

Press release (English version)

75% HK Youngsters are upset 95% feel the despair of others
Experiencing “Relational Engagement and Collaborative Learning”
enhances resilience under great pain

Research Summary:

Social discontent seems endless since the raise of the implementation of the Extradition law. Over a year, there are protests and conflicts everywhere in Hong Kong. Facing such a serious social issue, how do the youngsters feel? Breakthrough, a Youth Organization, has conducted a research, entitled “Extradition Law and Youth Mental Health”, to examine the relationship between the youth’s mental health and massive social discontent. Results show that 75% of youngsters are upset. However, 95% of the respondent experience companionship when they are in need and 92% of them experience the embrace from others. Such experience is entitled as “Relational Engagement and Collaborative Learning”, generating a positive psychological factor to enhance one’s resilience. The more often they experience “Relational Engagement and Collaborative Learning”, the higher degree of resilience they have. King Chan, Breakthrough’s Ministry and Research Department Manager, suggests that Hong Kong education systems should focus on collaborative learning and mutual appreciation to empower the youth in desperation.

The research has conducted from October to November 2019. Participants were randomly selected to complete the standardized questionnaire in the highly crowded streets. It had polled 542 youngsters aged 10 to 29, out of which 40.6% were male and 59.4% were female. The average age of them were 18.6, and 74.4% were full-time students.

Key findings:

1. Depressed: 75% HK Youngster feel upset They agree that Hong Kong is under crisis

The mean score of youth depression rate is 2.8 (out of 5), 75% of them states that they are upset. It reveals that there is a trend of mass depression in youth. Meanwhile, the mean score of degree of crisis of the implementation of the Extradition law is 6.9 (out of 10). 72.8% considered the crisis mainly causing by “weakening Hong Kong democracy, human rights and degree of freedom”. The results also show that crisis and depression is correlated. The more the youths perceive Hong Kong being in crisis, the higher degree of depression they have.

2. Optimistic: 95% feel the despair of others Experiencing “Relational Engagement and Collaborative Learning” enhances resilience

95% of youngsters feel the pain of others. They share the emotion of others and are willing to companion. Such kind of experience is known as “Relational Engagement and Collaborative Learning”. “Relational Engagement” refers to the emotion connection among people. 95% of respondents experience companionship when they are in need. “Collaborative Learning” refers to embracing differences and mutually learning among people. 95% of respondents will “generate ideas together to deal with obstacles, practice collective intelligence”. The results also show that there is a positive correlation between “Relational Engagement and Collaborative Learning” and resilience.

3. 94% of respondents are willing to contribute for Hong Kong Experiencing “Relational Engagement and Collaborative Learning” correlates to Hong Kong Identity Bonding

96% of respondents consider those who lived in Hong Kong as “*WE*”, Hongkongers. 94% of them stress their increasingly willingness to contribute for Hong Kong due to the growing bonding to this home city. The results also show that there is a strong correlation between HK Identity Bonding and experiencing “Relational Engagement and Collaborative Learning”. The more the youth experience “Relational Engagement and Collaborative Learning”, the more they are willing to contribute to Hong Kong.

Recommendations:

King Chan, Breakthrough’s Ministry and Research Department Manager, comments that the future of Hong Kong is full of uncertainties and to some extent, will be full of frustration. It is normal for people to lose faith and strength when encountering obstacles. According to the research results, HK Identity Bonding and the experience in “Relational Engagement and Collaborative Learning” can be a boost for youngsters to deal with difficulties. Hong Kong education system stresses on enhancing youth competitiveness. It may be the right time for us to reconsider this principle which unlikely helps the youngsters at this moment. Cultivate collaborative learning and mutual appreciation, which will be a key for youngsters to be more resilient to prepare for the worsening future.