

Chapter 2

Physical and Mental Health



2.1 Physique and Physical Fitness

Table 2.1a: Shape Index Characteristics and Their Variations among Students Aged 13-18 (2000)

Age	Height (cm)		Weight (kg)		Bust (cm) (cm)		Sitting Height (cm)		Foot Length (cm)		Shoulder Width (cm)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
13	157.5 ± 8.4	155.2 ± 5.6	46.8 ± 10	45.9 ± 7.8	73.6 ± 7.1	74.7 ± 6.9	82.9 ± 4.6	82.5 ± 3.0	23.8 ± 1.3	22.6 ± 1.1	33.2 ± 2.6	32.6 ± 1.9
14	164.9 ± 6.7	157.5 ± 5.5	53.3 ± 10.8	47.0 ± 7.2	78.1 ± 7.4	75.6 ± 6.4	86.8 ± 3.7	84.7 ± 3.0	24.6 ± 1.2	22.6 ± 1.0	34.9 ± 2.3	33.1 ± 1.8
15	167.3 ± 5.8	156.5 ± 5.7	54.7 ± 9.7	49.3 ± 10.1	79.7 ± 6.7	77.9 ± 8.1	88.6 ± 3.3	84.3 ± 3.1	24.4 ± 1.2	22.3 ± 1.0	36.1 ± 2.1	33.2 ± 2.0
16	169.3 ± 5.4	157.1 ± 4.7	57.9 ± 9.6	49.4 ± 7.6	81.9 ± 6.5	77.8 ± 6.4	84.7 ± 2.7	84.7 ± 2.7	24.6 ± 1.1	22.4 ± 0.9	36.7 ± 2.0	33.3 ± 1.8
17	171.2 ± 5.8	157.8 ± 5.3	61.4 ± 10.9	49.9 ± 9.1	84.5 ± 6.9	77.8 ± 7.1	85.0 ± 2.7	85.0 ± 2.7	24.8 ± 1.1	22.4 ± 1.1	37.9 ± 2.0	33.1 ± 1.9
18	170.6 ± 5.5	157.1 ± 5.0	62.0 ± 11.9	50.0 ± 7.6	85.6 ± 7.7	78.2 ± 6.2	84.8 ± 2.3	84.8 ± 2.3	24.7 ± 1.0	22.4 ± 1.0	38.1 ± 1.8	33.8 ± 1.7

Source: Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, pp. 4 & 5.

Table 2.1a (Cont'd): Shape Index Characteristics and Their Variations among Students Aged 13-18 (2000)

Age	Pelvic Width (cm)		Upper Arm Sebum (mm)		Shoulder Sebum (mm)		Keel Sebum (mm)		Calf Sebum (mm)	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
13	23.7 ± 1.8	24.7 ± 1.9	11.1 ± 4.8	14.3 ± 4.5	10.4 ± 5.2	12.9 ± 5.2	12.4 ± 7.6	15.5 ± 6.5	10.8 ± 4.3	15.3 ± 4.7
14	25.4 ± 2.0	25.1 ± 1.9	10.8 ± 5.9	14.4 ± 4.1	11.1 ± 6.7	12.8 ± 4.7	13.2 ± 9.2	16.0 ± 6.0	10.6 ± 5.3	15.4 ± 5.0
15	25.6 ± 1.8	25.2 ± 2.6	9.7 ± 4.9	15.8 ± 4.8	10.2 ± 4.1	14.4 ± 6.3	11.8 ± 8.0	17.0 ± 7.1	9.1 ± 4.8	16.5 ± 6.1
16	25.9 ± 1.5	25.3 ± 2.1	9.8 ± 3.9	15.6 ± 4.1	10.5 ± 4.5	14.7 ± 5.0	11.8 ± 7.4	16.7 ± 5.4	8.7 ± 3.8	16.0 ± 4.9
17	26.2 ± 2.0	25.7 ± 1.9	9.7 ± 4.1	16.3 ± 4.7	11.6 ± 5.5	15.1 ± 5.3	12.7 ± 7.5	16.8 ± 5.4	8.1 ± 3.4	15.6 ± 4.4
18	26.2 ± 1.7	25.3 ± 1.8	10.0 ± 5.1	15.8 ± 4.6	12.5 ± 6.2	15.2 ± 5.2	13.0 ± 8.2	15.9 ± 5.4	8.1 ± 4.0	15.8 ± 4.7

Source: Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, pp. 4 & 5.

The average height of girls in the 16 age group is 157cm, which differs only slightly from the maximum standard average height for girls. The average height of boys in the 17 age group is 171cm, which conforms to the maximum standard average height for boys. From age 12 onwards, the average height of boys in each age group progressively exceeds that of girls. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.3)

Normally, the weight of young boys increases 4-5kg per year, but in this survey, the weight of the 14 age group is 8.5kg higher than that of the 13 age group, indicating an abrupt surge in weight during this one-year period. The weight of teenage girls in general increases at a rate of 3-4kg per year, and from age 15 onwards, the rate of increase clearly slows down. From age 15 to 18, the average weight increase per year for girls is just 0.7kg. The average weight of boys in the 18 age group is the highest among all age groups, and the average weight of girls peaks in the 17 age group. From age 13 onwards, the average weight of boys progressively exceeds that of girls. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.3)

The average thickness of sebum for girls reaches its peak in the 17 age group. From age 13 onwards, the thickness of sebum of girls is significantly greater than that of boys of the same age, and with the increase in age, the sebum of girls continues to grow thicker, while boys' sebum tends to grow thinner with age. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.3 & 4)

The average chest measure of the 18 age group is higher than that of any other age groups. From age 14 onwards, the average chest measure of boys progressively exceeds that of girls. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.4)

Table 2.1b: Function Test Results for Students Aged 13-18 (2000)

Age	Heart Rate (b/min)		Systolic Pressure (mmHg)		Diastolic Pressure (mmHg)		Vital Capacity (ml)		Vital Capacity Height	
	Male	Female	Male	Female	Male	Female	Male	Female	Male	Female
13	88 ± 14	90 ± 14	113 ± 14	108 ± 10	68 ± 9	68 ± 8	2449 ± 578	2019 ± 491	15.47 ± 3.21	12.99 ± 3.06
14	89 ± 14	90 ± 12	120 ± 12	111 ± 12	73 ± 9	70 ± 8	2876 ± 645	2082 ± 491	17.39 ± 3.61	13.21 ± 3.01
15	84 ± 14	88 ± 12	120 ± 13	112 ± 12	71 ± 9	71 ± 8	2912 ± 603	2150 ± 522	17.38 ± 3.44	13.71 ± 3.19
16	83 ± 12	86 ± 13	122 ± 15	110 ± 12	72 ± 10	70 ± 9	3135 ± 699	2229 ± 524	18.50 ± 3.99	14.17 ± 3.20
17	83 ± 13	86 ± 13	122 ± 15	110 ± 11	73 ± 9	69 ± 8	3387 ± 768	2146 ± 505	19.76 ± 4.26	13.59 ± 3.09
18	81 ± 11	85 ± 13	122 ± 15	110 ± 12	74 ± 9	70 ± 10	3637 ± 680	2210 ± 494	21.29 ± 3.76	14.05 ± 3.02

Source: Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.10.

Table 2.1b (cont'd): Function Test Results for Students Aged 13-18 (2000)

Age	Right Eye Vision		Left Eye Vision	
	Male	Female	Male	Female
13	4.7 ± 0.4	4.6 ± 0.4	4.7 ± 0.4	4.6 ± 0.4
14	4.7 ± 0.4	4.6 ± 0.4	4.7 ± 0.4	4.6 ± 0.4
15	4.6 ± 0.4	4.6 ± 0.5	4.7 ± 0.4	4.6 ± 0.5
16	4.6 ± 0.4	4.6 ± 0.4	4.6 ± 0.4	4.6 ± 0.4
17	4.7 ± 0.4	4.6 ± 0.4	4.7 ± 0.4	4.6 ± 0.4
18	4.7 ± 0.4	4.7 ± 0.4	4.7 ± 0.4	4.7 ± 0.4

Source: Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.11.

As age increases, the average heart rate (beats per minute) of both boys and girls gradually decreases. The average heart rate is the lowest for the 18 age group. For boys as well as for girls, both the diastolic and systolic pressures gradually increase with age, and the average for both of these pressures peak in the 18 age group. There is no significant difference in diastolic pressure between boys and girls, whilst from age 12 onwards, the systolic pressure of boys progressively exceeds that of girls. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.9)

As the students grow up, their vital capacity gradually increases. This is the case for both boys and girls. The vital capacity of the 18 age group is higher than that recorded by any other age group. From age 9 onwards, the vital capacity of boys progressively exceeds that of girls, and the gap gradually widens as age increases. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.9)

The average vision indices of Macao students are lower than the normal value of 5.0 across all age groups. This is the case for both sexes, 49.14% of the boys and 52.43% of the girls have their vision indices of both eyes lower than 5.0. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.10)

Table 2.1c: Quality Test Results for Students Aged 13-18 (2000)

Age	Long-distance Run (sec)		Sprint (sec)		Back Muscle Strength (kg)		Grips Strength (kg)	
	Male	Female	Male	Female	Male	Female	Male	Female
13	505 ± 83	386 ± 63	8.9 ± 0.7	10.1 ± 0.9	64.1 ± 18.6	48.0 ± 11.9	24.3 ± 6.2	21.2 ± 3.6
14	482 ± 97	379 ± 55	8.5 ± 0.8	10.0 ± 0.9	73.8 ± 18.7	48.6 ± 11.2	29.1 ± 5.5	20.8 ± 3.1
15	480 ± 86	386 ± 61	8.3 ± 0.9	10.0 ± 1.0	81.5 ± 18.8	49.3 ± 12.6	31.9 ± 6.4	21.3 ± 3.5
16	458 ± 92	387 ± 68	8.0 ± 0.8	10.0 ± 0.9	87.1 ± 19.5	48.8 ± 12.3	34.3 ± 5.7	22.2 ± 3.6
17	457 ± 90	389 ± 59	8.2 ± 1.1	10.0 ± 1.0	96.0 ± 20.5	51.9 ± 13.7	36.6 ± 5.9	22.2 ± 3.7
18	483 ± 101	402 ± 87	8.2 ± 1.0	9.8 ± 0.8	100.4 ± 18.0	54.2 ± 12.8	37.3 ± 5.6	23.8 ± 4.1

Source: Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, pp.12 & 13.

Table 2.1c (cont'd): Quality Test Results for Students Aged 13-18 (2000)

Age	Sit and Reach (cm)		Pull-up (times)		Sit-up (times)	
	Male	Female	Male	Female	Male	Female
13	2.1 ± 6.4	4.5 ± 7.2	2 ± 4	1 ± 2	29 ± 7	23 ± 7
14	3.2 ± 6.3	5.8 ± 7.1	2 ± 3	1 ± 2	32 ± 7	22 ± 7
15	4.5 ± 7.9	6.4 ± 7.4	3 ± 4	1 ± 2	32 ± 7	22 ± 7
16	5.4 ± 8.2	6.6 ± 7.3	3 ± 4	1 ± 2	34 ± 8	24 ± 8
17	5.9 ± 7.1	7.2 ± 8.0	3 ± 3	1 ± 2	33 ± 10	22 ± 8
18	4.8 ± 8.1	9.1 ± 7.2	4 ± 3	2 ± 3	35 ± 9	26 ± 8

Source: Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.13.

As age increases, the average time for boys to finish a 50m run gradually increases, with the best time recorded by the 16 age group. In the case of girls, the best time for 50m run is achieved at aged 13, and performance in this respect does not improve significantly in the run up to aged 18. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.11)

For the 1500m track event, the average performance for boys reaches its peak in the 16 and 17 age groups. The average performance of girls aged 12 in 1000m stamina run is significantly better than those of the other age groups 13 to 18. The stamina of girls shows the tendency to decrease with age. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.11 & 12)

The strength of boys gradually increases with age. Male student's back muscle strength and grip strength both reach their peaks at the age of 18. The back muscle strength and grip strength of girls also increase with age. (Ning Zi Heng, Sun Cheng Gang, Zhai Qun, 2001, p.12)

2.2 Average Sleeping Time

Table 2.2a: Daily Work and Rest Routine of Young Respondents by Sex (2004)

Work and Rest Routine	Average No. Of Hours		
	Male (524)	Female (575)	Both Sexes (1112) ⁽¹⁾
Sleeping Time	6 hours 57 minutes	6 hours 57 minutes	6 hours 57 minutes
Working Time	3 hours 31 minutes	2 hours 57 minutes	3 hours 14 minutes
Study Time	5 hours 17 minutes	5 hours 36 minutes	5 hours 27 minutes
Leisure Time	3 hours 47 minutes	3 hours 34 minutes	3 hours 40 minutes

Source: Education and Youth Affairs Bureau, 2004, pp.11 & 12.

Note: (1) Total number of respondents is 1,112, including 13 of unidentified sex.

(2) All respondents are youths aged between 13 and 29.

Table 2.2b: Daily Sleeping Time of Young Respondents by Age (2004)

Age	< 1 hour		2-3 hours		4-5 hours		6-7 hours		8-9 hours		10 hours		Total Number in Age Group	Average Sleeping Time
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%		
13	-	-	-	-	6	10.0	16	26.7	33	55.0	5	8.3	60	7.78
14	-	-	-	-	5	5.8	31	33.3	50	53.8	7	7.5	93	7.77
15	-	-	1	0.9	5	4.7	61	57.5	32	30.2	7	6.6	106	7.24
16	-	-	-	-	16	13.4	57	47.9	39	32.8	7	5.9	119	7.12
17	-	-	-	-	12	10.6	73	64.6	24	21.2	4	3.5	113	6.85
18	1	1.1	1	1.1	9	9.5	61	64.2	20	21.1	3	3.2	95	6.73
19	-	-	1	1.2	14	17.3	45	55.6	19	23.5	2	2.5	81	6.65
20	-	-	1	1.1	17	19.1	46	51.7	23	25.8	2	2.2	89	6.66
21	-	-	-	-	9	17.0	34	64.2	8	15.1	2	3.8	53	6.61
22	-	-	-	-	8	19.0	21	50.0	12	28.6	1	2.4	42	6.79
23	1	2.6	-	-	4	10.3	27	69.2	7	18.0	-	-	39	6.49
24	-	-	-	-	9	24.3	21	53.8	5	12.8	2	5.4	37	6.50
25	-	-	-	-	9	17.6	29	56.9	10	19.6	3	5.9	51	6.77
26	-	-	-	-	2	6.3	23	71.9	7	21.9	-	-	32	6.81
27	-	-	-	-	4	14.3	17	60.7	6	21.4	1	3.6	28	6.79
28	-	-	-	-	3	10.7	18	64.3	7	25.0	-	-	28	6.79
29	-	-	1	2.2	9	19.7	26	56.5	10	21.7	-	-	46	7.02
Total	2	0.2	5	0.4	141	12.7	606	54.5	312	28.1	46	4.1	1112	6.95

Source: Education and Youth Affairs Bureau, 2004, pp.11 & 12.

The average sleeping time per day for all young people interviewed is 6 hours 57 minutes. The difference in average sleeping time between male and female is not significant. For the 13 and 14 age groups, the majority sleeps 8 to 9 hours each day, and the average sleeping times for these two groups are also the highest across all age groups, being 7 hours 47 minutes and 7 hours 46 minutes respectively. For those respondents who are aged 15-29, the majority sleep 6 to 7 hours each day, whilst the following three age groups report the lowest average sleeping times: age 23 (6 hours 30 minutes), age 24 (6 hours 30 minutes) and age 21 (6 hours 37 minutes).

2.3 Smoking and Drinking Habits

Table 2.3a: Smoking Habit (2004)

(N=992)

Status	Percentage
Non-Smoking	89.2
Smoking	10.8
Total	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.10.

Note: (1) All respondents are youths aged between 13 and 29.

In a recent survey on smoking habits among young people, 89.2% of the respondents claimed that they do not smoke, whilst 10.8% said they do. (Penny Y.Y. Chan, 2004 (a), p.10)

Table 2.3b: Relationship Between Age and Smoking Habit (2004)

%(N=992)

		Age of Respondents (13-21)								
		13	14	15	16	17	18	19	20	21
Smoking Status	No	99.0	96.2	99.0	93.3	90.9	86.6	92.9	82.5	81.4
	Yes	1.0	3.8	1.0	6.7	9.1	13.4	7.1	17.5	18.6
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Age of Respondents (22-29)								
		22	23	24	25	26	27	28	29	
Smoking Status	No	78.3	78.4	68.2	71.0	82.4	81.5	82.1	75.6	
	Yes	21.7	21.6	31.8	29.0	17.6	18.5	17.9	24.4	
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	
P=0.000										

Source: Penny Y.Y. Chan, 2004 (a), p.11.

Note: (1) All respondents are youths aged between 13 and 29.

The younger the respondents, the lower the proportion of smokers. In the 13 age group, only 1.0% of the respondents are smokers whilst 99.0% do not smoke. (Penny Y.Y. Chan, 2004 (a), p.11)

Table 2.3c: Relationship Between Sex and Smoking Habit (2004)

% (N=992)

		Sex of Respondents	
		Male	Female
Smoking Status	No	83.7	94.6
	Yes	16.3	5.4
Total		100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.11.

Note: (1) All respondents are youths aged between 13 and 29.

Among the respondents, there were more male than female smokers. Of the male respondents, 16.3% smoked, whilst only 5.4% of the female respondents smoked. (Penny Y.Y. Chan, 2004 (a), p.11)

Table 2.3d: Weekly Consumption of Cigarettes (2004)

(N=107)

No. Of packs	Percentage	%
< 1		10.3
1		16.8
2		16.8
3		14.0
4		9.3
5		3.7
6		1.9
7		19.6
8		1.9
9		0.9
10		2.8
11		0.9
12		0.9
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), pp.12 & 13.

Note: (1) All respondents are youths aged between 13 and 29.

Among all smoking respondents (10.8% of all interviewed), 19.6% said they smoked 7 packs of cigarettes per week; those who smoked 1 pack and 2 packs per week accounted for 16.8% each, whilst 10.3% smoked less than 1 pack per week. However, 0.9% claimed they smoked 12 packs per week. (Penny Y.Y. Chan, 2004 (a), p.12)

Table 2.3e: Age at which First Started Smoking (2004)

(N=107)

Age	Percentage	%
8		1.9
10		2.8
11		4.7
12		3.7
13		15.9
14		15.0
15		11.2
16		8.4
17		8.4
18		9.3
19		4.7
20		8.4
21		0.9
22		0.9
23		0.9
24		0.9
25		1.9
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), pp.13 & 14.

Note: (1) All respondents are youths aged between 13 and 29.

Among all smoking respondents (10.8% of all interviewed), 30.9% started smoking at the age of 13 to 14, 11.2% first smoked at the age of 15. 1.9% claimed that they started to pick up the habit at as young as 8. (Penny Y.Y. Chan, 2004 (a), p.13)

Table 2.3f: Reasons for Smoking (2004)

(N=107)

Reason	Percentage	%
Out of Curiosity		23.4
Just for Fun		13.1
Feeling Bored		23.4
Peer Encouragement		15.9
To Gain Peer Acceptance		1.9
To Look More Mature		0.9
Others		30.8

Source: Penny Y.Y. Chan, 2004 (a), p.15.

Note: (1) All respondents are youths aged between 13 and 29.

Of all the smoking respondents, 23.4% said they smoked simply out of curiosity. The same percentage of young people claimed that smoking relieved them of boredom. Another most quoted reason was peer encouragement (15.9%). 13.1% of the smoking young people said that they thought it was fun. 30.8% cited various other reasons for smoking. (Penny Y.Y. Chan, 2004 (a), p.14)

Table 2.3g: Perception of Effects of Smoking on Health (2004)

(N=992)

Perception	Percentage	%
Smoking Has Negative Impact on Health		94.4
Smoking Has Positive Impact on Health		1.6
Smoking Has No Impact on Health		4.0
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), p.16).

Note: (1) All respondents are youths aged between 13 and 29.

Analysis of young people's perception of effects of smoking on health shows that more than 9 out of 10 (94.4%) of the respondents think smoking does have negative impact on health, 1.6% think it has positive effect, and 4.0% think it has no effect whatsoever on health. (Penny Y.Y. Chan, 2004 (a), p.16)

Table 2.3h: Consumption of Alcoholic Beverages (2004)

(N=992)

Status	Percentage	%
Non-Consumer		62.4
Consumer		37.6
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), p.17.

Note: (1) All respondents are youths aged between 13 and 29.

62.4% of the respondents said they do not consume any alcoholic beverages, whilst 37.6% said they do. (Penny Y.Y. Chan, 2004 (a), p.17)

Table 2.3i: Relationship between Age and Consumption of Alcoholic Beverages (2004)

%

		Age of Respondents (13-21)								
		13	14	15	16	17	18	19	20	21
Consume Alcoholic Beverages	No	99.0	96.2	99.0	93.3	90.9	86.6	92.9	82.5	81.4
	Yes	1.0	3.8	1.0	6.7	9.1	13.4	7.1	17.5	18.6
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
		Age of Respondents (22-29)								
		22	23	24	25	26	27	28	29	
Consume Alcoholic Beverages	No	78.3	78.4	68.2	71.0	82.4	81.5	82.1	75.6	
	Yes	21.7	21.6	31.8	29.0	17.6	18.5	17.9	24.4	
Total		100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	

Source: Penny Y.Y. Chan, 2004 (a), p.18.

Note: (1) All respondents are youths aged between 13 and 29.

The younger the respondents are the lower the proportion of alcohol drinkers is. In the 13 age group, only 1.0% consume alcoholic beverages, 99.0% do not have any drinking habit. (Penny Y.Y. Chan, 2004 (a), p.18)

Table 2.3j: Relationship between Sex and Consumption of Alcoholic Beverages (2004)

%(N=992)

		Sex of Respondents	
		Male	Female
Consume Alcoholic Beverages	No	55.7	69.0
	Yes	44.3	31.0
Total		100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.19.

Note: (1) All respondents are youths aged between 13 and 29.

Among the respondents, male alcoholic drinkers outnumbered female drinkers. Among the male respondents, 44.3% said they consume alcoholic beverages, while only 31.0% of the total female respondents said they have a drinking habit. (Penny Y.Y. Chan, 2004 (a), p.18)

Table 2.3k: Average Weekly Consumption of Alcoholic Beverages (2004)

(N=373)

Frequency	Percentage	%
< 1		5.0
1		32.7
2		6.2
3		2.9
4		1.3
5		0.3
7		1.6
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), p.20.

Note: (1) All respondents are youths aged between 13 and 29.

Amongst all alcohol-drinking respondents (made up 37.6% of all those interviewed), 32.7% said they drink alcoholic beverages once a week, whilst 6.2% said they drink twice a week. 5.0% said they don't drink at all for an entire week. However, there was also 1.6% who said they on average drink 7 times a week. (Penny Y.Y. Chan, 2004 (a), p.20)

Table 2.3I: Age at Which Youngsters First Started Consumption of Alcoholic Beverages (2004)

(N=373)

Age	Percentage	%
3		0.3
4		0.5
5		0.3
6		1.1
7		0.6
8		0.3
9		1.1
10		5.6
11		2.1
12		9.1
13		8.6
14		12.1
15		13.1
16		14.5
17		9.1
18		8.6
19		1.6
20		5.4
21		0.8
22		0.8
23		0.8
24		0.5
25		0.5
27		0.3
28		0.3
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), p. 21.

Note: (1) All respondents are youths aged between 13 and 29.

Amongst all the alcohol-drinking respondents, 39.7% first tasted alcoholic beverages at the age of 14 to 16. Those who started drinking between age 12-13 and 17-18 each made up 17.7% of the entire group. However, 1.1% said they started drinking at the very young age of 3-5. (Penny Y.Y. Chan (a), 2004, p.21)

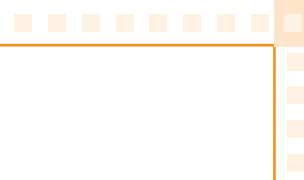


Table 2.3m: Reasons for Consumption of Alcoholic Beverages (2004)

(N=373)

Reason	Percentage	%
Out of Curiosity		15.8
Just for Fun		19.3
Feeling Bored		4.3
Peer Encouragement		16.4
To Gain Peer Acceptance		4.3
To Look More Mature		0.8
Others		44.2

Source: Penny Y.Y. Chan, 2004 (a), p.23.

Note: (1) All respondents are youths aged between 13 and 29.

Among all the alcohol-drinking respondents, 19.3% said they drink out of curiosity. The second most popular reason cited for drinking was peer encouragement (16.4%). 15.8% said they drink because of fun, and 44.2% drink alcohol for various other reasons. (Penny Y.Y. Chan, 2004 (a), p.23)

Table 2.3n: Perception of Effects of Drinking on Health (2004)

(N=992)

Perception	Percentage	%
Drinking Has Negative Impact on Health		72.7
Drinking Has Positive Impact on Health		3.4
Drinking Has No Impact on Health		23.9
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), p.24.

Note: (1) All respondents are youths aged between 13 and 29.

Analysis of the respondent's perception of effects of alcohol on health shows that more than 7 out of 10 (72.7%) think it has negative impact on health, 3.4% think it has positive impact, whilst 23.9% think it has no effect whatsoever on health. (Penny Y.Y. Chan, 2004 (a), p.24)

2.4 Interpersonal Relationship

Table 2.4a: Communication With Family Members – General (2004)

% (N=992)

Method of Communication Frequency	Talks Face-to-face / Does Things Together	By ICQ/email	Writes Letter	By Voicemail/ Telephone/ SMS
Not at all	1.4	88.0	93.0	31.5
Rarely	6.4	3.1	3.5	6.9
Only Occasionally	17.2	2.2	1.6	19.1
Moderately	27.5	4.0	1.2	21.2
Frequently	39.7	2.3	0.5	18.9
Very Frequently	7.8	0.3	0.1	2.6
Total	100.0	100.0	100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p. 27.

Note: (1) All respondents are youths aged between 13 and 29.

When asked how often they talk face-to-face or do things together with family members, 39.7% of the respondents said “frequently”, 27.5% said “moderately”, and 17.2% said “only occasionally”. On using ICQ/ email to communicate with family members, 88% said “not at all”, and the next popular answer was “moderately” (4.0%). On writing letters to family members, more than 9 out of 10 (93%) said “not at all”, whilst only 0.1% said “very frequently”. On using voicemail/telephone/SMS as communication method, 31.5% said “not at all”, 21.2% said “moderately”, and those who said “frequently” or “very frequently” made up 18.9% and 2.6% of the total respectively. (Penny Y.Y. Chan, 2004 (a), p.26)

Table 2.4b: Communication With Family Members — Frequency Per Week

%(N=992)

Method of Communication \ Frequency	Talks Face-to-face / Does Things Together	By ICQ/email	Writes Letter	By Voicemail/ Telephone/ SMS
0 time	8.3	26.1	61.4	9.1
1-10 times	66.9	63.9	35.7	74.4
11-20 times	14.2	6.7	2.9	12.1
21 times	10.6	3.4	---	4.4
Total	100.0	100.0	100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.28.

Note: (1) All respondents are youths aged between 13 and 29.

66.9% of the respondents said on average they talk face-to-face or do things together with family members 1-10 times per week, and 14.2% said they do so 11-20 times per week. For those who use ICQ/email to communicate with family members, 63.9% said they do so on average 1-10 times per week, and 26.1% said they do so less than once a week on average. For those who write letters to communicate, 61.4% said they do so less than once a week on average, 35.7% said they do so 1-10 times per week on average. For those who use voicemail/telephone/SMS as means of communication, 74.4% said they do so 1-10 times per week on average, 12.1% said 11-20 times per week on average, and there was also 4.4% who said they do so as much as 21 times or more per week on average. (Penny Y.Y. Chan, 2004 (a), p.27)

Table 2.4c: Evaluation of Relationship with Family Members (2004)

(N=992)

Evaluation	Percentage	%
Very Poor		0.4
Poor		2.4
Average		30.8
Good		53.5
Excellent		12.8
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), p.28.

Note: (1) All respondents are youths aged between 13 and 29.

53.5% of the respondents said their relationship with family members is “good”, 30.8% said just “average”, while 12.8% said “excellent”. (Penny Y.Y. Chan (a), 2004, p.28)

Table 2.4d: Communication with Schoolmates/Colleagues (2004)

%(N=992)

Method of Communication \ Frequency	Talks Face-to-face / Does Things Together	By ICQ/email	Writes Letter	By Voicemail/ Telephone/ SMS
Not at all	2.2	37.2	88.3	9.8
Rarely	3.9	3.3	5.5	3.5
Only Occasionally	11.9	12.1	3.2	14.5
Moderately	21.3	18.4	2.0	27.8
Frequently	49.5	24.4	0.9	36.4
Very Frequently	11.2	4.5	/	8.0
Total	100.0	100.0	100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.30.

Note: (1) All respondents are youths aged between 13 and 29.

49.5% of the respondents said they “frequently” talk face-to-face and do things together with schoolmates/colleagues, whilst 21.3% said they do so “moderately”, and 11.9% said just “occasionally”. On using ICQ/email to communicate, 37.2% said “not at all”, and the next popular answer was “frequently” (24.4%). On writing letters, more than 8 out of 10 (88.3%) said “not at all”, and only 0.9% said “frequently”. On using voicemail/telephone/SMS as means of communication, 36.4% said “frequently”, 27.8% said “moderately”, and those who said “occasionally” or “not at all” made up 14.5% and 9.8% of total respectively. (Penny Y.Y. Chan, 2004 (a), p.29)

Table 2.4e: Communication With Schoolmates/ Colleagues – Frequency Per Week (2004)

%(N=992)

Method of Communication \ Frequency	Talks Face-to-face / Does Things Together	By ICQ/email	Writes Letter	By Voicemail/ Telephone/ SMS
0	10.4	8.7	67.2	6.0
1-10 times	68.1	71.7	31.9	67.6
11-20 times	12.9	13.3	0.9	17.0
21 times	8.6	6.3	/	9.4
Total	100.0	100.0	100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.31.

Note: (1) All respondents are youths aged between 13 and 29.

68.1% of the respondents said on average they talk face-to-face and do things together with schoolmates/colleagues 1-10 times per week, whilst 12.9% said they do so 11-20 times per week on average. On using ICQ/email to communicate, 71.7% said they do so on average 1-10 times per week, and 13.3% said 11-20 times per week on average. On writing letters to schoolmates/colleagues, 67.2% said they do not write any letter for an entire week on average, 31.9% said they do so 1-10 times per week on average. On using voicemail/telephone/SMS as means of communication, 67.6% said they do so 1-10 times per week on average, 17.0% said they do so 11-20 times per week, whilst 9.4% said they do so as much as 21 times or more per week on average. (Penny Y.Y. Chan, 2004 (a), p.30)

Table 2.4f: Evaluation of Relationship With Schoolmates/ Colleagues (2004)

(N=992)

Evaluation	Percentage	%
Very Poor		0.5
Poor		1.3
Average		22.5
Good		61.2
Excellent		14.5
Total		100.0

Source: Penny Y.Y. Chan, 2004 (a), p.31.

Note: (1) All respondents are youths aged between 13 and 29.

61.2% of the respondents said their relationship with schoolmates/colleagues is “good”, 22.5% said just “average”, whilst 14.5% said “excellent”. (Penny Y.Y. Chan, 2004 (a), p.31)

Table 2.4g: Communication With Peers/Other Communities – General (2004)

%(N=992)

Method of Communication	Talks Face-to-face / Does Things Together	By ICQ/email	Writes Letter	By Voicemail/ Telephone/ SMS
Frequency				
Not at all	5.1	42.6	89.7	16.3
Rarely	9.1	4.7	3.8	5.6
Only Occasionally	19.2	11.9	3.3	18.6
Moderately	24.5	18.0	2.2	26.0
Frequently	36.6	20.0	0.9	28.7
Very Frequently	5.5	2.7	/	4.6
Total	100.0	100.0	100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a) , p.33.

Note: (1) All respondents are youths aged between 13 and 29.

36.6% of the respondents said they “frequently” talk face-to-face and do things together with their peers/other communities, 24.5% said they do so “moderately”, whilst 19.2% said just “occasionally”. On using ICQ/e-mail to communicate, 42.6% said “not at all”, and the next popular answer was “frequently” (20.0%). On writing letters, more than 8 out of 10 (89.7%) said “not at all”, and only 0.9% said “frequently”. On using voicemail/telephone/SMS as means of communication, 28.7% said “frequently”, 26.0% said “moderately”, and those who answered “occasionally” or “not at all” made up 18.6% and 16.3% of total respectively. (Penny Y.Y. Chan, 2004 (a), p.32)

Table 2.4h: Communication With Peers/Other Communities – Frequency Per Week (2004)

(N=992)

Method of Communication \ Frequency	Talks Face-to-face / Does Things Together	By ICQ/email	Writes Letter	By Voicemail/ Telephone/ SMS
0	17.7	11.8	60.6	8.8
1-10 times	71.8	73.3	37.5	72.3
11-20 times	7.2	9.1	1.9	12.8
21 times	3.2	5.8	/	6.1
Total	100.0	100.0	100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.34.

Note: (1) All respondents are youths aged between 13 and 29.

71.8% of the respondents said on average they talk face-to-face and do things together with peers/other communities 1-10 times per week, whilst 17.7% said they do so less than once a week on average. On using ICQ/ e-mail to communicate, 73.3% said on average they do so 1-10 times per week, whilst 11.8% said they do so less than once per week on average. On writing letters to peers/other communities, 60.6% said they do so less than once a week on average, whilst 37.5% said they do so 1-10 times per week on average. On using voicemail/ telephone/SMS as the means of communication, 72.3% said they do so 1-10 times per week on average, 12.8% said 11-20 times, and there was also 6.1% who said they do so as much as 21 times or more per week on average. (Penny Y.Y. Chan, 2004 (a), p.33)

Table 2.4i: Evaluation of Relationship With Peers/Other Communities (2004)

(N=992)

Evaluation \ Percentage	%
Very Poor	2.8
Poor	2.0
Average	24.8
Good	55.0
Excellent	15.3
Total	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.34.

Note: (1) All respondents are youths aged between 13 and 29.

55.0% of the respondents said their relationship with peers/other communities is “good”, 24.8% said just “average”, while 15.3% said “excellent”. (Penny Y.Y. Chan, 2004 (a), p.34)

2.5 Suicide Rates (Number)

Table 2.5a: Statistics on Contemplated/Attempted Suicide (2004)

% (N=992)

Status \ Percentage	Has Contemplated Suicide	Has Attempted Suicide
No	88.2	98.8
Yes	11.8	1.2
Total	100.0	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.8.

Note: (1) All respondents are youths aged between 13 and 29.

88.2% of the respondents have never contemplated committing suicide, and more than 95% (98.8%) have never attempted suicide. (Penny Y.Y. Chan, 2004 (a), p.8)

Table 2.5b: Statistics on Attempted Suicide (2004)

(N=16)

Number of Times \ Fequency	No. of Respondents Who Have Attempted Committing Suicide	%
1	12	75.0
3	3	18.8
4	1	6.3
Total	16	100.0

Source: Penny Y.Y. Chan, 2004 (a), p.9.

Note: (1) All respondents are youths aged between 13 and 29.

Of the 16 respondents (1.2% of total interviewed) who have attempted committing suicide, 12 (75%) have tried once, 3 (18.8%) have tried 3 times, and there is also one respondent (6.3%) who have tried to kill himself/herself as many as 4 times. (Penny Y.Y. Chan, 2004 (a), p.9)