



Why do teens feel depressed today?

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There has been a startling number of suicides among teens in Hong Kong in recent years. You would probably have such a question in your mind: Aren't teenagers supposed to be full of passion and ambition? Television programmes often give the false impression that teenagers are full of enthusiasm. Sadly, the life of a teenager is actually full of distress.

Why do teenagers in Hong Kong feel depressed? One is the pressure from their studies. In a highly competitive learning environment, the majority of students spend most of their time studying as they want to excel in all the subjects. At present, most schools adopt a 7-hour school day. Yet after school, students still need to complete their homework and attend tutorial classes. They are so busy that they feel exhausted. When academic results are not satisfactory and students' performances do not meet their parents' expectations, tensions arise between them. Thus, students feel frustrated.

Apart from the long studying hours, students need to take part in various extra-curricular activities which students may not be interested in. Parents believe that such activities as swimming, dancing, playing musical instruments, playing football, etc., open the door to prestigious schools and hence ensure a brighter future. However, many parents fail to notice that their children may not take pleasure in the activities which they are forced to join. Instead of enjoying the activities, teenagers just feel tired out.

The situation looks grim for the teens. I too have similar experience and I take the following advice to heart: "It's normal for humans to have negative emotions but the most important thing is to learn how to deal with them." Teens have to learn how to express their emotions and tackle their problems.