



**Topic:**  
**To what extent do secondary students in Hong Kong cope with stress effectively?**

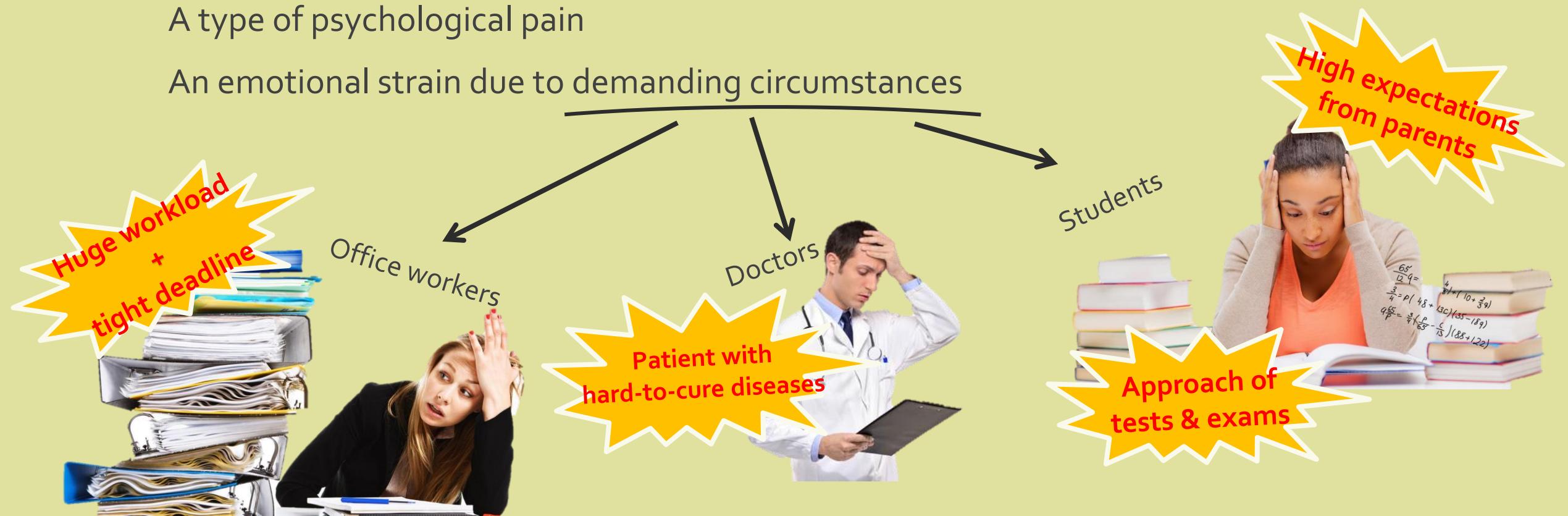
# BACKGROUND STUDY

## - WHAT IS STRESS?

[Stress] n.

A type of psychological pain

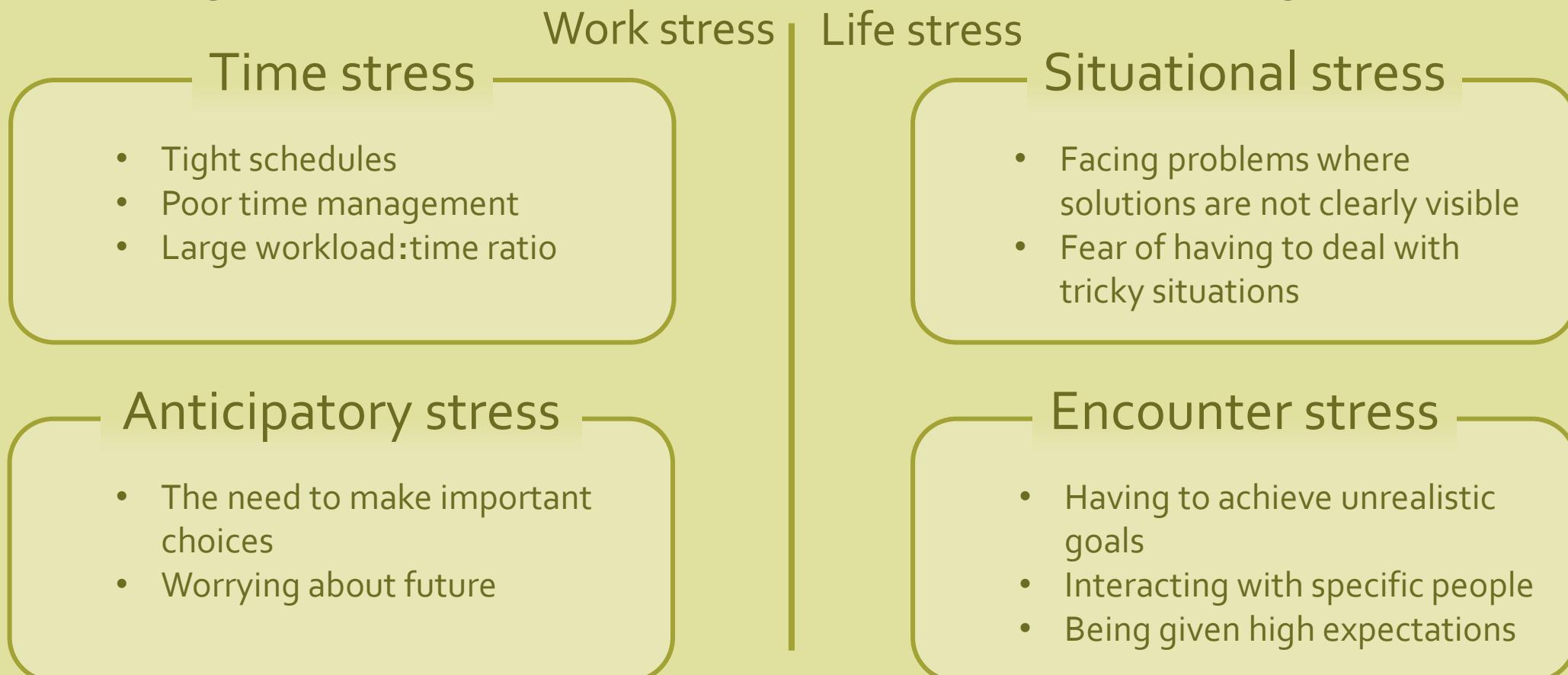
An emotional strain due to demanding circumstances



# BACKGROUND STUDY

## - WHERE DOES STRESS COME FROM?

According to Dr. Karl Albrecht, stress can be classified into 2x2 groups:



# BACKGROUND STUDY

## - WHERE DOES STRESS COME FROM?

# BACKGROUND STUDY

## - WHERE DOES STRESS COME FROM?

# STRESS METER

# Thanks for coming, it's great to see you!

# BACKGROUND STUDY

## - WHERE DOES STRESS COME FROM?

### Physical Impact:

- Regular and continuous stress can increase the chance of having heart attacks, seizures, diabetes, stroke and other serious illness.

### Mental Impact:

- Regular and continuous stress can cause anxiety, depression and other mental illness.
- According to South China Morning Post,  $\frac{1}{4}$  pupils reported having considered committing suicide two weeks before the survey, 2% reported they would do so if they had a chance, while 30% of them showed signs of anxiety.

# BACKGROUND STUDY

## - WHY DO WE EVEN CARE ABOUT STRESS?

According to a research conducted by the *Hong Kong Jockey Club Centre for Suicide Research and Prevention*, there were 65 suicides in 2015, committed by students (age under 25). It is believed that 70% of the suicides are related to stress issues.

According to a study conducted by the *Hong Kong Federation of Youth Groups*, out of the 4000 interviewed student,  $\frac{1}{4}$  reported themselves as having a high level of stress and 40% showed signs of anxiety.

According to a study conducted by *Baptist Oi Kwan Social Service and the Institute of Education*, 51% showed signs of depression, in which, 6.5% were severely depressed.

From the above sources, we can clearly see that stress and stress-related issues are very common among students and can become very serious if not treated correctly.

# WE DID RESEARCH.

## - RESEARCH OBJECTIVES

1. What are the sources of stress?

By knowing this, we can cope with stress and overcome the problems more easily

2. What issues does stress cause?

## SO HOW DO WE COPE WITH STRESS?

By knowing this, we can understand what kinds of problems students in Hong Kong are facing as well as know how stress is affecting them

3. What are the most effective ways to cope with stress?

By knowing this, we can suggest and recommend the most effective way to cope with stress to people who are suffering from stress

# METHODOLOGY

## - QUESTIONNAIRE

1. How would you describe your level of stress? No stress at all  5 Extremely stressed
2. In what situations will you most likely come into stress and stress-related issues?
3. What would you usually do to cope with stress?
4. (i) Have you thought of committing suicide due to stress or stress-related issues?  
(ii) If yes, did you seek help?
5. Have you constantly experienced any of the following symptoms due to stress?

Bad temper; Overreaction; shortened attention span; Nausea; Lack of appetite; Fatigue; Frustration; Anxiety; Insomnia; Depression

# METHODOLOGY

- QUESTIONNAIRE
- ANALYSIS

1. How would you describe your level of stress?

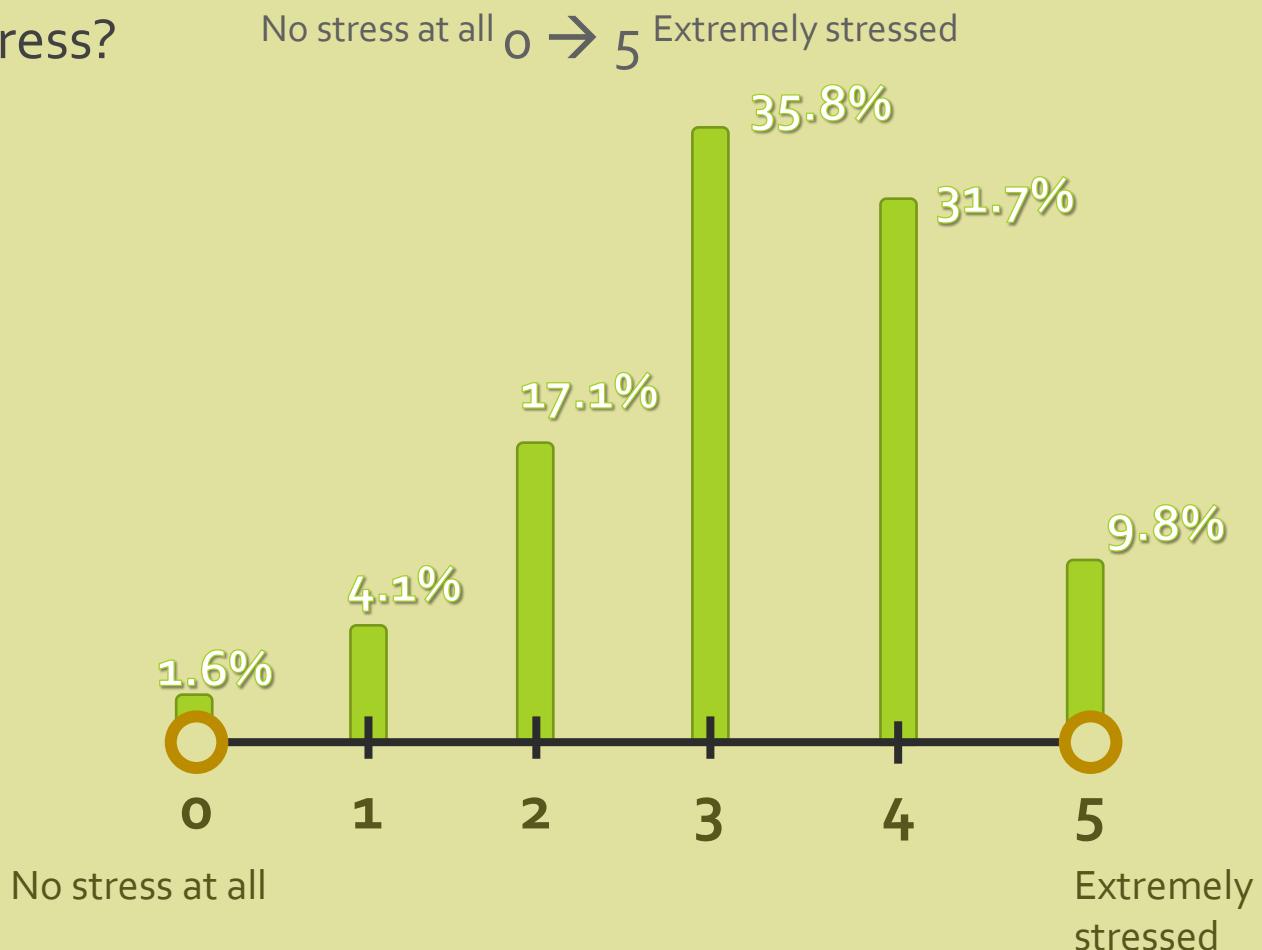
Expected result: 3-4 average

Average: 3.211

Senior students (S.5-S.6) average: 3.8

Junior students (S.1-S.4) average: 2.9

We deduced that DSE might be the culprit of the mentioned phenomenon



# METHODOLOGY

- QUESTIONNAIRE
  - ANALYSIS

1. How would you describe your level of stress? **Average: 3.221**
2. In what situations will you most likely come into stress and stress-related issues?
3. What would you usually do to cope with stress?
4. (i) Have you thought of committing suicide due to stress or stress-related issues?  
(ii) If yes, did you seek help?
5. Have you constantly experienced any of the following symptoms due to stress?

Bad temper; Overreaction; shortened attention span; Nausea; Lack of appetite; Fatigue; Frustration; Anxiety; Insomnia; Depression

# METHODOLOGY

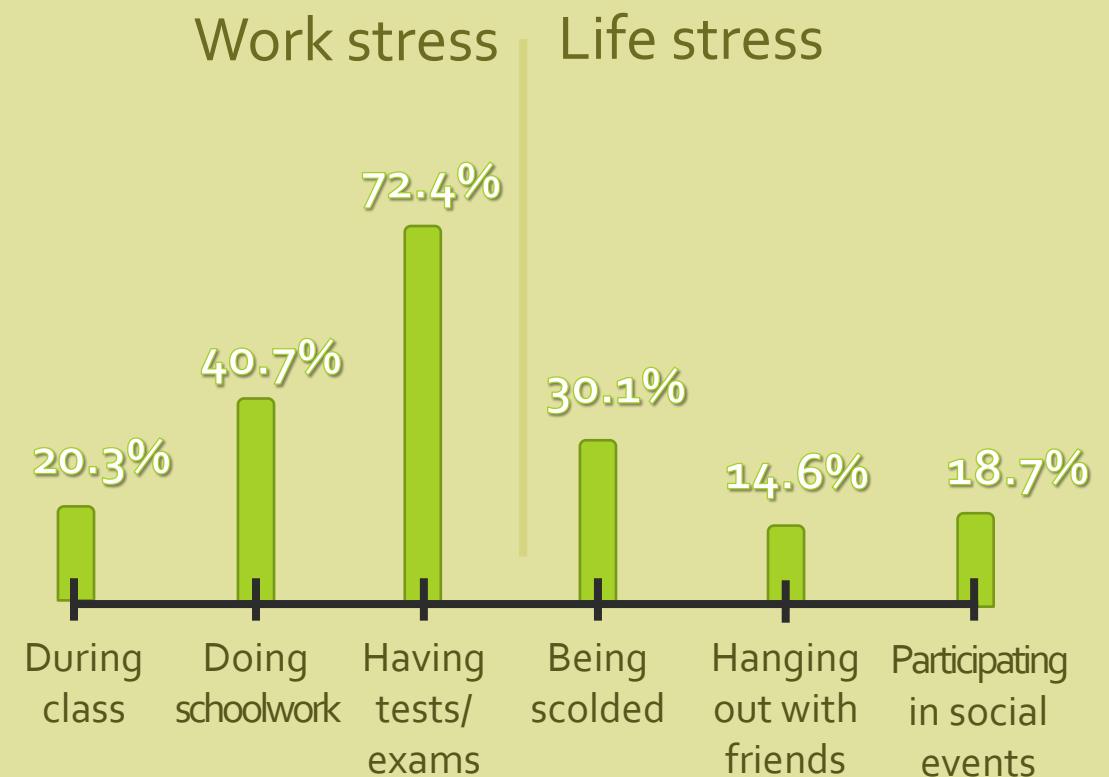
- QUESTIONNAIRE
- ANALYSIS

2. According to our data, interviewed students tend to have more work stress than life stress as shown in the graph.

Parents and teachers tend to push students too hard and give them unrealistic expectations.

In turn, they feel stressed when doing schoolwork. They also fear getting scolded by not performing well in schoolwork which can worsen the symptoms of stress.

Establishing a vicious cycle



# METHODOLOGY

- QUESTIONNAIRE
  - ANALYSIS

2. How has situations with you most likely come into stress? ~~Average 3.51~~

Work stress > Life stress

3. What would you usually do to cope with stress?

4. (i) Have you thought of committing suicide due to stress or stress-related issues?

(ii) If yes, did you seek help?

5. Have you constantly experienced any of the following symptoms due to stress?

Bad temper; Overreaction; shortened attention span; Nausea; Lack of appetite; Fatigue; Frustration; Anxiety; Insomnia; Depression

# METHODOLOGY

- QUESTIONNAIRE
- ANALYSIS

Expected result: playing video games

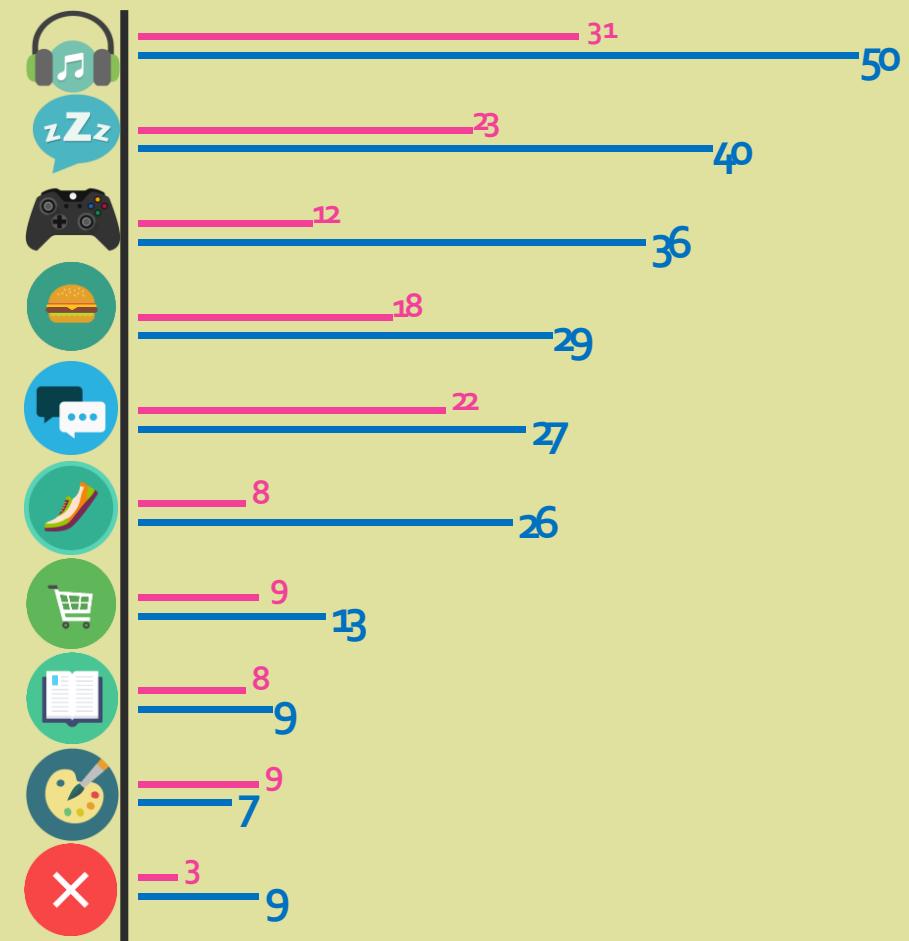
3. What would you usually do to cope with stress?

Among boys:

- 1<sup>st</sup> Listening to music
- 2<sup>nd</sup> Sleeping
- 3<sup>rd</sup> Playing games

Among girls:

- 1<sup>st</sup> Listening to music
- 2<sup>nd</sup> Sleeping
- 3<sup>rd</sup> Talking to people



# METHODOLOGY

- QUESTIONNAIRE
  - ANALYSIS

3. What would you usually do to cope with stress? **Average: 3.221**

Work stress > Life stress

2. In what situations will you most likely come into stress and stress-related issues?



4. (i) Have you thought of committing suicide due to stress or stress-related issues?

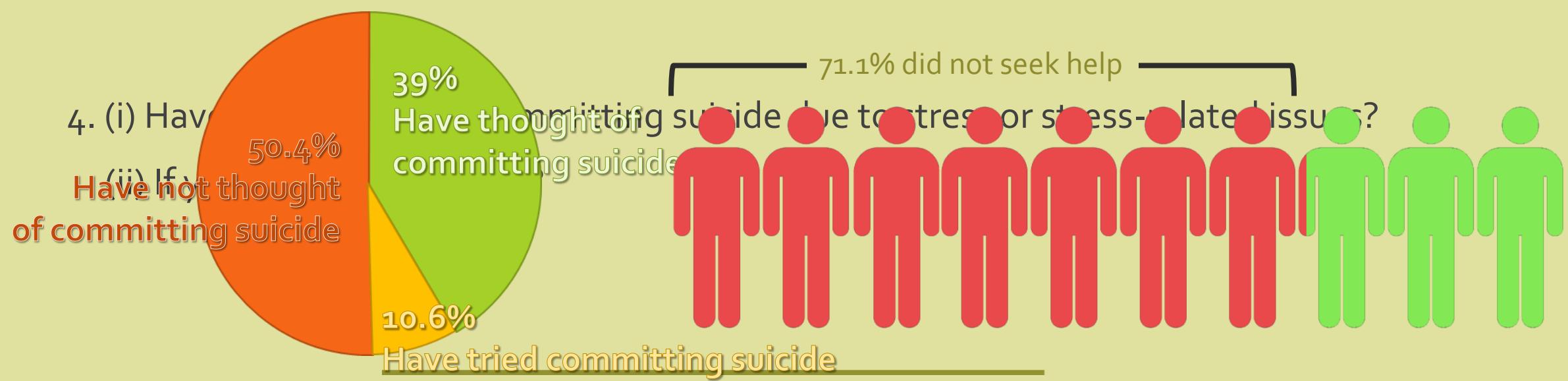
(ii) If yes, did you seek help?

5. Have you constantly experienced any of the following symptoms due to stress?

Bad temper; Overreaction; shortened attention span; Nausea; Lack of appetite; Fatigue; Frustration; Anxiety; Insomnia; Depression

# METHODOLOGY

- QUESTIONNAIRE
- ANALYSIS



# METHODOLOGY

- QUESTIONNAIRE
  - ANALYSIS

1. How many hours do you feel stressed due to **Average stress**-related issues?  
Work stress > Life stress
2. In what situations will you most likely come into stress and stress-related issues?  
(i) If yes, did you seek help?
3. What would you usually do to cope with stress?  


**50% Yes**

**70% No**

5. Have you constantly experienced any of the following symptoms due to stress?

Bad temper; Overreaction; shortened attention span; Nausea; Lack of appetite; Fatigue; Frustration; Anxiety; Insomnia; Depression

# METHODOLOGY

- QUESTIONNAIRE
- ANALYSIS

Among our ~120 interviewed, over 70% of them had reported having 6 or more symptoms.

These symptoms can greatly affect daily lives regarding socials, academics, and

5. Have you constantly experienced any of the following symptoms due to stress?

We can see that stress can cause serious effects on our body. We must definitely not ignore this issue and find effective ways to cope with it.

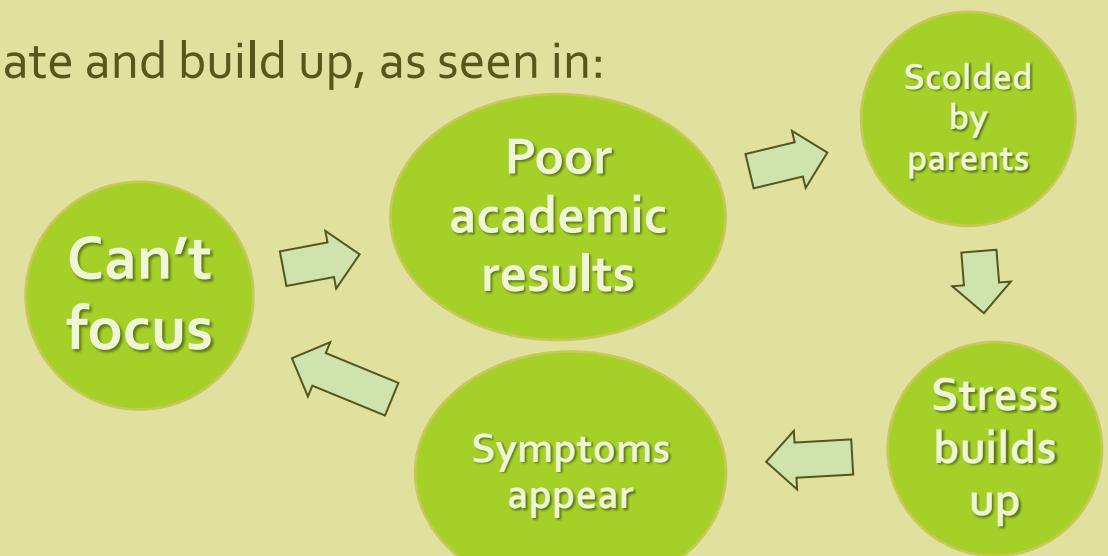
Bad temper; Overreaction; Shortened attention span; Nausea; Lack of appetite; Fatigue; Frustration; Anxiety; Headaches; Depression

# METHODOLOGY

- QUESTIONNAIRE
- CONCLUSION

After analysing, we have conclude that:

- Students in Hong Kong suffer from a moderate to high level of stress
- Most of the stress comes from exams and tests
- Symptoms of stress are very common and are very significant
- Stress could drive student to a point where suicide is the only “solution” they see
- Vicious cycles are the main way stress can accumulate and build up, as seen in:



# METHODOLOGY

## - QUESTIONNAIRE

## - RECOMMENDATIONS

From the data collected, listening to music  and sleeping  seem to be the most effective way of relieving stress and seem to work for both genders.

But we must not forget that finding out the cause of stress is the most important thing we should do. By finding out the cause, we can pinpoint exactly where the problem starts, where the vicious cycles begin, and stop them before they become a threat.

Share your feelings with others  and ask them for help if needed.

No one can live without stress, but only when we learn how to cope with them, we can live a happier life.

# LOOKING BACK...

## - LIMITATIONS

### - SAMPLING METHOD

Sampling methods are used to conduct experiments or surveys to know the trend of a large population by only knowing the information of a small group. Often in scientific research, systematic sampling or random sampling are used to get the most representative results.

Due to limitations, we can only use convenience sampling.

We used social media (WhatsApp) to distribute our online questionnaire (Google Form). Since we only have one way of distribution, biases are inevitable. For example, most of the respondents might have the same hobby/interest (surfing the internet), more internet-related issues might be chosen as their answers.

# LOOKING BACK...

## - LIMITATIONS

### - DATA INACCURACY

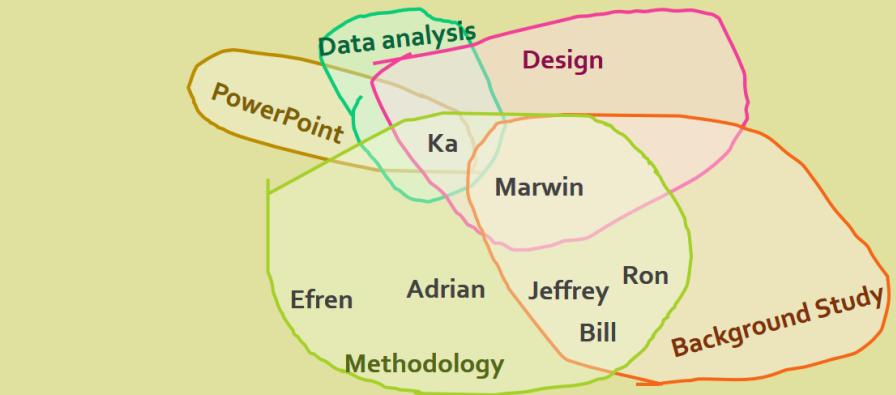
Due to time limitations, we can't get too many responses, resulting in a relatively small sample size (~120). This leads to less accurate and less representative results.

Since we can't keep track of who has responded before, someone may fill in the questionnaire repeatedly or even randomly.

We can use more ways of distribution of the questionnaire. With only one way of distribution, the results are biased towards certain types of people. Moreover, it can increase our sample size, which can help reduce the relative error and render the mentioned issues not so significant.

# GROUP REFLECTION

## DIVISION OF LABOUR



In this project, we have learned how to collect information, how to write a questionnaire and analyse some data. If we could do some improvements, we would start collecting information from questionnaires in order to have a larger sample size, this can make the result more accurate

Thanks for listening!

