Important Note
Each student should hand in the completed Data Collection Process Record Form to his/her IES supervising teacher before the deadline according to the Assessment Plan set out by the school. Students might, in accordance with his/her supervising teacher’s consent and the Assessment Plan, choose to fill in the Form part by part and receive comments in a gradual manner and/or submit the fully completed Form to his/her supervising teacher for a few times.

School Name: ___________________________  Class: _______________________
Supervising teacher: ________________________________  Submission Date: ____________
Submission Status:  □ First Submission  □ Re-Submission (No. of times: _____)  □ Final Submission
(Please tick one box only)

Title and Explanation
Title: Are Teenagers Too stressed?
Explanation: The project is to find out some 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.

Descriptions of the tool(s)/method(s) adopted for the data collection
The method is quantitative only. Data is collected by questionnaires. As the survey is conducted on the internet instead of printing on paper, promotion on the internet is needed. Advertisement can be made on forums. A computer with internet services for respondents to enter the data is also required.
The precautions are to ensure that the data collected is confidential and only key questions were asked since it makes sure that the respondents give accurate and detailed response. Some basic personal information is required to ensure the respondents are the ones in the target group.
Questions have to be set before implementation of data collection. Discussion with my teacher advisor is required. The data collected is the first source since the respondents give their information directly and they are fresh data.

Rationale behind for choosing the tools/methods
By conducting surveys online, I expect to collect all data needed for this project, like the sources of pressure and the ways teenagers treat pressure.
As questions in survey are asked clearly with specific objective for each question. The management of data should be easy for me to carry out analysis.
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, though the data collected may not be as detailed as interviews.
Research diary showing the progress of the data collection process*(in chronological order)

<table>
<thead>
<tr>
<th>Date (Month/Year)</th>
<th>Major work done</th>
<th>Achievements and difficulties encountered</th>
</tr>
</thead>
<tbody>
<tr>
<td>May/20XX</td>
<td>Set questions for the questionnaire.</td>
<td>1st draft of questions completed. Difficulties in brainstorming of questions.</td>
</tr>
<tr>
<td>June/20XX</td>
<td>Amend questions for the questionnaire.</td>
<td>Questionnaires completed. Difficulties in matching the questions set with research objectives.</td>
</tr>
<tr>
<td>July/20XX</td>
<td>Application of online survey in websites</td>
<td>Online survey is set. Difficulties in ensuring that the survey is confidential.</td>
</tr>
<tr>
<td>Aug/20XX</td>
<td>Conduct pilot studies online. 3 students are invited to try the questionnaire.</td>
<td>Final amendment is made for the questionnaire.</td>
</tr>
<tr>
<td>Sep/20XX</td>
<td>Conduct survey online and promote the survey in forums</td>
<td>Questionnaires collected. Difficulties in promoting secondary school students to conduct the survey.</td>
</tr>
</tbody>
</table>

Note*

In addition to research diary, raw data and an extract listing the essence of raw data (such as a complete listing of the records of data resultant from a survey or from content analysis; together with some basic summary statistics or a summary table summarizing opinions and views collected from focused interviews, discussions, observations or article reviews) should be submitted for checking.

Justification of usefulness and relevancy of the data collected in relation to the enquiry issue

Questionnaires are collected from the websites. The answers of respondents give the data.

There are totally 10 questions in the questionnaire. The first 3 questions are about personal information, like age, gender, etc. The last 7 questions concern about the problems of pressure faced by Hong Kong students, like the sources of pressure and how students handle pressure.

As every question set matches with different focusing question during the questions setting procedure, every question is responsible for a particular purpose. For example, for question 4, ‘do you feel great pressure?’ is responsible to testify the presence of pressure for Hong Kong teenagers.
Self-reflection of the whole process

What the most important is the process, but not the result. This may not be a good project report in others’ eyes, but is definitely an unforgettable experience for me. I have never done a project alone with such a length. Everything was fresh to me, and I once was lost about what to do. After a long period of struggling, I got advices from my teacher advisor, Miss Lai, and some classmates. I should deliver my grateful feeling to them. Watching the respondent counter rising so slowly is the most discouraging part of the whole project work. It was uneasy to convince myself to produce this report with so little data, but I realized what I can do was to finish the report as quickly as possible. I have tried my best to make the report look good. Anyway, I must say that I really have learnt much through this project.

Student Declaration

I certify that:
• the design of tool(s) for collecting data and the data collection process are done by me;
• the data is not copied from another person’s work; and
• I have not submitted this piece of work, in any part, for any other HKDSE examination or assessment task in any other course.

Student’s signature: ___________________________ Date: ________________________
問卷調查 - 搜集所得資料
(Questionnaire Form)

(a) Chinese Version

你好！本人現正就讀中六，現為通識科之專題研究報告作問卷調查。請你根據個人經歷及日常生活習慣回答本問卷之各問題，搜集所得資料只會用於專題研究報告並絕對保密。謝謝合作！

1. 你的性別是？
   (A) 男   (B) 女

2. 你的年齡是？
   (A) 15 歲以下   (B) 15-18 歲   (C) 18 歲以上

3. 你現時就讀的年級是？
   (A) 中一至中三   (B) 中四至中五   (C) 中六至中七   (D) 其他(請註明____________________________________________________________________)

4. 你感到壓力大嗎？
   (A) 非常大   (B) 大   (C) 一般 (D) 小   (E) 非常小   (F) 我完全沒有壓力！

5. 你的壓力來源有？(可選多於一項)
   (A) 家庭   (B) 學校   (C) 朋友   (D) 金錢   (E) 習慣   (F) 宗教   (G) 工作   (H) 課外活動   (I) 公開考試   (J) 成就感/挫敗感   (K) 其他(請註明)

6. 當你感到有壓力時，會有以下徵兆/行為嗎？
   (A) 頭痛   (B) 失眠/疲倦   (C) 食慾不振   (D) 哭泣不適   (E) 疲勞症狀
   (F) 其他(請註明)

7. 當你感到有壓力時，你會嘗試自己解決嗎？
   (A) 經常   (B) 偶爾   (C) 很少   (D) 從不

8. 當你感到有壓力時，你會嘗試向其他人尋求協助嗎？
   (A) 經常   (B) 偶爾   (C) 很少   (D) 從不

9. 承上題，你會向誰求助？(可選多於一項)
   (A) 家人   (B) 朋友   (C) 老師   (D) 社工   (E) 宗教界人士
   (F) 專業人士(醫生、心理學家等)   (G) 自己解決   (H) 其他(請註明)

10. 承上題，你覺得成效如何？
    (A) 非常好   (B) 好   (C) 一般   (D) 不好   (E) 非常不好

**** 問卷已完成，感謝閣下的合作！ ****

Data Collection Process Record Form 4
Appendix 1: Questionnaire Form

(b) English Translated Version

Are Teenagers Too Stressed?

Hello. I am a Secondary student. I am now conducting a questionnaire survey for the project of Liberal Studies. Please answer the following questions according to your past experience or daily habits. Any data collected will only be used in the project and kept absolutely confidential. Thanks for your co-operation!

1. What is your gender?
   (A) Male       (B) Female

2. How old are you now?
   (A) Under 15   (B) 15-18       (C) Over 18

3. Which form are you now studying?
   (A) Secondary-1-3   (B) Secondary-4-5   (C) Secondary-6-7   (D) Other (Please specify)

4. Do you feel great pressure?
   (A) Very high     (B) High       (C) Average       (D) Low      (E) Very Low
   (F) I don't have any pressure!

5. What is/are your source(s) of pressure?
   (A) Family       (B) School     (C) Peers     (D) Money
   (E) Habits       (F) Religion   (G) Work      (H) Extra-curricular activities
   (I) Open examinations (J) Feel of achievement/defeat   (K) Other (Please specify)

6. When you feel stressed, what symptom(s) do you have?
   (A) Headache     (B) Sleeplessness/Tired (C) Bad appetite (D) Stomachache
   (E) Lumbago      (F) Other unwell physically (G) Bad temper (H) Absentminded
   (I) Self-hurting/Attempting to commit suicide (J) Other (Please specify)

7. When you feel stressed, do you try to solve the problem yourself?
   (A) Always     (B) Sometimes   (C) Seldom   (D) Never

8. When you feel stressed, do you try to seek help from other people?
   (A) Always     (B) Sometimes   (C) Seldom   (D) Never

9. Whom do you seek help from?
   (A) Family members   (B) Friends   (C) Teachers   (D) Social workers
   (E) Religious       (F) Professionals (Doctor/psychologist) (G) Self-help
   (H) Other (Please specify)

10. How do you rate the effect of the method?
   (A) Very good     (B) Good    (C) Average    (D) Bad     (E) Very bad

**** This is the end of the questionnaire. Thank you for your co-operation! ****
### Results Findings - Raw Data

#### Question 1: By Sex

<table>
<thead>
<tr>
<th>Gender</th>
<th>No. of respondents</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>30</td>
<td>75.0%</td>
</tr>
<tr>
<td>Female</td>
<td>10</td>
<td>25.0%</td>
</tr>
<tr>
<td>Total</td>
<td>40</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

#### Question 2: By Age

<table>
<thead>
<tr>
<th>Age</th>
<th>No. of respondents</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;15</td>
<td>3</td>
<td>7.5%</td>
</tr>
<tr>
<td>15-18</td>
<td>27</td>
<td>67.5%</td>
</tr>
<tr>
<td>&gt;18</td>
<td>10</td>
<td>25.0%</td>
</tr>
<tr>
<td>Total</td>
<td>40</td>
<td>100.0%</td>
</tr>
</tbody>
</table>

#### Question 3: By Level of Study

<table>
<thead>
<tr>
<th>Level</th>
<th>No. of respondents</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Secondary 1-3</td>
<td>2</td>
<td>5.0%</td>
</tr>
<tr>
<td>Secondary 4-5</td>
<td>7</td>
<td>17.5%</td>
</tr>
<tr>
<td>Secondary 6-7</td>
<td>25</td>
<td>62.5%</td>
</tr>
<tr>
<td>University</td>
<td>2</td>
<td>5.0%</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>10.0%</td>
</tr>
<tr>
<td>Total</td>
<td>40</td>
<td>100.0%</td>
</tr>
</tbody>
</table>
Question 4: Do you feel great pressure?

![Pie chart showing the level of pressure felt by individuals.]

- Very High: 24
- High: 18
- Average: 38
- Low: 22
- Very low: 0

Question 5: What is/are your source(s) of pressure?

<table>
<thead>
<tr>
<th>Source</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>12</td>
</tr>
<tr>
<td>School</td>
<td>11</td>
</tr>
<tr>
<td>Peers</td>
<td>8</td>
</tr>
<tr>
<td>Money</td>
<td>6</td>
</tr>
<tr>
<td>Work</td>
<td>4</td>
</tr>
<tr>
<td>Religious activities</td>
<td>3</td>
</tr>
<tr>
<td>Other</td>
<td>2</td>
</tr>
<tr>
<td>Exams</td>
<td>1</td>
</tr>
<tr>
<td>Feel of achievement/defeat</td>
<td>1</td>
</tr>
</tbody>
</table>

Question 6: When you feel stressed, what symptom(s) do you have?

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>13</td>
</tr>
<tr>
<td>Sleeplessness/Tired</td>
<td>13</td>
</tr>
<tr>
<td>Bad appetite</td>
<td>8</td>
</tr>
<tr>
<td>Diarrhoea</td>
<td>8</td>
</tr>
<tr>
<td>Lumbago</td>
<td>5</td>
</tr>
<tr>
<td>Wound or pulled, twisted</td>
<td>1</td>
</tr>
<tr>
<td>Other unrelated physical</td>
<td>24</td>
</tr>
<tr>
<td>Bad tempered</td>
<td>9</td>
</tr>
<tr>
<td>Abstendolates</td>
<td>1</td>
</tr>
<tr>
<td>Self-hurting/attempting to commit suicide</td>
<td>7</td>
</tr>
<tr>
<td>Other</td>
<td>3</td>
</tr>
</tbody>
</table>
Question 7: When you feel stressed, do you try to solve the problem yourself?

Question 8: When you feel stressed, do you try to seek help from other people?

Question 9: Whom do you seek help from?

Question 10: How do you rate the effect of the method?
HONG KONG DIPLOMA OF SECONDARY EDUCATION

Independent Enquiry Study (IES) of Liberal Studies

Log

Important Note
Each student is required to record the whole process of the enquiry by using the log throughout the three stages. The completed full log should be submitted upon the submission of the final product. The work process in the table below shows the major steps of enquiry process by which students could make alternation to the steps to suit their need in practice.

School Name: ________________________________
Student Name: ________________________________
Class: ________________________________
Supervising teacher: ________________________________

Project Title and explanation:
Title: Are Teenagers Too stressed?
Explanation: The project tries to find out some common sources of pressure of Hong Kong teenagers from family, peer, academic studies and open examination etc and how teenagers react when they feel stressed.

Work Process

<table>
<thead>
<tr>
<th>Month/Year</th>
<th>Stage</th>
<th>General work process</th>
<th>Reflection on problems encountered, implications and solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>From</td>
<td>To</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
| Sep/20XX | April/20XX | One | Development of project proposal  
- Identify the issue for enquiry in consultation with the teacher  
- Study relevant information  
- Draft the enquiry plan | • Difficulties in identify the issue clearly and specifically. Thorough consideration should be made necessarily. Literature review should be done to help make clear of project objective. Enquiry plan is very important to monitor the whole process of the project; |

| May/20XX | Sep/20XX | Two | Design of the data collection method(s)  
- Identify the necessary primary and secondary sources of information  
- Confirm and design tools for collecting data  
Data collection  
- Collect and organize the data | • Basic knowledge of different research methods is required to choose the most suitable method for my project. There are also difficulties in promoting secondary school students to conduct the survey, matching the questions set with research objectives, ensuring that the survey is confidential, etc. So advices from teachers are very crucial to solve the problems. We should try different approaches, in order to get the best results. |

| Oct/20XX | Feb/20XX | Three | Data analysis  
- Analyze the data collected  
- Decide the mode of presentation  
Finalization of the final product  
- Develop the framework of the report  
- Present the findings and conclusions  
- Produce the final product with suitable means decided | • Analysis should follow the research objectives and hypothesis made before to ensure that the results are relevant to our research questions.  
- Presentation requires basic computer knowledge, so we should learn how to present with the help of different computer software, like PowerPoint. |

Student Signature: ________________________________
Final Product Submission Date: __________
Title: Are teenagers too stressed?

Stage II:

Marks: 5-6

Comments: This is a simple description of the rationales behind the methodology chosen and a fairly complete record of the data collected. The data are presented in an orderly manner in statistical diagrams. However, the design of the questionnaire prevents the collection of quantitative information for an effective and grounded analysis. Also, a more in-depth reflection, with an evaluation of the data collection process, is expected instead of a pedestrian description of feelings about the process.