



Hong Kong Playground Association
Study on Life Situation and Mental Well-being of Youth in Hong Kong 2018

***** Press Release *****

**over 30% of Hong Kong youth's mental health is not in an ideal condition;
near 70% with insufficient sleep; near 40% with insufficient physical activities
HKPA responds in 5 services**

[June 5, 2018, Hong Kong] The Hong Kong Playground Association carried out a study of life situation and mental well-being of youth in Hong Kong in May 2018 and 3279 young people were interviewed. The Chinese version of the Depression, Anxiety, and Stress Scales (DASS21) was used to measure the interviewees' mental wellness. Results revealed the relationship between mental well-being and 5 aspects, including sleep, exercise (MVPA60), play, time spent on the internet, and volunteering.

Life Situation and Mental Well-being of Youth in Hong Kong 2018 Research Findings

The responsible person of the study, Dr. Wan Lap Man, the supervisor of Services for Youth at Risk from HKPA, has announced the study report. The followings are a cause of concern:

1. **A poor mental wellness:** 31.6% of youth interviewed suffered from different levels of stress, 8.7% of the interviewees' anxiety level are at mild to extreme severity level, 30.2% of them were at mild to extreme severity level of depression
2. **Insufficient sleeps:** 66.2% of interviewees aged at 6 to 12 had less than 9 hours sleep, 67.5% of interviewees aged at 13 to 18 had less than 8 hours sleep. 24.8% of interviewees aged at 19 to 24 had less than 6 hours sleep daily.
3. **Insufficient exercise:** 21.3% of youth aged at 13 to 18 and even 38.8% of youth aged at 19 to 24 could not meet the weekly MVPA60 standard
4. There was a positive correlation between time spent on the **Internet** and depression, anxiety and stress.
5. Time spent on **Volunteering** increased but elements of play decreased according to the interviewees' age.

Our Suggestions: 5 plus, elements of holistic development for Youth

1. **Camp+:** Campsite should not be just a physical place with facilities, activities provided by campsite should be able to help youth to achieve MVPA60, and fulfill their needs of "play" and to have fun.
2. **Sports+ :** We are promoting innovative sports at all levels. Innovative sports require less skills that makes them more entertaining. Crate climbing is one of the innovative sports that we are proud of, to know more: facebook @hkpaccc ;
3. **Inno+ :** "Sleep" is a key to good mental health, this basic need should not be overlooked, we are now doing a lot to promote this message among the society and youth.



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4. **E+** : Our social workers reach out at social media platforms, using different online approach to get in touch with the young generation and to work with them offline as well.
5. **V+** : Volunteer X Entertainment – this is an idea and approach to make voluntary work interesting, challenging and kind of performance, giving young people a brand new experience and achievement.

The detailed study report and photos could be downloaded at our website: www.hkpa.hk

This press release was sent by The Hong Kong Playground Association. For media enquiries, please contact:

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