



香港遊樂場協會 HONG KONG PLAYGROUND ASSOCIATION

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The Chief Executive

Hong Kong Special Administrative Region
People's Republic of China

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新聞稿

《2023 香港青少年心理健康，升學計劃及睡眠質素調查》

香港遊樂場協會一直十分關注青少年的健康成長，為掌握最新香港青少年對未來升學的期望所面對的壓力、精神狀況及睡眠質素，我們於 2022 年 8 至 10 月以不記名隨機抽樣方式，邀請兒童及青少年自行填寫問卷或接受職員訪問。成功訪問了 2,326 位 6 至 24 歲並接受本會服務的青少年。是項調查結果於 2023 年 4 月 26 日發佈，讓公眾了解和關注香港青少年的精神健康狀況。

調查結果顯示，香港的青少年群體面臨著嚴重的心理健康和睡眠質素危機，其中 52.5% 的受訪者感到焦慮，46.2% 患有抑鬱症，以及 30.5% 受壓力困擾。最嚴重受影響的是中四至中六的學生，其次為高小學生。升學及公開試對年青人情緒構成一定影響。

在升學期望方面，70% 的受訪青少年希望畢業後在香港繼續學業，留港升學仍是香港年青人的首選。

另一個令人擔憂的問題是睡眠質量，26.8% 的受訪兒童和青少年睡眠質量並不理想，很可能患上失眠。研究顯示心理健康和睡眠質素關係密切。受訪青少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。可見良好睡眠是協助改善年青人情緒困擾的有效方法

發佈會期間訪問循道衛理聯合教會李惠利中學中四蔡同學，他在初中期間花很多時間打遊戲機至凌晨二時，導致翌日課堂時間難以集中，影響學習。疫情後，蔡同學透過老師介紹加入獨木舟隊，參與協會水上活動比賽及其他訓練。



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蔡同學嘗試調節作息時間，比以往提早 3 至 4 小時休息後，在學業成績、朋輩社交以及精神狀態有明顯改善。由此可見，青少年及兒童若果可以持續參與合適活動，定必能協助調節生活模式，減輕壓力，在生活、學業及社交上有正面幫助。

針對上述情況，香港遊樂場協會在新聞發佈會中亦會提出多項包括睡眠健康，體育活動及良好上網習慣供學校和家長參考，協助青少年改善睡眠質素。

面對有關處境。如果有任何服務需要，歡迎隨時與我們聯絡，我們願意與各界攜手促進兒童和青少年的全人健康發展。

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26th April, 2023

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Press Release

"2023 Hong Kong Youth Mental Health, Study Plan and Sleep Quality Survey"

The Hong Kong Playground Association has always been highly concerned with the healthy growth of young people. In order to grasp the latest pressures, mental states, and sleep quality faced by Hong Kong youth regarding their future study plans, we conducted an anonymous random sampling survey from August to October 2022. We successfully interviewed 2,326 youths aged 6 to 24 who have received our services. The results of the survey were released on 26th April 2023.

The survey results reveal that Hong Kong's youth population faces severe mental health and sleep quality crises, with 52.5% of respondents feeling anxious, 46.2% suffering from depression, and 30.5% troubled by stress. Students in Years 10 to 12 are most severely affected, followed by upper primary school students. Study plans and public examinations have a definite impact on young people's emotions.

In terms of study expectations, 70% of the surveyed youths hope to continue their studies in Hong Kong after graduation, indicating that staying in Hong Kong for further studies remains the top choice for young people.

Another worrying issue is sleep quality. 26.8% of the surveyed children and teenagers have suboptimal sleep quality, and are likely to suffer from insomnia. Research shows that mental health and sleep quality are closely related. The age of surveyed youths showed a weak negative correlation with sleep quality ($r = -.126, p < .01$), indicating a slight decline in sleep quality as they grow older. Sleep quality is moderately negatively correlated with depression ($r = -.463, p < .01$), anxiety ($r = -.486, p < .01$), and stress ($r = -.494, p < .01$), suggesting that lower sleep quality is related to higher levels of depression, anxiety, and stress. Good sleep is an effective way to help improve young people's emotional problems.



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During the press conference, a Year 10 student from The Methodist Lee Wai Lee College shared their experience. They used to spend a lot of time playing video games until 2 am, which made it difficult for them to concentrate in class the next day, affecting their learning. After the pandemic, the student joined a canoeing team through a teacher's introduction and participated in water sports competitions and other training organised by the Association.

The student tried to adjust their daily routine, going to bed 3 to 4 hours earlier than before, and noticed significant improvements in their academic performance, social interactions with peers, and mental state. It is evident that if children and teenagers can consistently participate in suitable activities, it will help them adjust their lifestyle, relieve stress, and have a positive impact on their daily life, academics, and social interactions.

In response to the above situation, the Hong Kong Playground Association will also propose a number of recommendations for schools and parents to consider during the press conference, including sleep health, sports activities, and good internet habits, to help young people improve their sleep quality.

In the face of this situation, please feel free to contact us if you require any services. We are willing to work together with all sectors of society to promote the holistic health development of children and teenagers.

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END