicating that as sleep quality decreases, symptoms of depression, anxiety, and stress increase.

表格 9 不同教育程度，睡眠與抑鬱、焦慮和壓力之間的關係

年級 Education Level	抑鬱 Depression	焦慮 Anxiety	壓力 Stress
P1-P3	-.417**	-.389**	-.462**
P4-P6	-.588**	-.614**	-.638**
S1-S3	-.512**	-.505**	-.506**
S4-S6	-.375**	-.420**	-.436**
Tertiary	-.457**	-.479**	-.412**

** . 相關性在 0.01 層級上顯著 (雙尾)。

* . 相關性在 0.05 層級上顯著 (雙尾)。

戊、 服務建議

以下是香港遊樂場協會一些幫助香港青少年改善精神健康、學習壓力和睡眠質素的建議：

心理健康方面

鼓勵親子良好溝通：

青少年常常需要有人聆聽和支持他們，特別是在學業和人際關係等方面出現挫折時。家長應在家中創造一個支持性的環境，鼓勵公開和坦誠地討論感受、情感和心理健康問題 Chan & Chan (2019)。

尋求專業幫助：

如果家長注意到孩子出現心理健康問題的跡象，應考慮向心理健康專業人士、輔導員或香港遊樂場協會各中心尋求幫助。

良好睡眠：

良好睡眠有助改善精神健康，我們的瞓一 HUB 服務可以和你一起探討如何改善睡眠。

體育運動方面

加強運動

運動和其他身體活動可以幫助減輕學習壓力和焦慮，同時有助於提高睡眠質素 Lam,&Wong(2018)。定期參加體育活動，如加入體育隊伍或俱樂部，可以改善心理健康並減輕壓力。

親子運動：

家長可以與孩子一起參加體育活動，增進親子關係，並創造健康活躍的生活方式。

善用社區設施：

善用香港遊樂場協會不同地區青少年中心和營地所提供的體育設施和計劃，參與各種活動，探索不同興趣。

網絡健康方面

健康上網習慣：

睡前使用螢幕/數碼媒體會影響睡眠質素 Cheung & Wong (2018)，建立健康的上網習慣不單止能幫助學習，更能改善心情及精神健康。

使用屏幕時限：

父母應為孩子設定適當的屏幕時間限制，以促進平衡的生活方式並防止過度接觸數字設備。

參加網絡健康工作坊：

鼓勵青少年參加香港遊樂場協會 FEEL3 舉辦的網絡健康工作坊和研討會，學習安全和負責任地使用互聯網。

香港遊樂場協會呼籲家長、學校和政府立即採取行動解決這些問題，協助青少年面對有關處境。我們願與社會各界關心年青人的學校和團體攜手合作，創造良好配套，幫助每一位青少年全人發展，健康成長。以下是我們協會提供的服務，如有任何需要請隨時與我們的服務負責人聯絡。

Recommendations

Below are some suggestions from the Hong Kong Playground Association to help Hong Kong adolescents improve their mental health, academic stress, and sleep quality:

Mental Wellness aspects:

Encourage good parent-child communication:

Adolescents often need someone to listen to and support them, especially when experiencing setbacks in areas such as academics and interpersonal relationships. Parents should create a supportive environment at home, encouraging open and honest discussions about feelings, emotions, and mental health issues (Chan & Chan, 2019).

Seek professional help:

If parents notice signs of mental health issues in their child, they should consider seeking help from mental health professionals, counsellors, or the Hong Kong Playground Association's various centres.

Good sleep:

Good sleep can help improve mental health, and our NapHUB service can explore ways to improve sleep with you.

Physical Wellness aspects:

Increase exercise:

Exercise and other physical activities can help alleviate academic stress and anxiety while also improving sleep quality (Lam & Wong, 2018). Regular participation in sports activities, such as joining sports teams or clubs, can improve mental health and reduce stress.

Parent-child activities:

Parents can participate in sports activities with their children to strengthen parent-child relationships and create a healthy, active lifestyle.

Make good use of community facilities:

Utilise the sports facilities and programmes offered by the Hong Kong Playground Association's various youth centres and camps in different districts, participate in various activities, and explore different interests.

Cyber Wellness aspects:**Healthy internet habits:**

Using screens/digital media before bedtime affects sleep quality (Cheung & Wong, 2018). Establishing healthy internet habits can not only help with learning but also improve mood and mental health.

Screen time limits:

Parents should set appropriate screen time limits for their children to promote a balanced lifestyle and prevent excessive exposure to digital devices.

Participate in internet health workshops:

Encourage adolescents to participate in internet health workshops and seminars organised by the Hong Kong Playground Association's FEEL3, to learn about safe and responsible internet use.

The Hong Kong Playground Association urges parents, schools, and the government to take immediate action to address these issues and assist adolescents in facing these situations. We are willing to cooperate with schools and groups that care about young people in the community, creating comprehensive support to help every adolescent develop holistically and grow healthily. Below are the services provided by our us. If you need any assistance, please feel free to contact our service director.

己、 聯絡

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