

South Tuen Mun Government Secondary School

Survey research objective

Understanding if students are having a stressful life and ways to improve it.

Q1 Do you feel stressful?" If no, go to Q \_

Why not?

Q2 How stressful are you now?

1 2 3 4 5 (least stressful=1, most stressful=5)

Q3 Have you done anything to release your stress?

Yes: \_\_\_\_\_ (How) No: \_\_\_\_\_ (Why)

Q4 What types of stress are you facing usually? (you may choose up to 3)

- |                            |                                 |
|----------------------------|---------------------------------|
| a) Too much homework       | f) Relationships: love/No BF/GF |
| b) studies issues/problems | g) Pressure from parents        |
| c) Peer pressure           | h) Pressure from teachers       |
| d) money issues            | i) Pressure from exams/tests    |
| e) No friends              | j) appearance: (self image)     |

Others: \_\_\_\_\_

Q5 How often do you feel stressful?

- a) Always (more than 7 times a week)
- b) Often (6 -4 times a week)
- c) Seldom (3-0 times a week)

Q5 How long have you been feeling stressful?

- a) over a year
- b) over a month
- c) over a week
- d) others: \_\_\_\_\_

Q6 What do you usually do whenever you feel stressful/ how do you handle stress?

(choose up to 3 options)

- a) ignore it
- b) eat
- c) sleep
- d) beat up someone
- e) watch TV
- f) play video game
- g) social media
- h) do sports
- i) others: \_\_\_\_\_

Q7 The stressful situation affect your

- a) health
- b) state of mind
- c) mood
- d) academic results
- e) attitude
- f) interpersonal relationship
- e) others: \_\_\_\_\_

Q8 Do you think stress can give you motivation, if yes, what kind of motivation?

a) study harder    b) do better    c) others: \_\_\_\_\_

Q9 Who will usually help you in a stressful situation?

a) social worker    b) parents    c) teachers    d) friends    e) Others: \_\_\_\_\_

Q10 Suggest ONE word to describe your school life: \_\_\_\_\_

Q11 What do you think the school can do to help students to release stress?

(Explain briefly)

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Q12 Which of the following ways can best reduce stress?

- a) rest more
- b) reduce the amount of homework given
- c) participate in more extra-curricular activities
- d) balance study and play time
- e) learn how to deal with stress
- f) Others: \_\_\_\_\_

Q13 Any other comments:

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Q What is your gender?    Male / Female

Q Which form are you from?    Secondary    1    2    3    4    5    6

Thank you for your time