

The problem of youngster gangs - Stress

Stress has become the number one malady of our time. While many surveys show that local stress problem have been deteriorating, a recent survey conducted by the Student Union shows that 70% of the students at our school are suffering from stress. All these reflect our school education, family and ourselves have created stress problem. Health equals wealth, we have to tackle the problem at root.

Hong Kong's education system has long been criticized as examination oriented. The current examination system puts too much pressure on students, such as assigning too many tests, assignments and projects. Students are spending less time on extra-curricular activities and social contact. Suffering emotional stress from school, students lose their appetite or are depressed especially when there are tests and homework. To solve the problem, we have to start from school. Apart from academic achievement, a balanced development should be more valued. School can implement curriculum reform, encouraging critical thinking and communication skills instead of only focusing on examination. By taking part in sports, students will start releasing pent-up energy so that they will feel relaxed and lively afterwards.

Another influential factor is family. Almost all youngsters have a busy schedule. Some parents may even force their kids to participate in different training courses after school, which can be very exhausting. Parents have high expectation on their children's academic attainment, they further feel too much stress. Parents and children should have better time management and take care of each other by planning family activities at weekends so that children can spending more time with family to share their feelings about school pressure.

Sometimes, we ignore the stressful situation. Once you allow stress to threaten you, tension and anxiety can mount very quickly. Stress can also be a great motivator. Yet, we should never let it grow. When we have stress, doing what we are passionate about helps keep us motivated and relaxed. For example, going shopping, chatting with friends or exercising can release stress. Students are having a long school day, and some of them may need to attend tutorials until evening, they have no time to rest and recharge. Without enough sleep, our emotion can suffer. Therefore, we need quality sleep to help regulate hormones, which contributes to a life of vivacity.

Everyone longs to be relaxed and happy. After all, what is the point in studying hard

towards a long and healthy life if you cannot enjoy it? We should say farewell to those stressful situation.