

健康使用互聯網及電子屏幕產品 HEALTHY USE OF INTERNET AND ELECTRONIC SCREEN PRODUCTS



衛生署
Department of Health

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「使用互聯網及電子屏幕產品」調查 SURVEYS ON “THE USE OF INTERNET AND ELECTRONIC SCREEN PRODUCTS”

回答問卷人數 (Number of Respondents)

年/Year	2014	2017
小學生 Primary school students	474	482
小學生家長 Parents of primary school students	79	80
中學生 Secondary school students	816	684
中學生家長 Parents of secondary school students	646	641
總數 Total	2,015	1,887

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「使用互聯網及電子屏幕產品」調查 (學生)
 SURVEYS ON “THE USE OF INTERNET AND ELECTRONIC SCREEN PRODUCTS” (STUDENTS)

使用互聯網及電子屏幕產品的 不良影響 Adverse effects of Internet and electronic screen products use	小學生 Primary School Students			中學生 Secondary School Students		
	2014	2017	轉變 Changes +/-	2014	2017	轉變 Changes +/-
與父母爭執 Quarrel with parents	41.6%	53.1%	+11.5%	62.7%	69.3%	+6.6%
放棄外出活動 Give up outdoor activities	27.8%	32.6%	+4.8%	41.7%	41.4%	-0.3%
減少睡眠時間 Deprive sleep time	25.5%	35.7 %	+10.2%	62.7%	67.0%	+4.3%
影響學業成績 Affect academic performance & results	32.9%	39.0%	+6.1%	51.6%	43.3%	-8.3%
向家人、朋友或師長隱瞞上網時間 Deceive parents, friends & teachers on time online	11.0%	16.2%	+5.2%	23.8%	24.7%	+0.9%

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「使用互聯網及電子屏幕產品」調查 (學生)
 SURVEYS ON “THE USE OF INTERNET AND ELECTRONIC SCREEN PRODUCTS” (STUDENTS)

	小學生 Primary School Students			中學生 Secondary School Students		
	2014	2017	轉變 Changes +/-	2014	2017	轉變 Changes +/-
每天平均用於上網的時間為3小時以上 Spent more than 3 hours a day in average on Internet	3.2%	13.1%	+9.9%	30.3%	33.9%	+3.6%
懷疑自己沉迷上網 Suspected oneself being addicted to Internet	7.6%	12.4%	+4.8%	19.7%	19.0%	-0.7%
懷疑自己沉迷上網的學生當中，有尋求協助 Among those suspected themselves having addiction to Internet who had sought help	16.7%	10%	-6.7%	8.1%	7.7%	-0.4%

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「使用互聯網及電子屏幕產品」調查(家長)
SURVEYS ON “THE USE OF INTERNET AND ELECTRONIC SCREEN PRODUCTS” (PARENTS)

	小學生家長 Parents of Primary School Students			中學生家長 Parents of Secondary School Students		
	2014	2017	轉變 Changes +/-	2014	2017	轉變 Changes +/-
曾因子女使用互聯網或電子屏幕產品的問題而與他們發生爭執 Parents have quarrelled with their children due to use of Internet or electronic screen products	44.3%	77.5%	+33.2%	66.7%	71.3%	+4.6%
覺得子女上網時間過多而影響日常生活 Parents think their children have spent excessive amount of time on Internet and affecting their daily living	26.6%	62.5%	+35.9%	47.4%	53.7%	+6.3%
認為自己沒有足夠資訊去教導子女，預防他們沉迷上網 Parents think that they <u>do not have enough</u> information to empower children to avoid addiction to Internet	26.6%	28.8%	+2.2%	33.6%	30.0%	-3.6%
沒有信心適當地管教子女，以免他們沉迷上網 Parents are <u>not confident</u> to empower their children to avoid addiction to Internet	17.7%	16.3%	-1.4%	23.2%	22.5%	-0.7%

主要觀察 MAIN OBSERVATIONS :

(學生 STUDENTS)

1. 中學生比小學生於各項不良影響中，均有較高的百分比。近七成受訪中學生表示曾因使用互聯網及電子屏幕產品而「與父母爭執」及「減少睡眠時間」
 Comparing to primary school students, a higher percentage of secondary school students had adverse effects in different aspects, close to 70% of them reported that they had “Quarrel with parents” and “Deprive sleep time”
2. 小學生有不良影響的升幅較中學生為大，當中以「與父母爭執」(+11.5%)及「減少睡眠時間」(+10.2%)的百分比，由2014年至2017年有雙位數字的增加
 A greater increase in percentage of primary school students with self-reported adverse effects of Internet and electronic screen products use as compared to their senior counterparts, “Quarrel with parents” (+11.5%) and “Deprive sleep time” (+10.2%) with double-digit increment from 2014 to 2017
3. 小學生長時間使用互聯網及電子屏幕產品的人數有明顯的增加，由2014年只有3.2%的受訪者表示每日平均花多過3小時上網，升至2017年的13.1%，足有4倍的增幅
 There is an obvious trend of primary school students spending more time on the Internet. In 2014, only 3.2% of interviewees spent more than 3 hours a day on the Internet, it increased sharply to 13.1% in 2017, a fourfold increase

主要觀察 MAIN OBSERVATIONS :

(家長 PARENTS)

4. 受訪的小學生家長認為子女使用互聯網及電子屏幕產品的時間過長，而影響日常生活，由2014年的26.6% 升至 2017年的62.5% ，有35.9%的升幅
Proportion of parents of primary school students considered their children spending too much time online and affecting their daily lives, showed a marked increase of 35.9%; from 26.6% in 2014 to 62.5% in 2017
5. 超過七成受訪的中小學生家長曾與子女因使用互聯網及電子屏幕產品而發生爭執，當中以小學生家長有明顯的增加，由2014年的44.3%升至2017年的77.5% ，有33.2%的升幅
Over 70% of parents of primary as well as secondary school students had quarrelled with their children due to the use of Internet and electronic screen products. A marked increase is noted in parents of primary school students, from 44.3% in 2014 to 77.5% in 2017, increased by 33.2%

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健康評估問卷分析

HEALTH ASSESSMENT QUESTIONNAIRES (HAQ) ANALYSIS

		小學生 Primary School Students			中學生 Secondary School Students		
		2015-16	2016-17	轉變 Changes +/-	2015-16	2016-17	轉變 Changes +/-
在一般上課日，你每天平均花多少時間上網或使用電子屏幕產品作與學業無關的用途？ On a typical school day, how many hours a day on average do you spend on the Internet or electronic screen products for purposes <u>not</u> related to school work?	兩小時或以上 ≥ 2 hours	25.7% (18,900)	30.0% (25,000)	+4.3%	64.9% (41,900)	68.1% (42,100)	+3.2%

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健康評估問卷分析 HEALTH ASSESSMENT QUESTIONNAIRES (HAQ) ANALYSIS

		小學生 Primary School Students			中學生 Secondary School Students		
		2015-16	2016-17	轉變 Changes +/-	2015-16	2016-17	轉變 Changes +/-
在過去7天，你有多少天曾進行合共最少60分鐘使你呼吸比平常急促和心跳比平常快的體能活動(即任何運動及活動，包括：上體育課)? During the past 7 days, on how many days did you do physical activities (i.e. any exercise and activity, including physical education lessons) for AT LEAST 60 minutes in total that made you breathe harder and your heartbeats faster than usual?	全七日 All 7 days	8.9% (6,500)	8.0 % (6,700)	-0.9%	3.8% (2,500)	4.0% (2,400)	+0.2%
在一般上課日的前一晚，你會睡多少個小時? The night before a typical school day, how many hours of sleep do you get?	八小時或以上 ≥ 8 hours	58.9% (43,300)	63.5% (52,900)	+4.6%	21.1% (13,700)	22.7% (14,000)	+1.6%

主要觀察 MAIN OBSERVATIONS :

- 約有30%的小學生及68%的中學生表示，每日用兩小時或以上在電子屏幕產品作與學業無關的用途上，2016-17年較2015-16年分別有4.3%及3.2%的升幅
 Around 30% of primary school students and 68% of secondary school students reported they spent 2 hours or more on the Internet or electronic screen products for purposes not related to school work, which increased by 4.3% and 3.2% respectively from 2015-16 to 2016-17
- 只有約8%的小學生及4%的中學生能乎合世界衛生組織的建議，即學齡兒童(5-17歲)每日累計最少有60分鐘中等至高強度身體活動
 Only around 8 % of primary school students and 4% of secondary school students had fulfilled WHO's recommendations i.e. school-aged children (5-17 years) should accumulated at least 60 minutes of moderate- to vigorous-intensity physical activity daily
- 在一般上課日的前一晚，約60%的小學生及20%的中學生表示有8小時或以上的睡覺時間
 Around 60% of primary school students and 20% of secondary school students have 8 hours or more sleep time before a typical school day

有關「遊戲障礙」將納入「國際疾病分類」的建議 PROPOSED INCLUSION OF “GAMING DISORDER” IN “INTERNATIONAL CLASSIFICATION OF DISEASES (ICD)”

世界衛生組織正在修訂「國際疾病分類」第十一次修訂本，計劃於2018年年中出版，並將「遊戲障礙」納入其中

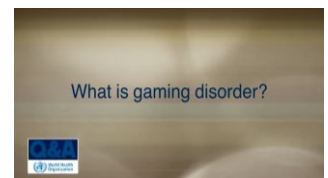
World Health Organization is in the process to include “Gaming Disorder” in its 11th revision of the International Classification of Diseases (ICD-11), which is scheduled for publication in mid-2018

參考資料 References :

世界衛生組織「遊戲障礙」網頁：www.who.int/features/qa/gaming-disorder/zh/

World Health Organization “Gaming Disorder” Webpage: www.who.int/features/qa/gaming-disorder/en/

相關影片 (Related Video): www.youtube.com/watch?v=IJ71KAO0mtc



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什麼是「遊戲障礙」？ WHAT IS “GAMING DISORDER”?

- ◆ 對遊戲失去控制力
Impaired control over gaming
- ◆ 日益沉溺於遊戲之中，以致其它興趣和日常活動都須讓位於遊戲
Increasing priority given to gaming over other activities
- ◆ 即使出現負面後果，仍然會繼續下去或不斷升級
Continuation or escalation of gaming despite the occurrence of negative consequences
- ◆ 嚴重地導致在個人、家庭、社交、教育、職場或其他重要領域造成重大的損害
Significant impairment in personal, family, social, educational, occupational or other important areas of functioning
- ◆ 持續了至少12個月
Evident for at least 12 months

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「健康使用互聯網及電子屏幕產品」網頁 HEALTHY USE OF INTERNET AND ELECTRONIC SCREEN PRODUCTS WEBPAGE

www.studenthealth.gov.hk/tc_chi/internet/health_effects.html



- 健康貼士
 - 智Sm@rt錦囊
(家長篇、教師篇、小學篇、中學篇)
 - e-報告及行政摘要
 - 健康貼士卡通及影片
 - 媒體連結
- Health Tips
 - Sm@rt e-Team
(for Parents, Teachers, Primary School Students & Secondary School Students)
 - e-Report & Executive Summary
 - Health Tips Cartoons & Videos
 - Media Links



總結 CONCLUSION

香港不同政府部門、非政府組織、學校及相關機構，提供不同類型的服務，致力減低兒童及青少年因過度使用互聯網及電子屏幕產品所產生的不良影響

Various government bureaux and departments, NGOs, schools and other relevant institutes in Hong Kong have been providing different programmes and services to address the problem of excessive use of Internet in children and adolescents

除在2014年出版了「使用互聯網及電子屏幕產品對健康的影響諮詢小組」報告《e-報告》外，衛生署亦設立了「健康使用互聯網及電子屏幕產品」網頁，以協助學生、家長及教師處理相關問題

In addition to the publication of The Report of the Advisory Group on Health Effects on Use of Internet and Electronic Screen Products (e-Report) in 2014, the Department of Health (DH) has also set up a "Healthy Use of Internet and Electronic Screen Products" webpage to help students, parents and teachers to tackle this issue

衛生署會繼續與本地伙伴(如：學校、非政府組織)合作，並與海外專家保持交流，積極推廣健康使用互聯網的資訊，並會密切留意世界衛生組織推出新國際疾病分類的進展，以作適時跟進

The DH will continue to work with local partners (e.g. schools and NGOs) and interflow with International experts, to actively promulgate the information on healthy use of Internet. DH will also closely monitor the progress of World Health Organization's latest update in the ICD and to act accordingly in a timely manner