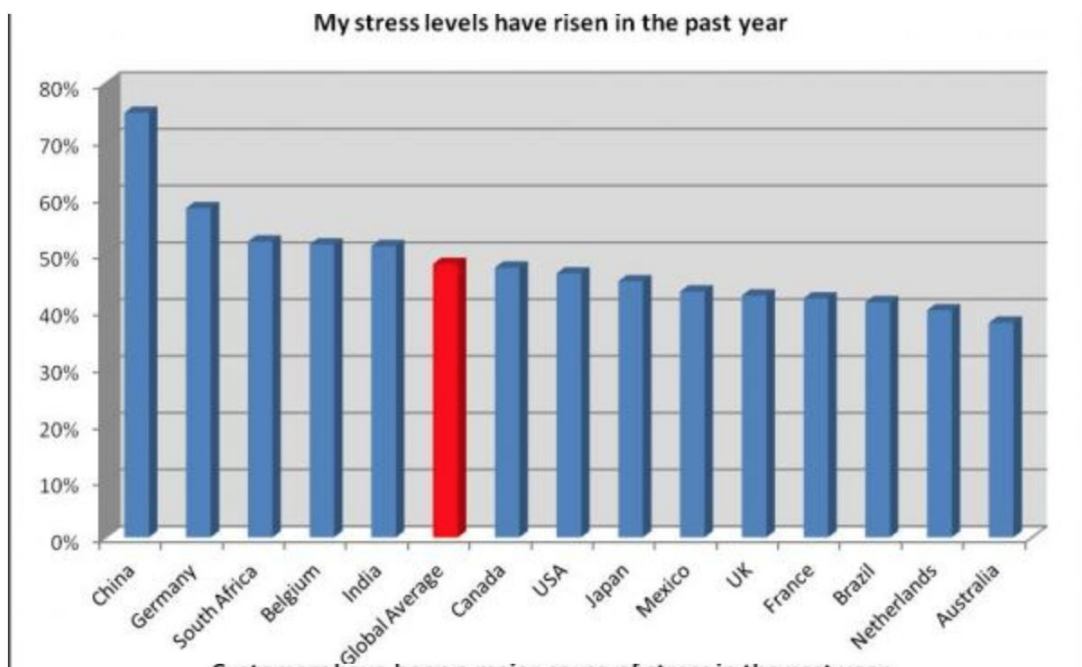


## Unit 2 & Unit 27 Documentary Report

## Overview:

The topic of my documentary is the stress that students in Hong Kong feel regarding their education, whether this be taking on the HKDSE, IB or BTEC programme. I will also look at the stress which are put on them by parents with stronger ideas about what their students pursue in higher education and what career paths they take. I believe that this is an important topic because it is becoming increasingly relevant and significant in society in Hong Kong as the issue becomes more of a problem and danger to student health. I feel that this topic may be sensitive, however I think this is a subject that needs to be brought to attention so that more people are aware of the issues. I will explore this by looking from three different perspectives, including students, parents and teachers, asking them various questions to try and get their thoughts. During this investigation, I will take a step back and look at the stress levels in Hong Kong in general, including stress from home and in the workforce, as well as look at the health implications that this anxiety has on people. My documentary will be an expository, in order to do this I will follow the common conventions of an expository documentary as I will conduct the documentary in the form of an interview as i will ask the participants questions and I will record their answer, during the interview



Here is a graph and it shows that stress levels in China have increased by more than 70% in the last year and this could be due to various different aspects for example work, monetary sta

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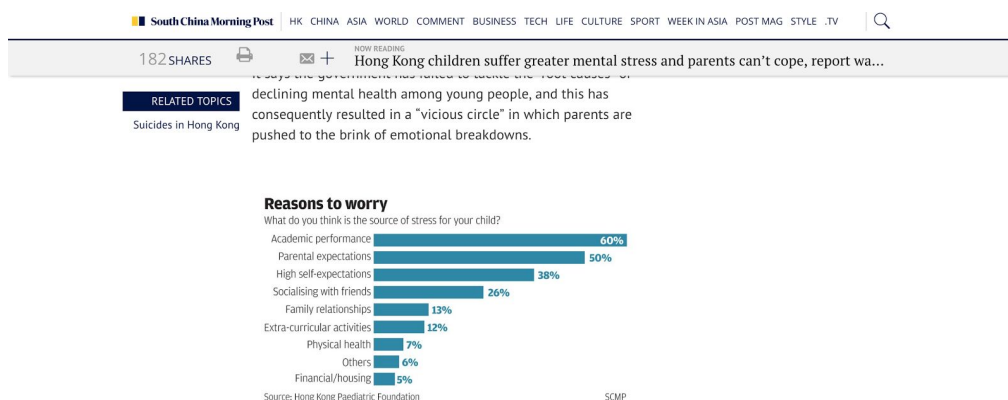


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The poll by Hok Yau Club, which interviewed about 1,700 students taking part in this year's Diploma of Secondary Education (DSE) examination, found that the average rating students gave for their stress level caused by the test was 7.12, which was 0.13 points and 0.29 points higher than the results for last year and two years ago respectively. Respondents were asked to grade their stress levels from 0 to 10, with the latter being the highest, meaning the pressure was too much to bear.

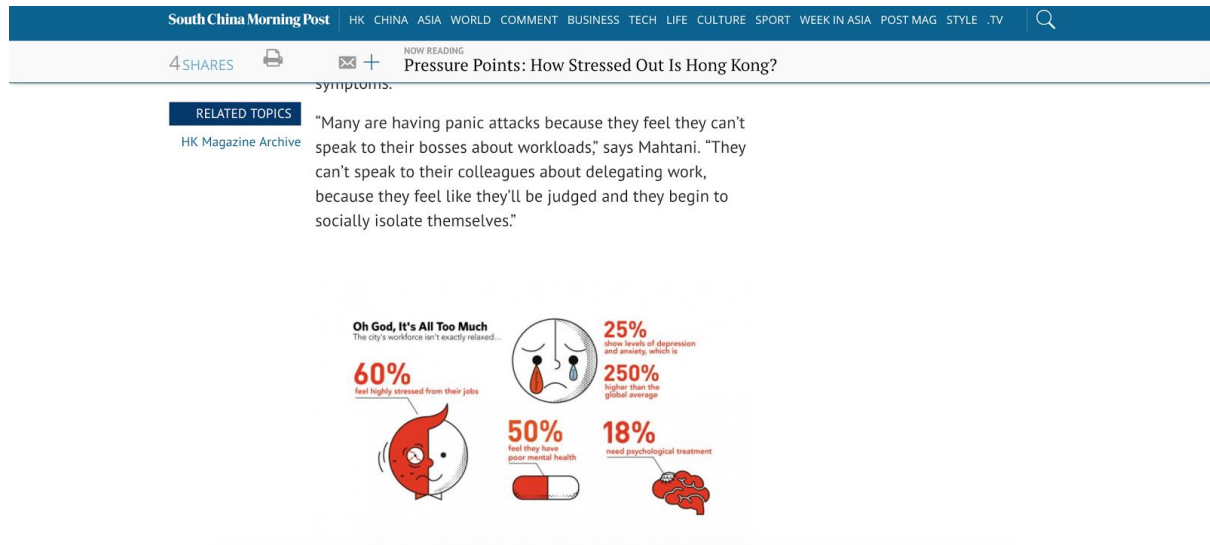
A total of **18** per cent of students indicated that their stress levels had hit the maximum of 10 points, up from 14 per cent last year.

Students taking the HKDSE have stress levels which reach a three-year high. Research shows that the main reasons are that they do not have enough time to prepare for exams and worry about career opportunities. Research shows that out of 10, students rated their stress levels an average of 7.12, and a total of 18% rated it a maximum of 10 which is an increase of 14% from last year. Furthermore stress is also caused by personal expectations. 40% of students also said that they had parental pressure put on them. Furthermore it also shows that there has been a growing trend in stress levels compared to the previous year.



This is research which has been conducted by the HK paediatric foundation which asked parents of HK teens

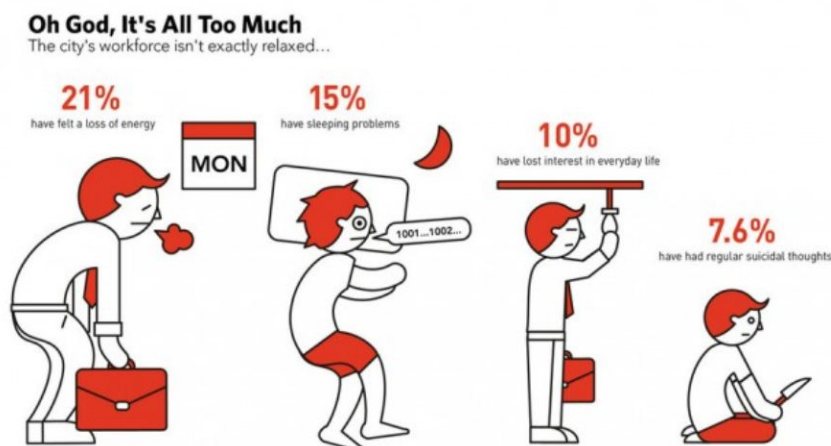
what they think is the main source of stress for their children. Many of them said that it was academic performance, and the second most common source is parental expectations. Furthermore it also shows that students have put high expectations for themselves.



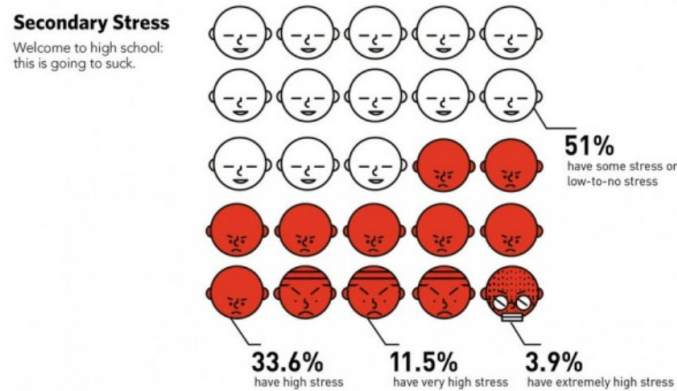
Here is another fact sheet, this discuss the sources of stress that are the most common for citizens of Hong Kong. The highest being 60% of the participants who said that the biggest sources of their stress comes from their Jobs.

Secondly 50% of the participants also felt that they did indeed have poor mental health, while 25% of the participants showed that they had levels of anxiety and depression this is more than 250% of the global average,.

Lastly it shows that 18% of the participants did in fact need psychological treatment.

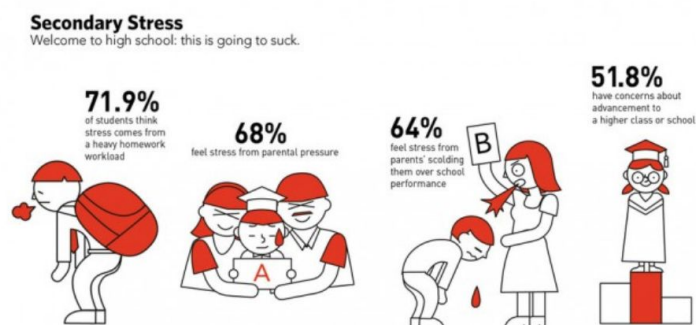


Here we have an image which discuss the effects of the stress on a working person. For example we see that 21% of the participants feel that they have a loss/lack of energy. Moreover 15% reported that they have sleeping problems. Also 10% of the participants have alarmingly said that they have a lack of interest in everyday life. While 7.6% have regular suicidal thoughts.



Here is another image this shows the stress levels that High School has among our participants.

Firstly we see that the majority 51% have little or no stress. However we see that 33.6% have high levels of stress. We also see that an alarming 11.5% have a very high level of stress while 3.9% have extremely high levels of stress.



In this image we see the sources of stress for a secondary school childrens, this is going to be the main topic of my documentary. We can see that 71.9% of the students feel that the stress is due to to the large homework load that they get, 68% said that also have parental pressure put on them, while 64% said that they have parents scolding them on their school performance while 51.8% said that they have concerns about higher education.

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**Keywords:** stress and suicide, suicide prevention strategies, suicide causes

In 2002-2004, more than 10% of HK people who died of suicide were 15-24 years old (fig. 1 in appendix). However, in 2002, nearly 80% of HK people who attempted suicide were 15-24 years old (fig. 2 in appendix). Suicide problem in adolescents in HK is serious. In this paper, I will firstly define some terms. Then I will discuss relationship between stress and suicide in theoretical aspect, other causes of suicide, stress and illness, good methods to reduce stress and finally suicide prevention methods.

This extract is from an essay titled Relationship between stress and suicide, according to the essay it shows that 10% of the people in Hk who died of suicide were of the the 15-24 age also 80% of the people who attempted suicide was also in the age gap.

## Relationship Between Stress & Suicide

Learning theorists focus largely on the lack of problem-solving skills for handling significant life stress. According to Shneidman (1985), those who attempt suicide wish to escape unbearable psychological pain and may perceive no other way out (Jeffrey S. N., et al., 2006: 281). If stress is too large or persists for a long period of time, the person will feel serious headache.

Social-cognitive theorists also focus on the potential modelling effects of observing suicidal behaviour in others, especially among teenagers who feel overwhelmed by academic and social stressors (Jeffrey S. N., et al., 2006: 281). In HK, teenagers face heavy stresses from school tests and examinations, especially Form 5 HK Certificate of Education Exams (HKCEE) and Form 7 HK Advanced Level Exams (HKALE). They worry that if they fail in HKCEE, they cannot further their studies in Form 6 and go to find careers. Similarly, Form 7 students also worry that if they fail in HKALE, they cannot study bachelor degrees directly in universities. Few students who fail in HKCEE and HKALE feel depressed and attempt suicide. Form 5, Form 7 or even university graduates also worry that they become unemployed because they have little or even no working experiences. If unemployment time is long, they will have economic stress and feel depressed. Few of them attempt suicide.

By the way, HK Federation of Youth Groups surveyed 1,500 candidates of HKCEE in 2010. If 10 marks represent the most stressful, 60% of the respondents gave 7 to 10 marks (very stressful to extreme stress). It is because HKCEE is the last time in 2010 as HKCEE and HKALE will be replaced by Diploma of Secondary Education Exam in 2012 in 3-3-4 education reform. If they fail in HKCEE in 2010, they have no confidence to repeat Form 5 as they face new 3-3-4 curriculum. Suicide rate may rise among HKCEE candidates in 2010, comparing with previous years of HKCEE candidates.

Here is another section from the essay, as we can see it shows that a lot of stress that students have originate academically more specifically to do well in test and examinations. This is because they feel that if they do not perform well in the HKCEE they are not able to further their studies, thus they feel that they are not able to get a good job in the future because they cannot get into University.



Once again a survey was conducted in which candidates were asked how stressed they are with 60% saying that they are between the 7-10 mark. Research also shows that the suicide rate may rise among students.

### **Script**

Hong Kong is a country located on the east of the Pearl River in East Asia. According to the SCMP, Hong Kong has ranked 75th on the list of the world's happiest country, this can be attributed to many different factors for example Hong Kong has the highest income gap in the Asia Pacific area. Furthermore Hong Kong has also ranked second of the list of the world's most expensive place to live. There is also a lot of stressed placed on students due to the high academic expectations put on them by their parents, peers or themselves, this is because many students believe that the only way to success in the future is through a university degree which they believe will help to earn them to earn a good job in the future. This is the main topic of my documentary as I would like to explore the stress which are put on students to pursue a University degree as well as the sources of stress. In this documentary I will ask 3 students, 3 teachers as well as the parents of the students about this topic to try and gain an insight and a first hand view.

### **Questions for Students:**

1. What is usually the main source of your stress, and what about it stresses you out?
2. What methods do you currently use to control your stress levels?
3. Do you think your teachers are aware of the stress levels that you have, and have they tried to help you in anyway?
4. Can you suggest 3 things that schools in HK can do to help reduce the stress levels for students?

### **Questions for Teachers:**

1. In your years of teaching, do you think that there has been an increase in stress on your students now compared to before?
2. Are you and the school actively trying to adjust the teaching style and curriculum to ease the stress on modern-day students? Can you elaborate on any examples?

3. Would you agree that Hong Kong's public school systems are more rigorous than private schools?
4. How do you think that the tough regulations of public schools affect students?
5. And do you think that this has a different effect on private school students? How?
6. Have you noticed any decrease in the quality of the work of students who are under more stress?

**Questions for Parents:**

1. Do you think that your child has been developing an increase in stress as he progresses in his education?
2. From what you observe, do you think your child is good at maintaining their stress?
3. Are there specific universities and/or courses that you would like your child to pursue?
4. Do you have a preference between the IB and the BTEC curriculum?
5. If given your way, what career would you like your child to have in the future?

Relationship between stress and suicide 6 June 2017

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