



29 °C Hong Kong Time : 04 Jul 2022 (Mon) 10:14

Pretty Life Magazine

Popular keywords : DSE Consumer Council Supermarket raid Miss Hong Kong

Topic: All Raiders to T...



- home
- topic
- healthy
- parent-child
- entertainment
- news**
- leisure consumption
- View
- TOPick TV
- Band 1 Academy
- Search
- Menu

【Mental Health】 The survey shows that more than half of the surveyed adolescents feel pressure and only 30% are willing to take the initiative to seek help when facing mental health problems

Society 06:00 2022/01/31 讚 9

Follow the article | save article

share: Facebook, Weibo, Email, Print

popularDSE Consumer Council Supermarket raid Miss Hong Kong 10,000 coupons Pretty Comfortable Nest COLLAR



▲ The survey of Qi Li Supporting Youth Association showed that more than half of the young people surveyed felt pressure. (Photo by Zeng Yaohui)

The fifth wave of the epidemic broke out in Hong Kong, and many students switched to online classes again. The Qi Li Supporting Youth Association is concerned about whether the epidemic will affect the mental health of young people. In a questionnaire survey conducted last year, it was found that more than half of the respondents said they were stressed, and 9% said they were extremely stressed, but only 34% of the respondents were willing to take the initiative. help. Qi Li believes that the stress situation of young people has not improved, and academic pressure and worries about further education and future development are the most troubled students.

From September 30th to October 28th last year, the Kai Li Support Youth Association interviewed 1,352 young people aged 14 to 24 through an online questionnaire. Respondents self-assessed the current level of stress, with 0 being the middle value, 5 being extremely peaceful, and -5 being extremely stressed. Among them, 9% rated them as -5 and -4 points; the largest number of people rated them as -2 points, accounting for 17%; and 34% of the respondents said that they felt anxious and difficult to concentrate for most of the past year.

受訪者自評壓力指數

分數

比率



hket Hong Kong Economic Times

Free instant download

Download on the App Store | scan now

GET IT ON Google play | early download

top view



[High-sugar trap] Women who drink sugar-sweetened...

16:05 2022/07/01



[Stolen ice cream] Man trespassed in a fast food...

11:06 2022/07/03



-5 (極有壓力)	3%
-4	6%
-3	15%
-2	17%
-1	10%
0 (有時平靜、有時感壓力)	17%

資料來源：啟勵扶青會調查



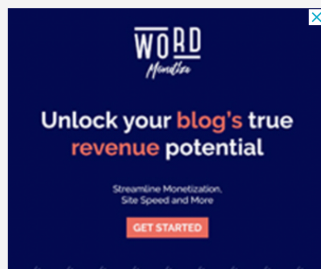
Wu Zhimin, the project manager in charge of the investigation, said that the academic pressure under the epidemic and worries about further education and future development troubled students the most. The data on stress is similar to the findings of similar surveys by other institutions, reflecting that the situation of youth stress has not improved, and more relevant resources must be invested to assist.

In addition, the survey results show that 60% of the respondents are reluctant to take the initiative to seek help when faced with mental health problems; even if they are willing, less than 20% of them will seek professional help. Wu Zhimin said that the society will still see social workers, asking for help and other behavioral labels, which may make students ashamed to ask for help. She stressed that it is not necessary to be seriously ill to receive counseling.



▲ Executive Director Xiao Jiaxin (left) and project manager Wu Zhimin (right). (Photo by Zeng Yaohui)

Ka-Xin Siu, Chief Executive Officer of Qi Li, said that although there are many organizations offering various counseling services, young people may not know which one is suitable for them. Even if they receive help, they will encounter different situations:



“ Teenagers have told us that they feel that the therapist doesn't understand them, and that even explanations are useless. ”

In order to help young people aged 14 to 24 to find suitable mental health counseling, the Alpha Youth Association has been piloting the "Calling the Bees" program since last year. After understanding their

needs and doubts, they conduct preliminary assessment and analysis, and then match them with suitable counseling agencies. , has assisted 34 cases to get suitable help so far. The service is expected to be officially launched after the Chinese New Year. The Kai Li Supporting Youth Association also plans to promote mental health in different schools, hoping to let students know that asking for help is not a bad thing.

ADVERTISEMENT



Both Xiao Jiaxin and Wu Zhimin have been engaged in youth work for many years. They have observed that more and more young people are concerned about their mental health in recent years, and they have even offered to help their friends when they have negative emotions. The two summed up four key points that teens should pay attention to when helping friends face stress and negative emotions.

助朋友面對壓力貼士

- 1 先聆聽和陪伴，不急於提供解決方案
- 2 不批判，多用開放式提問
- 3 一起探索應對壓力和負面情緒的可能性
- 4 協助尋找身邊可提供支援的人

資料來源：受訪者提供

First of all, don't be too anxious to solve problems for your friends. Listening is the most important thing. Wu Zhimin said that in fact, many times the victim knows in his heart how he wants to solve the problem, but he is only in confusion at the beginning, so what friends can do is to listen and accompany them first, and then slowly help them sort out their thoughts.

Second, remember not to criticize. Even if you want to ask questions, you can use more open-ended questions to give them space to say more about their feelings. In addition, Wu Zhimin reminded that it is necessary to find more people who can provide support. "Even if you are the oldest friend, it is impossible to provide assistance 24 hours a day." Solve the problem.



▲ Qili Supporting Youth Association launched the Calling Bee Program. (Photo by Zeng Yaohui)