



As principais fontes de tensão em que os jovens de Macau encaram os problemas académicos, interpessoais e sociais, são semelhantes à posição de Cantão e Hong Kong. Quanto ao nível educacional, em termos de Macau, verifica-se que os estudantes secundários apresentaram um pouco mais stresse de aprendizagem do que os do ensino superior, ao contrário, o stresse económico destes é significativamente maior do que os estudantes do ensino secundário. Acredito em que a situação acima relevada tem relação com o modelo único de educação de Macau, embora não exista nenhum exame uniforme nas escolas secundárias em Macau, o acesso ao ensino superior ainda é a expectativa da maioria dos pais. Além disso, a maioria dos requisitos mínimos para a entrada no mundo do trabalho tem de se ter pós-graduação de ensino médio até mesmo do complementar, por isso, a conclusão de ensino secundário naturalmente é a exigência mais básica dos pais e dos estudantes. Ao contrário, quanto à pós-graduação do ensino superior dos filhos, a exigência dos pais deles é relativamente baixa. Por outro lado, os cursos universitários e o horário escolar são mais flexíveis, assim como, os estudantes têm mais escolhas do curso, para isso, o stresse de aprendizagem destes pode ser um pouco mais avaliado do que os estudantes do ensino médio. No entanto, os estudantes universitários, por várias razões, têm de pagar as propinas caras e de comprar os livros, pagamento de comunicação e entretenimento. A procura de dinheiro por eles é muito alta quando comparada com os estudantes secundários, resultando no stresse económico daqueles.

2. Stresse no desenvolvimento da carreira é a dificuldade da maioria dos jovens:

O relatório revelou: os primeiros três níveis de stresse eram, respectivamente, stress do papel das expectativas, de desenvolvimento de carreira e de aprendizagem em relação aos estudantes secundários. Por outro lado, quanto aos estudantes universitários, 1. Stresse de desenvolvimento de carreira, 2. Stresse de aprendizagem, 3. Stresse económico. Provou-se que havia muitos jovens actuais (estudantes do ensino secundário e do universitário) que não estabelecem as metas e direcção claras no desenvolvimento da carreira, o que pode estar relacionado com o contexto social de Macau.

3. A diferença óbvia relacionada à maneira de aliviar o stresse juvenil entre Hong Kong, Macau e Cantão:

O relatório afirma: método de descompressão da maioria dos jovens em Cantão, Hong Kong e Macau é positiva e saudável, mas ainda uma parte deles adoptam as formas mais negativas para a liberação de tensão. Em geral, os meninos gostam mais de "praticar actividades físicas" para aliviar a tensão do que as meninas; Deve-se chamar atenção: a proporção de "abuso de medicamentos" dos meninos era cerca de duas vezes maior do que a das meninas. Tais redução ao stresse através do comportamento de jogar no computador e pela Internet, e dormir, a

proporção dos jovens de Hong Kong e de Macau mais do que de Cantão; Muito mais jovens de Cantão fazem desporto para aliviar o stresse; não pode ser ignorado: a proporção era mais alta entre as 3 regiões, através do comportamento de fumar ou beber álcool em Macau.

4. O estudo indica que as relações familiares dos jovens de Macau piorou, que o nível de stresse negativo é mais elevado. É mais óbvio do que em Hong Kong e em Cantão. 12 % de amostra dos estudantes do secundário têm relações conflituosas com membros da sua família, taxa obviamente mais elevada do que em Hong Kong (7,5%) e em Cantão (2,1%). Só menos de 30 % (27,2%) indicaram que têm uma relação estreita com seus familiares. Por isso, melhorar as relações familiares é visto nas acções focalizadas para melhorar o stresse dos jovens. Além disso, o estudo também apontou que o desempenho académico é pior e o stresse maior; com a situação económica familiar melhor, os estudantes sentem-se com stresse mais em baixo.

Atenção às acções educativas em saúde física, mental, espiritual, ensinar aos jovens como usar o método de descompressão adequada.

Relatou-se: há mais de 30000 mil pessoas que têm a estimativa preliminar dos distúrbios emocionais entre 150 milhões de jovens, a doença mental será um dos encargos de saúde nacionais no futuro. Portanto, reforçar a educação do conhecimento da saúde mental para apoiar a prevenção de doença mental e conhecer mais aprofundadamente problemas de comportamentos errados em adolescentes. Como promover o desenvolvimento saudável em relação à mente, corpo e espírito, eu acredito que os educadores e os pais precisam de prestar atenção aos seguintes aspectos:

Devemos primeiro compreender as principais fontes de stresse negativo dos jovens de Macau. Em segundo lugar, é importante ensinar aos adolescentes como estabelecer valores correctos da vida e enfrentar as dificuldades, bem como desenvolver as suas capacidades e confiança para compreender o que é o sentido de "sucesso", pode também desenvolver os hábitos de "sucesso". Finalmente, o desenvolvimento saudável em relação ao corpo, mente e espírito dos jovens, não só é da responsabilidade dos professores, mas também dos pais, dos meios de comunicação social e do Governo. Além da educação familiar e escolar, é preciso ter a mais ampla compreensão sobre o estado espiritual da juventude em Macau, a fim de realizar actividades educativas e tomar medidas preventivas.

Nota:

Caso os estudantes tenham problemas de pressão, podem contactar com os agentes de aconselhamento aos alunos ou o Centro de Apoio Psico-Pedagógico e Ensino Especial da DSEJ. Tel: 28401010.

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04 Concern over Macao Adolescents' Stress Management Crisis

A few months ago, a girl student in Macao committed suicide by jumping out from her apartment after an argument with her mother. Before that, a secondary school student was sitting still at the top of the building and looked like to attempt suicide because of emotional problems. It was lucky that people passed by and reported to the police. After the police's long persuasion, this student gave up his attempt to suicide. In fact, there was an upwards trend of suicide cases in Macao in recent years. It demonstrated that adolescents could not handle problems on their own when they encountered problems and stress, or it was just like what the media described: adolescents who were given birth after 80's belonged to the "Strawberry Group" who were weaker to bear stress. Last year there was a report which studied the stress situation and psychological adjustment of adolescents in Guangzhou, Hong Kong and Macao. This report might give some inspiring hints for the educational workers, parents and adolescents.

Although it is said that stress is a double-edged sword, we should not overlook adolescents' stress problem.

Psychology's definition of stress is: when people encounter events which they cannot control and are not familiar, the original balances in their physical bodies and psychological stimulus are broken. In general stress is divided into positive stress and negative stress. Stress of appropriate degree and at the right timing is

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motivation and driving power for people's works and improvement. But when people are under heavy stress for a long time, negative stress is formed which has adverse effects on their bodies and mind.

Modern society develops rapidly. The objective environment in which adolescents grow is changing at an unprecedented pace. The grown-up people feel that the stress is heavier than before, not to say the adolescents who are in the life development stage of "Crisis Time"! The increased psychological stress in the adolescents creates not only adverse effects on their own mind but also brings about a series of unhealthy social problems (school violence, stealing, drug abuse, medicine abuse and sex crime etc). Studies also find out that adolescent stage is the most dangerous stage in triggering health and mental problems. In fact if the psychological health of adolescents worsens, it is unhealthy to the long term development of their bodies and mind and also unhealthy to the promotion of citizen quality in Macao. Therefore, to regard highly psychological health problems of adolescents is also the important basis for building a harmonious society.

A study and analysis on the current situation of adolescents' stress in these three regions: Guangzhou, Hong Kong and Macao.

In the year 2008, The YMCA of Macao, Guangzhou City Youth League and Chinese YMCA of Hong Kong jointly carried out a one year investigation and study on the stress and psychology of adolescents in these three regions. The study was carried out by questionnaire. 456 secondary school students and 163 university students in Macao were interviewed. The writer tried to pinpoint the following several observations from this study which are worth our concern:

1. Sample from this study revealed that Macao adolescents felt the most of all stress as a whole; then followed by adolescents in Hong Kong and adolescents in Guangzhou who felt the least of stress.

Macao is the most densely populated among these three regions. Many studies found that there was definitely a connection between living space and resident's living stress. In this report it revealed that Macao adolescents suffered from higher level of stress. Again it made us understand that Macao this "Leisure City" was not actually as "leisure" as it was.

The main source of stress which Macao adolescents encountered came from study, interpersonal and social problems, same as the situation of adolescents in Guangzhou and Hong Kong. The report found that the study stress of Macao secondary school students was slightly higher than that of university students whilst the economic stress of university students was clearly higher than that of secondary school students. The writer believed that this was related to the specific further study module in Macao. Although there was no unified examination in Macao, going to university was still the expectation of parents of most students. In addition the lowest requirement for job entry was junior secondary school level or even senior secondary school graduation. Thus, it was the basic requirement of the majority of parents that students finish study in secondary school stage. On the contrary parents' requirements on their children were lower when they entered the stage of university. In addition the curriculum and class hours of university were more flexible and agile and students had more freedom in selecting curriculum. Therefore, the study stress felt by university students was slightly lower than that of secondary school students. Still, because of different reasons e.g. expensive school fee, fees for books and exercise books and monetary need for engaging in social functions, university students' need for money was much greater than that of secondary school students. All these made the economic stress of university students higher.

2. Most of the adolescents faced problem of career development stress:

This report listed out: the first three stress levels for secondary school students were role expectation stress, career development stress and learning stress. Whilst for university students the order was career development stress, with learning

stress and economic stress in the second and third places. It could be seen that most of the adolescents (whether they are university students or secondary school students) had not established a clear target or direction for their career development. This might be related to Macao's social background.

3. There was quite a difference in the ways of stress release among adolescents in Hong Kong, Macao and Guangzhou:

This report pointed out: most of the ways of stress release for adolescents in Guangzhou, Hong Kong and Macao were aggressive and healthy. Still some of them took a negative way of stress release. As a whole more boy students released stress through "sports", whilst more girl students released stress through "chatting with friends", "listening to music". It was worth our notice that there was twice the number of boy students compared to girl students who released stress through "medicine abuse". There were more adolescents in Hong Kong and Macao than Guangzhou who released stress by playing computer games, surfing on internet and sleeping. The proportion of adolescents in Guangzhou who released stress through sports was higher. It should not be overlooked that Macao had the highest proportion of adolescents among the three regions who released stress through "smoking" and "drinking".

4. This study pointed out that the worse the adolescents' relationship with their families, the higher the negative stress they would have. It was more obvious in Macao than in Hong Kong and Guangzhou.

12% of the sample revealed that students always had conflict with their family members. It was higher than Hong Kong (7.5%) and Guangzhou (2.1%). Less than 3% (27.2%) showed that they had close relationship with their family members. We could see that improving family relationship was an important job for improving adolescents' stress. Besides that, the study also pointed out that stress would be higher when the academic performance was poorer. Students whose family economic conditions were better would feel a lower level of stress.

To regard highly educational work for healthy mind, body and spirit of adolescents, teaching them to use appropriate ways of stress release.

It was reported that: it was estimated that among the 150 millions of adolescents in China, 30 millions of them suffered from emotional frustration. In future mental illness would be a heavy burden of national health care. Therefore the prevalent promotion of education to enhance knowledge of mental health to all people would help to prevent the mental illness of adolescents and get a more transparent understanding of the deviant behavior of different kinds of adolescents. In regards to the promotion of the healthy development of the mind, body and spirit of adolescents, the writer believed that educational workers and parents needed to pay attention to the following points:

Firstly, we needed to understand the main source of Macao adolescents' negative stress. Secondly, we needed to teach the adolescents how to establish correct living values. We needed to cultivate their ability and confidence when they were small, allowing them to understand the meaning of real "success" and built up the habit of "success". At last, the healthy development of adolescents' body, mind and spirit was the responsibilities of school teachers and was also the responsibilities of parents, social media and the government as well. Besides family education and school education, we needed to have a comprehensive understanding of the mental situation of Macao adolescents, so that we could carry out target educational work and take preventive measures.

Remarks:

If students encounter problems on stress, they may contact student counselors in schools or Centre of Psycho-pedagogical Support & Special Education, Education and Youth Affairs Bureau, Tel: 28401010

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