Title and Explanation

Title: Are Teenagers Too stressed?

Explaination: The project is to find out more common sources of pressure of Hong Kong teenagers apart from family, peer, and academic studies and open examination, etc and how teenagers react when they feel stressed.

Background Information, Related Concepts and Relevant Knowledge

Pressure is a problem for many HK people. Young people are found to feel more stressed than before because of the hustle and bustle of city life in Hong Kong. It is quite common to see teenagers on newspapers that have great pressure but cannot ease themselves causing problems or even committing suicide. This serious problem motivates me to conduct this project.

An essay in Time (February 12, 2007) ‘6 Lessons for Handling STRESS' by Christine Gorman helps me to understand the topic I stated above.

This essay is relevant to the topic as it suggests some proper ways to relieve pressure, like breathing deeply, taking a vacation, making friends, exercising regularly. Also it emphasizes the presence of stress for modern people.

There is an important concept, which is the fact that pressure is present for all people. We should have basic knowledge about the common sources of pressure and common ways to relieve pressure, especially in Hong Kong.

These concepts and knowledge are related to the enquiry since I try to find other sources of pressure and ways to relieve pressure for Hong Kong students. And also, the project proves the presence of pressure among Hong Kong students clearly.
Objectives

1. To get a clearer image on other pressure sources apart from common sources of pressure of teenagers are family, peer, academic studies and open examination, etc.
2. To find out how teenagers react when they feel stressed, whether they seek help from others or not and how they feel afterwards

Specific focusing questions

1. Do Hong Kong students feel stressed nowadays?
2. What are their common sources of pressure?
3. How do they relieve their pressure?
4. Are their methods of reducing pressure effective?

Hypothesis (if any)

- Pressure is present for Hong Kong students and their sources are family, peer, academic studies and open examination, etc.

Tentative enquiry plan and method(s)

- Concerning what research technique to be used, we need to have a clear understanding of the nature and the characteristics of our research. Generally speaking, the education research uses both "quantitative" and "qualitative" research methods. For quantitative one, it is a fast and convenient way to acquire information, so I acquire the information by questionnaires.
- The questionnaire is set in Chinese for the convenience of the respondents. Both the original Chinese version and the translated English version of the questionnaire are available in the appendix. The survey was conducted on the Internet instead of printing on paper. This is because of the consideration on environmental friendly and the bigger width of spread of the questionnaire.
- There are not many questions because only key questions were asked. Also, a long questionnaire will decrease the interest of respondents that in turn reduces the number of answered questionnaires.
- The target group is secondary school students only since I would like to find out the problem of pressure on teenagers.
- Analysis will be conducted according to the questions set in the questionnaire. An independent analysis is conducted for each question.
- Project proposal will be done at the end of April, 2011. Data collection will be done during summer vacation in 2011 and data analysis will be done at the end of December, 2011. The final product will be done at February.
- Number of people answered the questionnaire may not be large enough to give accurate data. There may also be uneven distribution at different ages, so that this cannot give a comprehensive result of the general situation of all teenagers. For example, secondary 6-7 students face the A-Level examination so that they face more pressure.
- Also, there may be an unbalance in the gender of the respondents. The research results may not give a clear picture of how teenage girls respond when they face pressure.
Title: Are teenagers too stressed?

Stage I:

Marks: 5-6

Comments: On the plus side, originality is demonstrated in the explanation of the choice of study methods and the enquiry plan. Quite a systematic tentative enquiry plan is shown.

However, the scope of the study is not clearly defined. Without a clear definition of “stress”, it is hard to further investigate the “degree of stress” that teenagers are suffering, which constitutes the major element for enquiry.