



媒體報導

日期：2012年9月15日(星期六)
資料來源：新城知訊台 -即時新聞
標題：調查顯示被訪中學生經常出現情緒問題
參考網址：<http://www.metroradio.com.hk/997/News/Default.aspx>

The screenshot shows the METRO 99.7 website interface. At the top, there's a navigation bar with links like '新城', '數碼財經台', '數碼音樂台', '財經台', '知訊台', '采訊台', 'metroShare', and '手機'. Below this is a banner for '買12盒 1-DAY ACUVUE® TruEye® 即可得到'. The main content area features a '即時新聞' (Real-time News) section. On the left, there's a list of news items with timestamps, including '灣仔游泳池全面重開 12:46PM', '調查顯示被訪中學生經常出現情緒問題 12:04PM', '日本將釣魚台納入海上保安廳行使管轄權範圍 11:51AM', '灣仔游泳池緊急維修機房暫停開放 11:41AM', '鄺滿海:正研究置安心加入港人港地條款 11:35AM', '張炳良:室不猶疑推出措施 11:32AM', and '天水圍大圍生後發生交通意外兩人'. The main article on the right is titled '調查顯示被訪中學生經常出現情緒問題' with a timestamp of '15/09/2012 12:04PM'. The article text discusses a survey of 6,000 students, finding that 15% experienced emotional problems, 20% felt stressed, and 62% felt pressure from homework. It also mentions that 40% were dissatisfied with their academic performance. The article concludes with a recommendation from the Christian Family Service Centre for the government to conduct regular health and emotional surveys for children and adolescents, and for parents to actively monitor their children's emotions.

一項有關中學生的家庭生活、身體及精神健康狀況調查發現，在被訪的六千名中學生當中，約一成半在受訪前曾經出現情緒低落、沮喪或感到絕望。近兩成人感到緊張、焦慮或不安。六成二受訪學生感到功課壓力大，約四成不滿意自己的學業成績，愈年長的學生情況愈嚴重。負責調查的基督教家庭服務中心，建議政府應對全港兒童及青少年進行定期的身體及情緒健康調查，家長亦要多主動關注子女的情緒，學校可透過定期活動，提升青少年對精神健康的認識。

- 完 -