Questionnaire Survey on Students' Learning and Living Situations 2023
(shortened version)

KIT-TAI HAU

The Chinese University of Hong Kong

# Contents

I.   Sleep: Hours

II.   Insomnia失眠

III. Chinese Character Input

IV. Motivation

V.   Learning: Genetic Skills

VI. Use of ICT and Addiction

VII. Teacher Support

VIII. Family Involvement

IX. Psychosomatic Symptoms

X.   School Atmosphere

XI. Equity

Year	Ed level	Student	Parent	Teacher	School
2023	P3	4 251	3 190	342	47
	P6	3 969	3 058	355	
	S3	5 472	3 774	479	22
GU22	P3	8 766	7 557	629	56
	P6	1 392	1 005	221	
	S3	7 158	4 710	497	34
GU21	P3	6 498	7 055	736	73
	P6	4 249	4 492	547	
	S3	6 228	6 482	730	70

I. Hours of Sleep WD=WeekDay, WE = WeekEnd
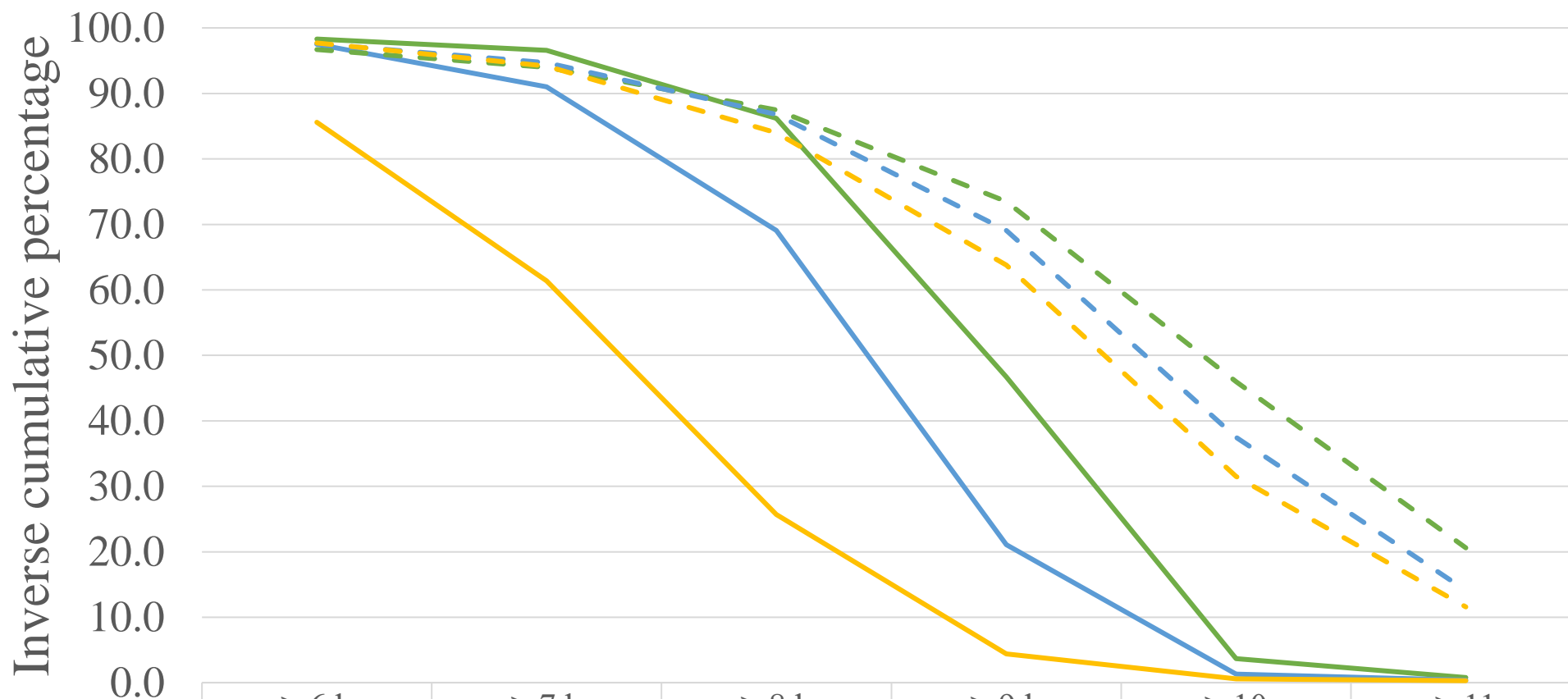
9 h:
- **P.3 47% (74%)**
- **P.6 21% (69%)**

8h:
- **S.3 26% (84%)**

	≥ 6 h	≥ 7 h	≥ 8 h	≥ 9 h	≥ 10	≥ 11
P3 WD	98.3	96.6	86.2	46.7	3.7	0.8
P6 WD	97.5	91.0	69.1	21.1	1.3	0.4
S3 WD	85.6	61.4	25.7	4.4	0.6	0.3
P3 WE	96.7	94.0	87.5	73.5	46.0	20.6
P6 WE	97.6	94.7	86.8	69.1	37.5	14.1
S3 WE	97.7	94.2	84.0	63.8	31.5	11.6

- **Very consistent pattern**
- **No improvement**
- **Need greater promotion effort**
- **Insomnia失眠is also a problem (perhaps major issue among PISA psychosomatic measures)**
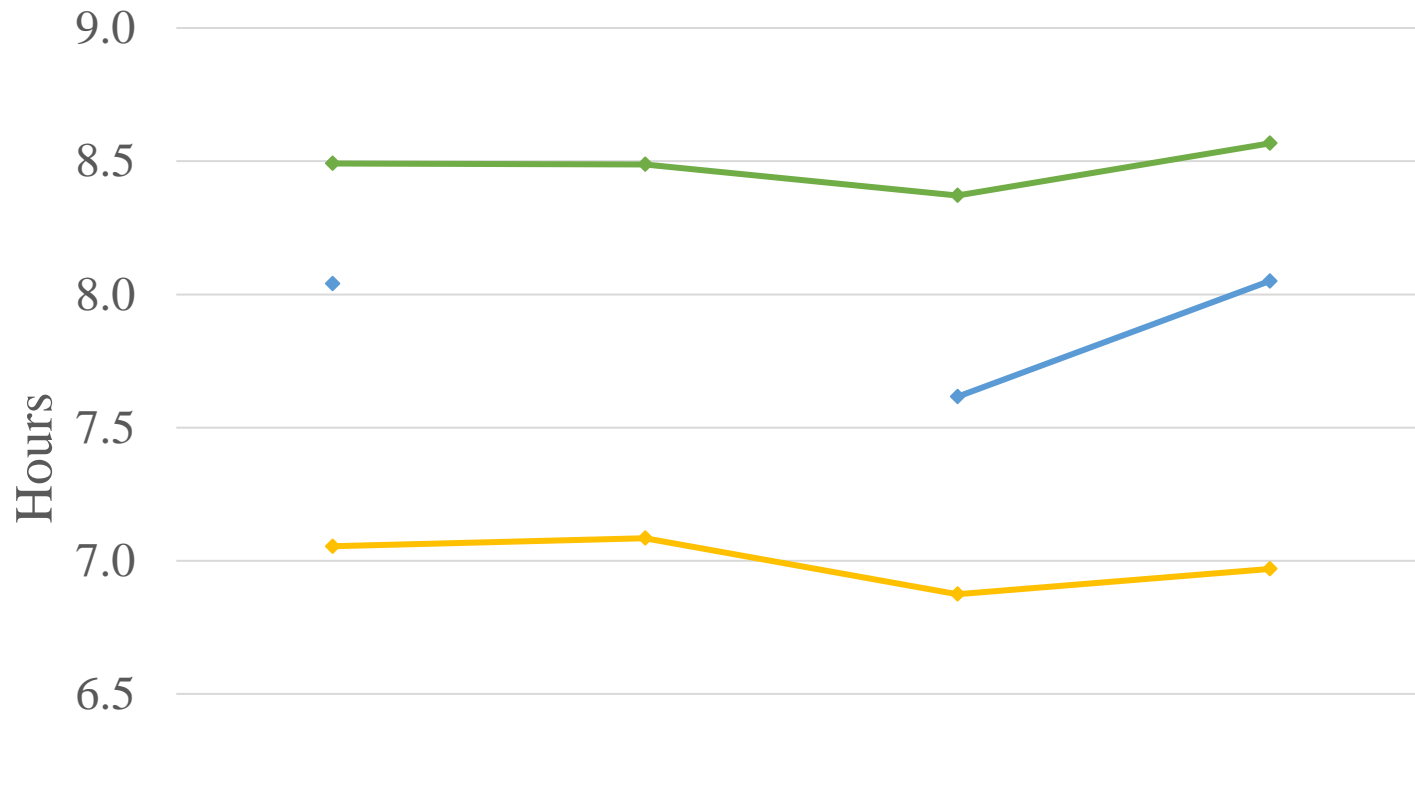
	2015	2016	2021	2023
P3	8.5	8.5	8.4	8.6
P6	8.0		7.6	8.1
S3	7.1	7.1	6.9	7.0
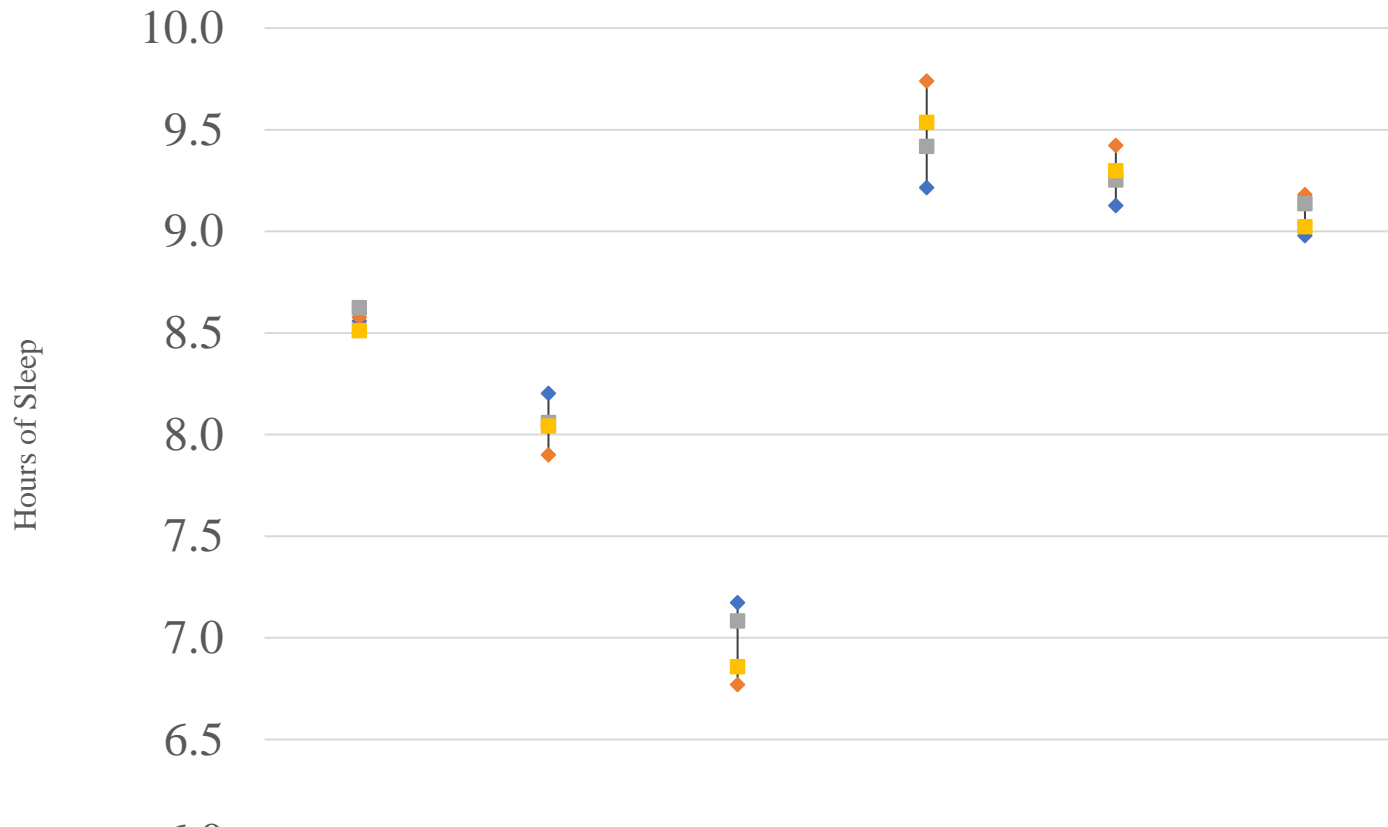
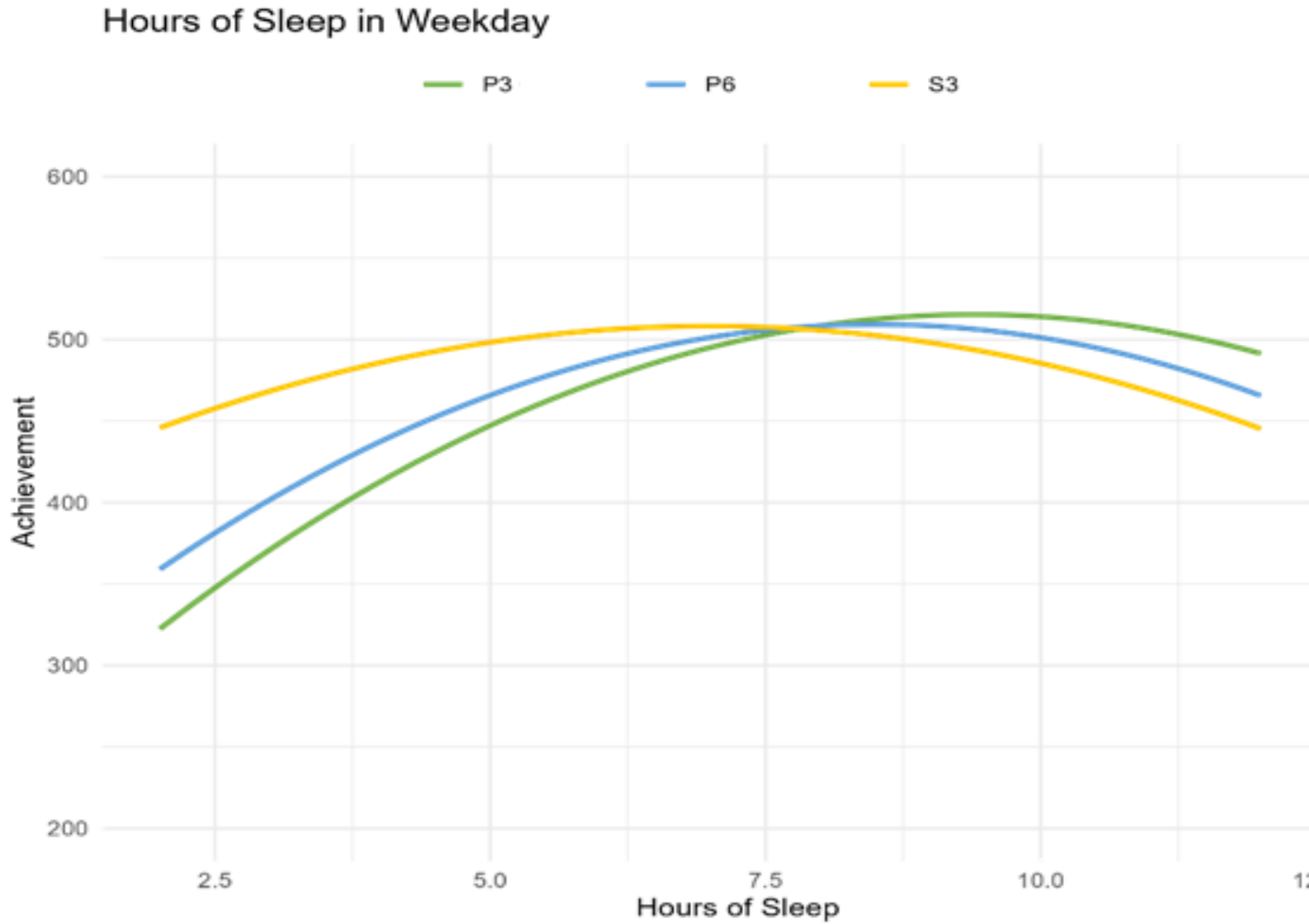|	P.3	P.6	S.3	P.3	P.6	S.3
		Weekday			Weekend	
Girl	8.6	8.2	7.2	9.2	9.1	9.0
Boy	8.6	7.9	6.8	9.7	9.4	9.2
Low SES	8.6	8.1	7.1	9.4	9.3	9.1
High SES	8.5	8.0	6.9	9.5	9.3	9.0

Weekday:
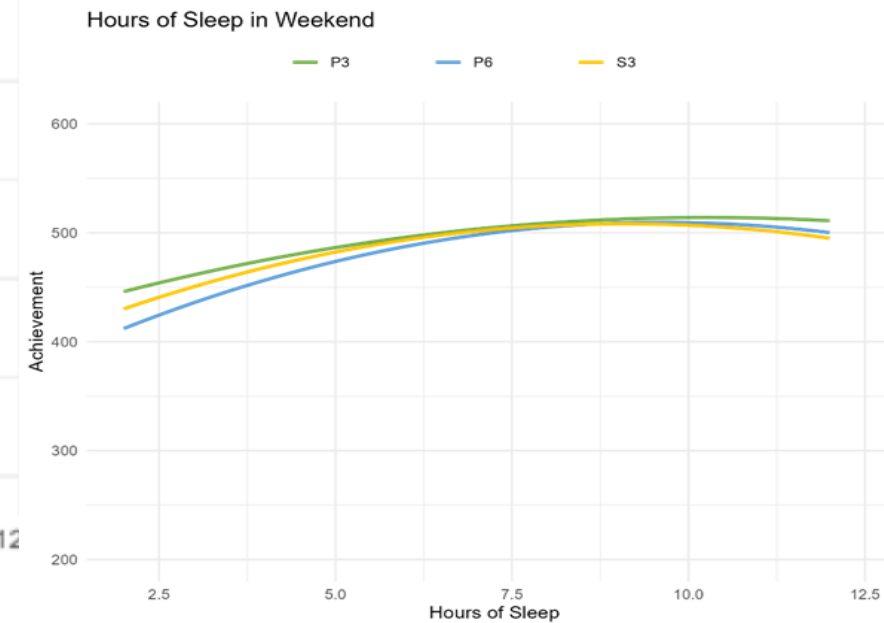- **older P.6, S.3 BOYS 0.3, 0.4h LESS than girls (both genders broadly similar)**

Weekend:
- **P.3, P.6, S.3 GIRLS sleep 0.5, 0.3, 0.2h LESS than boys**
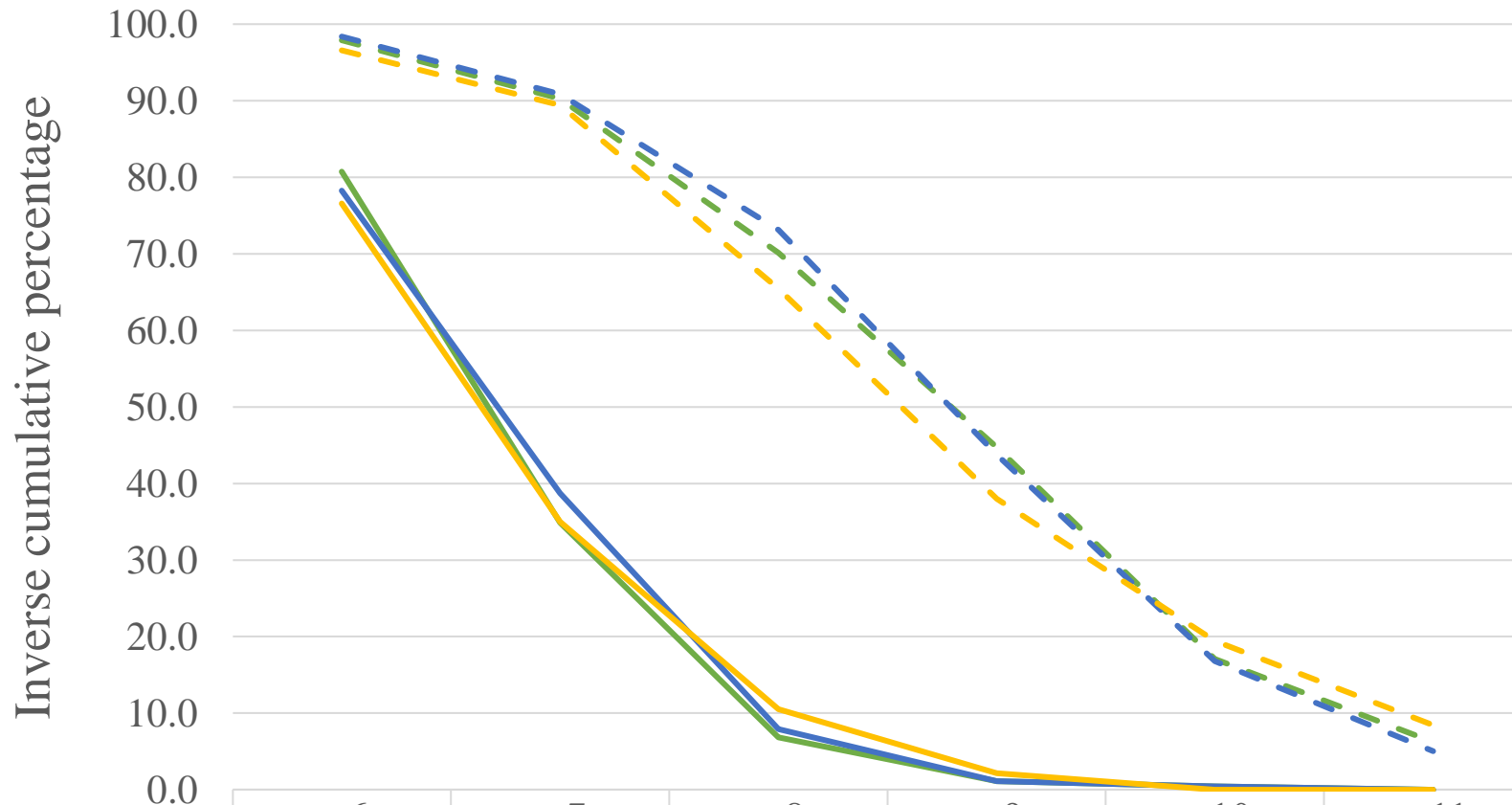- **High low SES similar on WkEnd, WkDay**

Hours of Sleep in Weekday

- **Weekdays, P.3, P.6, S.3 optimal at 9.4, 8.5, 7.0 h**
- **Quadratic, promote healthy sleeping habits, critical hours for cognitive functioning**

I. Hours of Sleep: Teachers, WeekDay, WeekEnd

	≥ 6	≥ 7	≥ 8	≥ 9	≥ 10	≥ 11
WD P.3	80.7	34.9	6.8	1.1	0.4	0.0
WD P.6	78.3	38.7	7.9	1.1	0.4	0.0
WD S.3	76.6	35.0	10.5	2.1	0.0	0.0
WE P.3	97.9	90.3	70.1	44.7	17.1	6.2
WE P.6	98.4	90.9	73.1	43.7	16.8	5.0
WE S.3	96.6	89.4	65.5	38.0	19.4	8.4

- **Weekdays (8h std), P.3, 6, S.3 teachers: 7%, 8%, 11%**
- **Weekends: 45%, 44%, 38%**
- **Teachers sleep even less than students**
- **S3 students more alike teachers**
- **Teachers and students more alike on weekends**

Student, Father, Mother, Teacher (P.3, P.6, S.3)
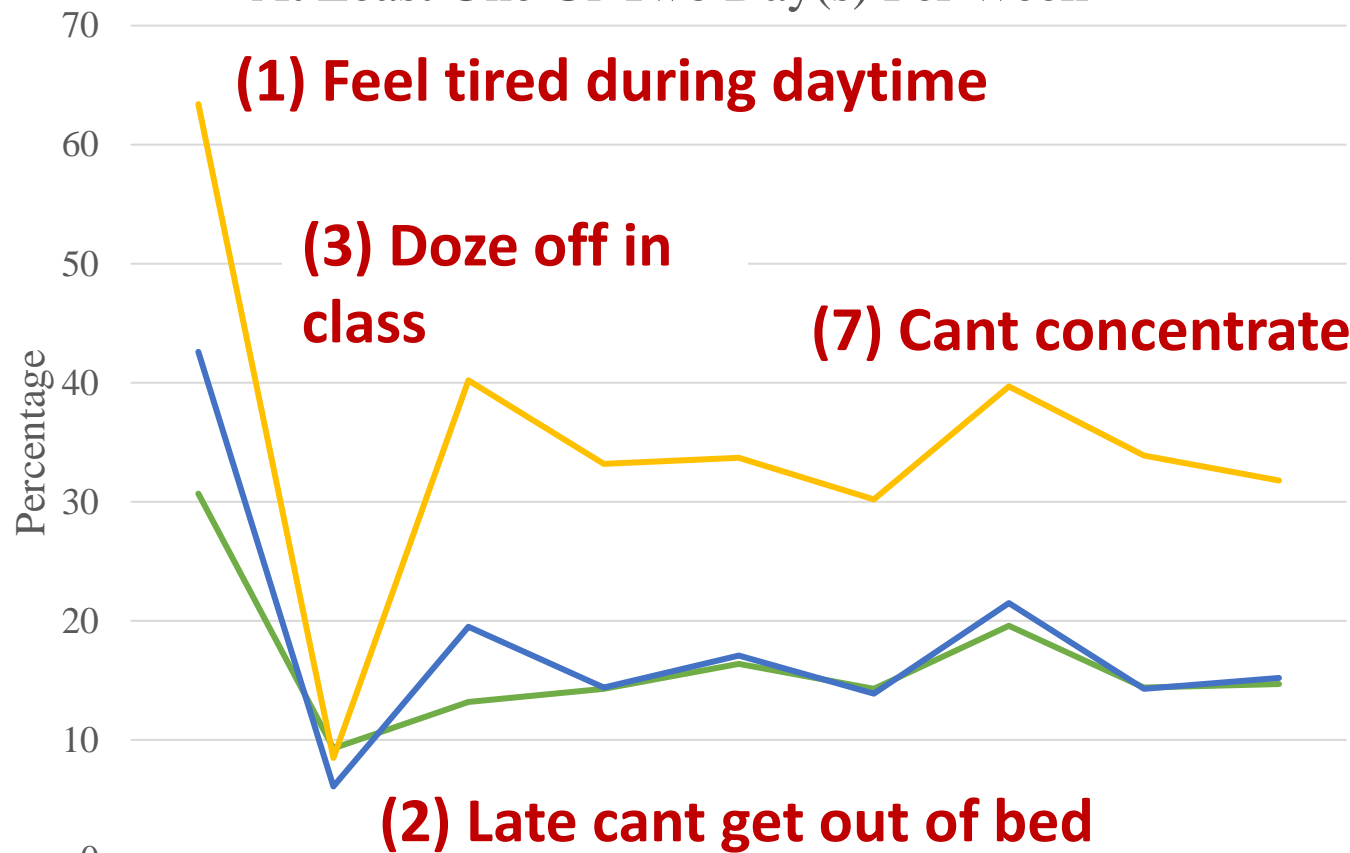
Legend: 2, 1, 0
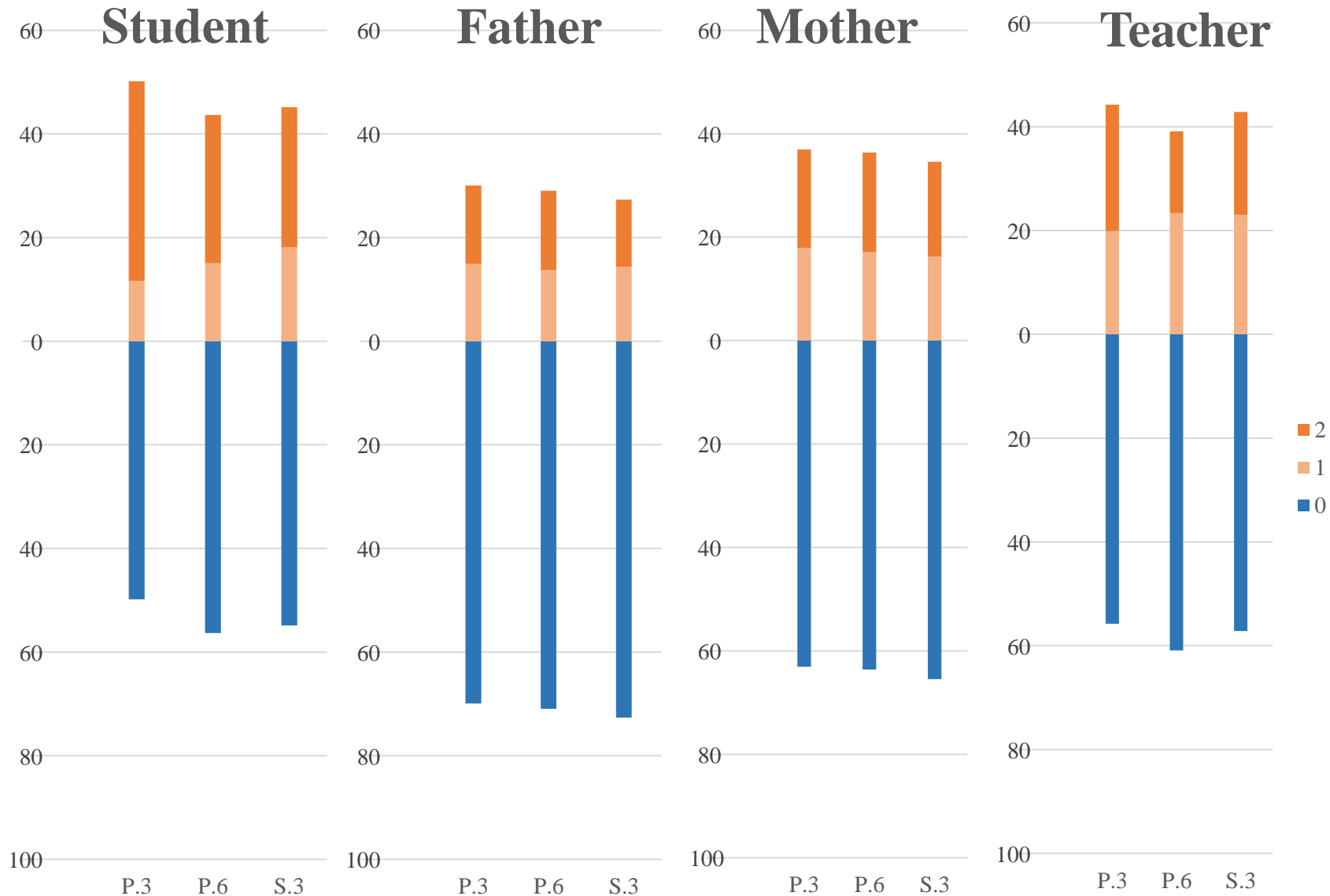
- **Hard to fall asleep**
- **hard to sleep again when waking up middle of night**
- **wake up early in morning and unable to sleep again**
- **Any of above (1) 1-2/wk, (2) 3-4/wk**
- **Student: 44% - 50%**
- **Father 27% - 30%**
- **Mother 35%-37%**
- **Teacher: 39%- 44%**

At Least One Or Two Day(s) Per Week

(1) Feel tired during daytime

(3) Doze off in class

(7) Cant concentrate

(2) Late cant get out of bed

	1	2	3	4	5	6	7	8	9
P.3	30.7	9.3	13.2	14.3	16.4	14.3	19.6	14.4	14.7
P.6	42.6	6.1	19.5	14.4	17.1	13.9	21.5	14.3	15.2
S.3	63.4	8.5	40.2	33.2	33.7	30.2	39.7	33.9	31.8

- **In last 3 months, how frequent:**
  (1) feel tired during daytime;
  (2) late sch because reluctance to get out of bed;
  (3) doze off during class;
  (4) take nap before dinner;
  (5) feel annoyed due to insufficient sleep;
  (6) feel depressed due to insufficient sleep;
  (7) difficult to concentrate;
  (8) forgetful;
  (9) prone to make mistakes

- **S3 most frequent [except (2) late for schools because reluctance to get out of bed], 63% (1) feel tired during daytime**
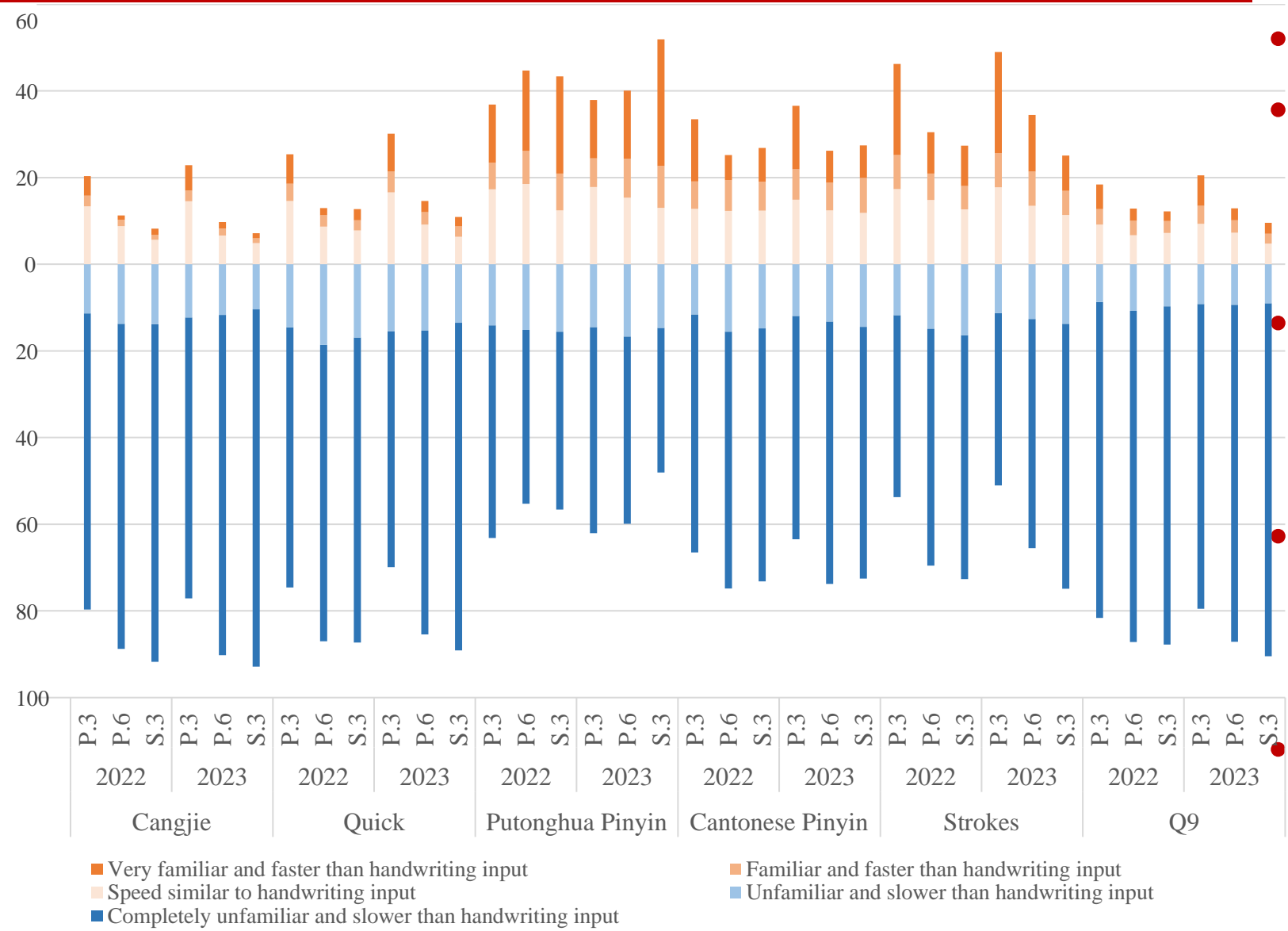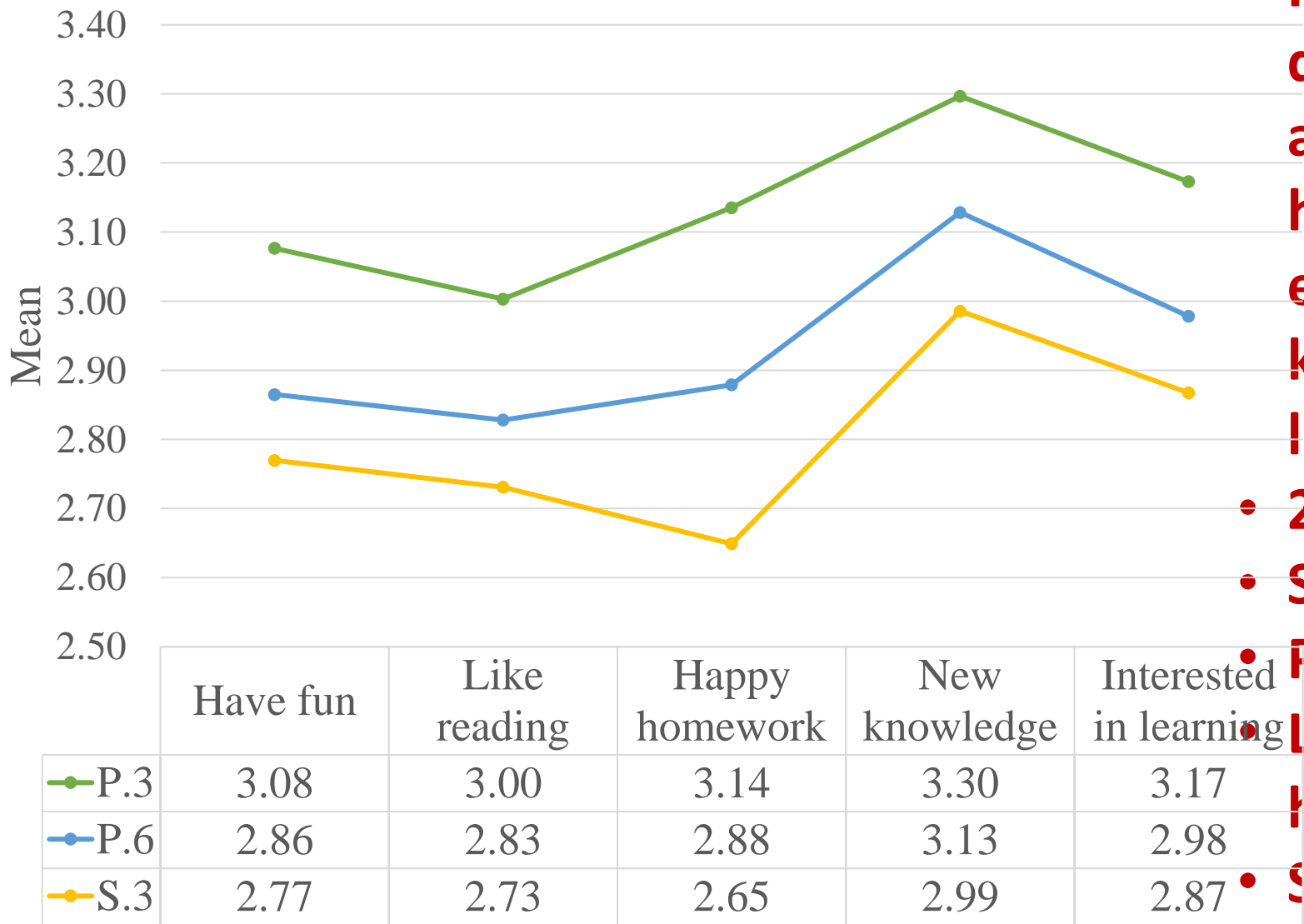
- **2022, 2023 identical**
- **Putonghua Pinyin predominant (P.3, stroke, decrease to S.3)**
- **S.3, familiar Pinyin 30.9%(2022)=> 38.9%(2023)**
- **Voice recognition/ handwriting popular for digital homework/phone**
- **Even for HW, PTH Pingyin, use 30% P3 -> 50% S3**

IV. Learning Motivation (intrinsic)

2023

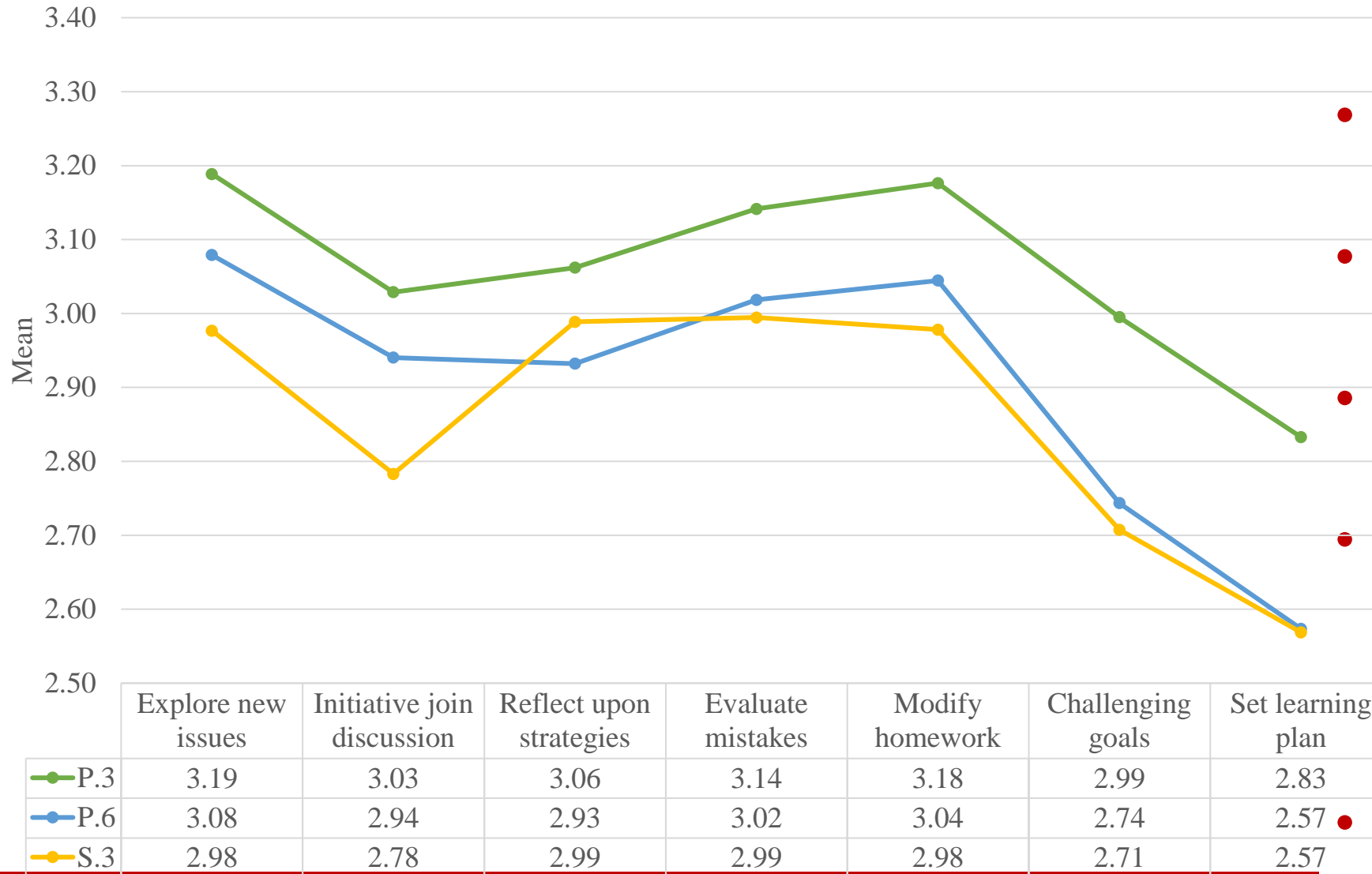|	Have fun	Like reading	Happy homework	New knowledge	Interested in learning
P.3	3.08	3.00	3.14	3.30	3.17
P.6	2.86	2.83	2.88	3.13	2.98
S.3	2.77	2.73	2.65	2.99	2.87

- **Have fun when learning different subjects, like reading about different subjects, happy working on homework, enjoy acquiring new knowledge, interested in learning different subjects**
- **2022, 2023 similar,**
- **S3 consistently < P.3, P.6**
- **P3 girls, S3 boys higher**
- **Link with motivation/ach higher in primary than sec**
- **SES no relation**

2023

|	Explore new issues	Initiative join discussion	Reflect upon strategies	Evaluate mistakes	Modify homework	Challenging goals	Set learning plan
P.3	3.19	3.03	3.06	3.14	3.18	2.99	2.83
P.6	3.08	2.94	2.93	3.02	3.04	2.74	2.57
S.3	2.98	2.78	2.99	2.99	2.98	2.71	2.57

- **I'm proactive in exploring new issues**
- **like to take initiative to join in discussion**
- **reflect upon own learning strategies**
- **evaluate if I have corrected learn mistakes**
- **modify the way I complete my homework according to different requirements**
- **set challenging learning goals**

2023

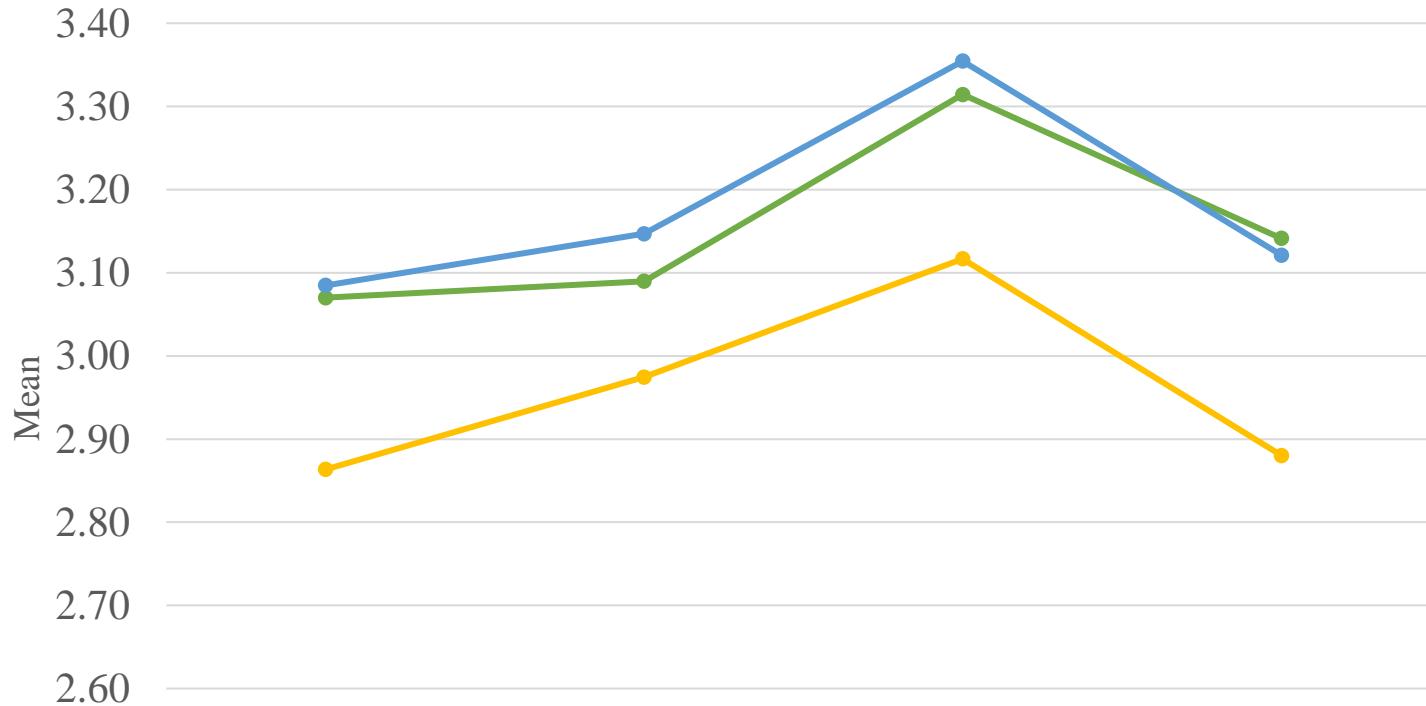|	Time on digital devices	Internet connection
P.3	2.32	2.09
P.6	2.47	2.20
S.3	2.62	2.47
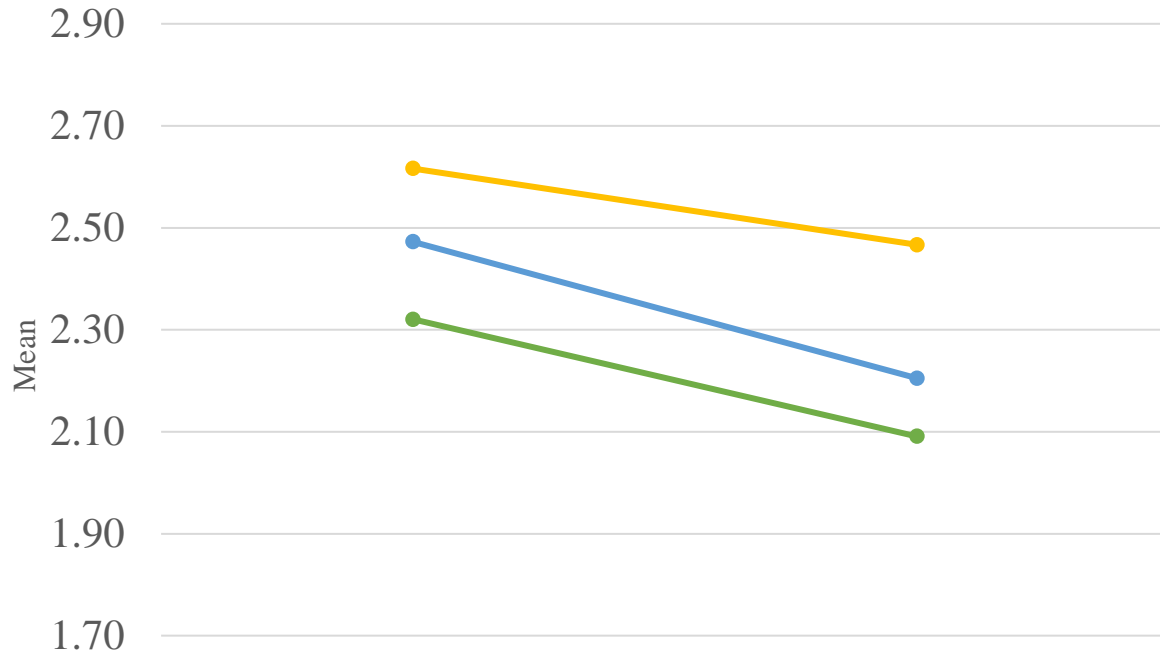
- **I forget time when using digital device**
- **Feel bad without internet conn**
- **S3 consistently more**
- **P3 boys more than girls**
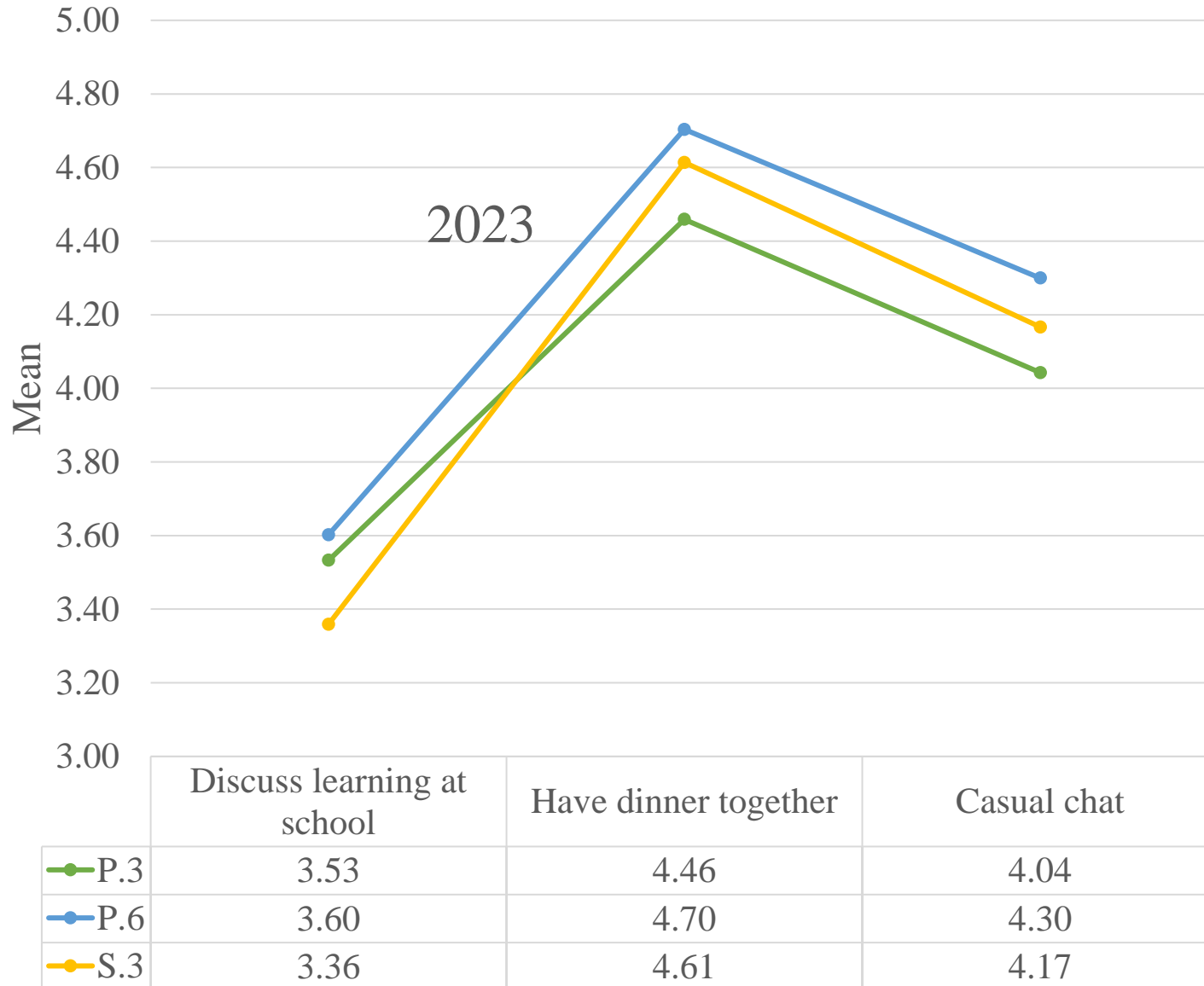- **S3: girls more**
- **Low achievers at P.3, P.6 more addicted**

2023

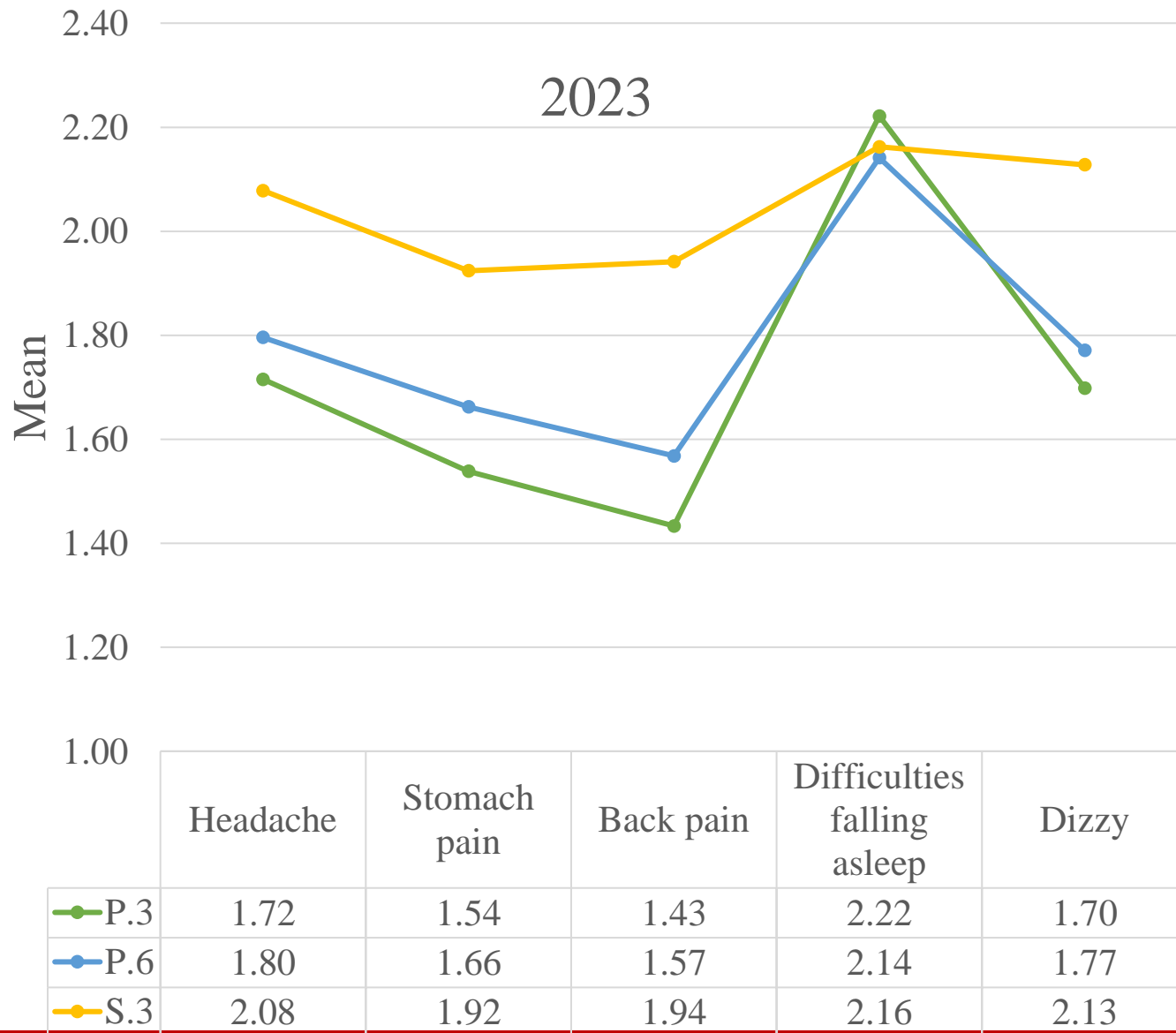|	Teacher concerned student's learning	Teacher gives extra help	Teacher helps students	Teach until students understand
P.3	3.07	3.09	3.31	3.14
P.6	3.08	3.15	3.35	3.12
S.3	2.86	2.97	3.12	2.88

- **Teacher is concerned about every student's learning**
- **Gives extra help when students need it**
- **Helps students with their learning**
- **Continues teaching until the students understand**
- **S3 consistently lower**
- **P3 girls higher support**
- **Higher achievers greater support**
- **Lower SES at S.3 tend to have higher support**

VIII. Family Involvement

|	Discuss learning at school	Have dinner together	Casual chat
P.3	3.53	4.46	4.04
P.6	3.60	4.70	4.30
S.3	3.36	4.61	4.17

- **Discuss my learning at school**
- **Have dinner together**
- **Casual chat**
- **2023, 2022 similar**
- **Grade level effects small; S3 lowest, in discussing learning at school**
- **Girls P.3, S3 higher involvement**
- **High achievers greater family involvement**

IX. Psychosomatic Symptoms

2023

	Headache	Stomach pain	Back pain	Difficulties falling asleep	Dizzy
P.3	1.72	1.54	1.43	2.22	1.70
P.6	1.80	1.66	1.57	2.14	1.77
S.3	2.08	1.92	1.94	2.16	2.13

- **Freq: Headache, stomach pain, backpain, insomnia, dizziness**
- **S3 consistently more (P3,6, except sleep)**
- **2023 overall increases**
- **Girls P.6 S3 more than boys**
- **SES differences not systematic**
- **Parents have more accurate estimates as compared to teachers in estimating prevalence**
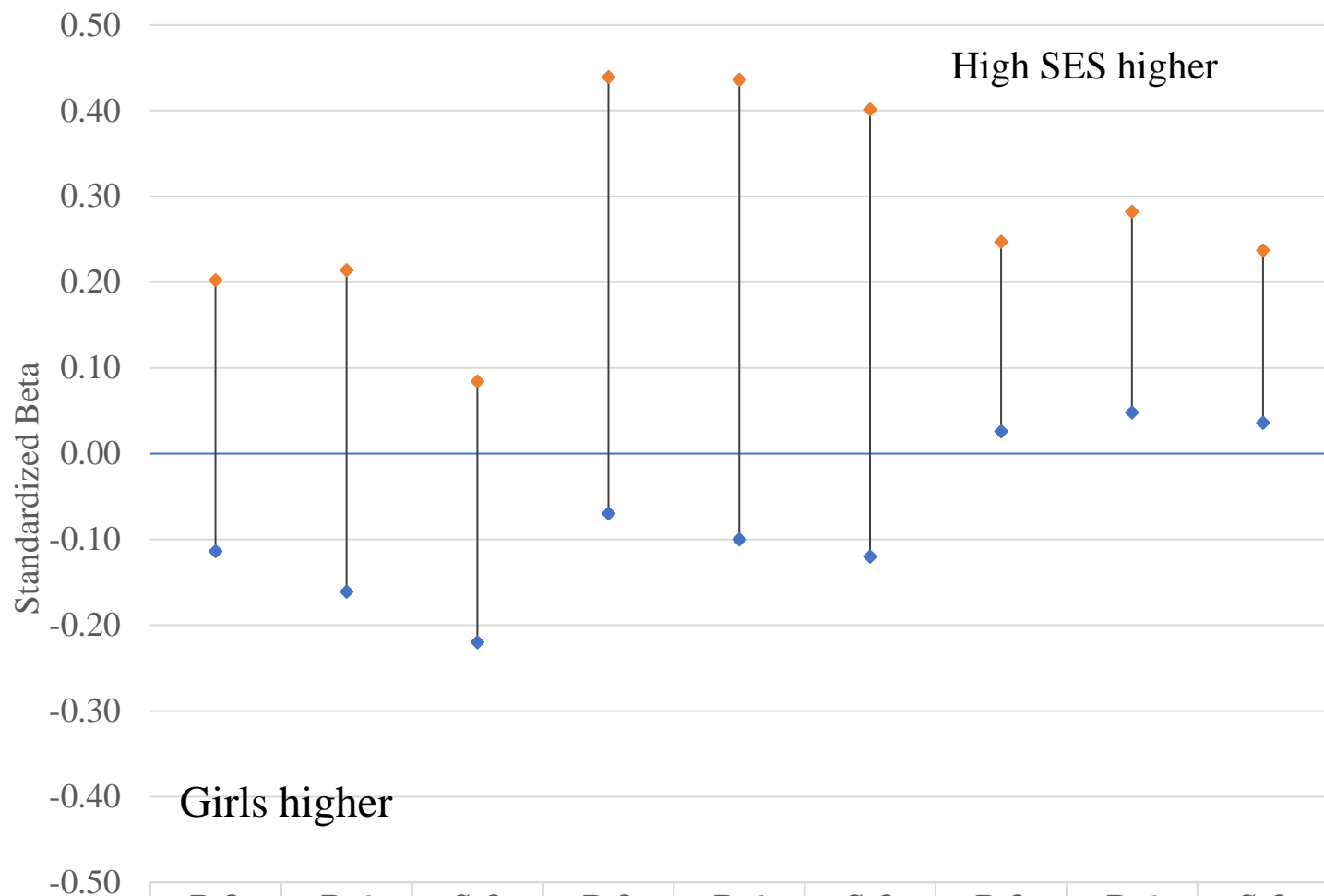
X. School atmosphere (belongingness)
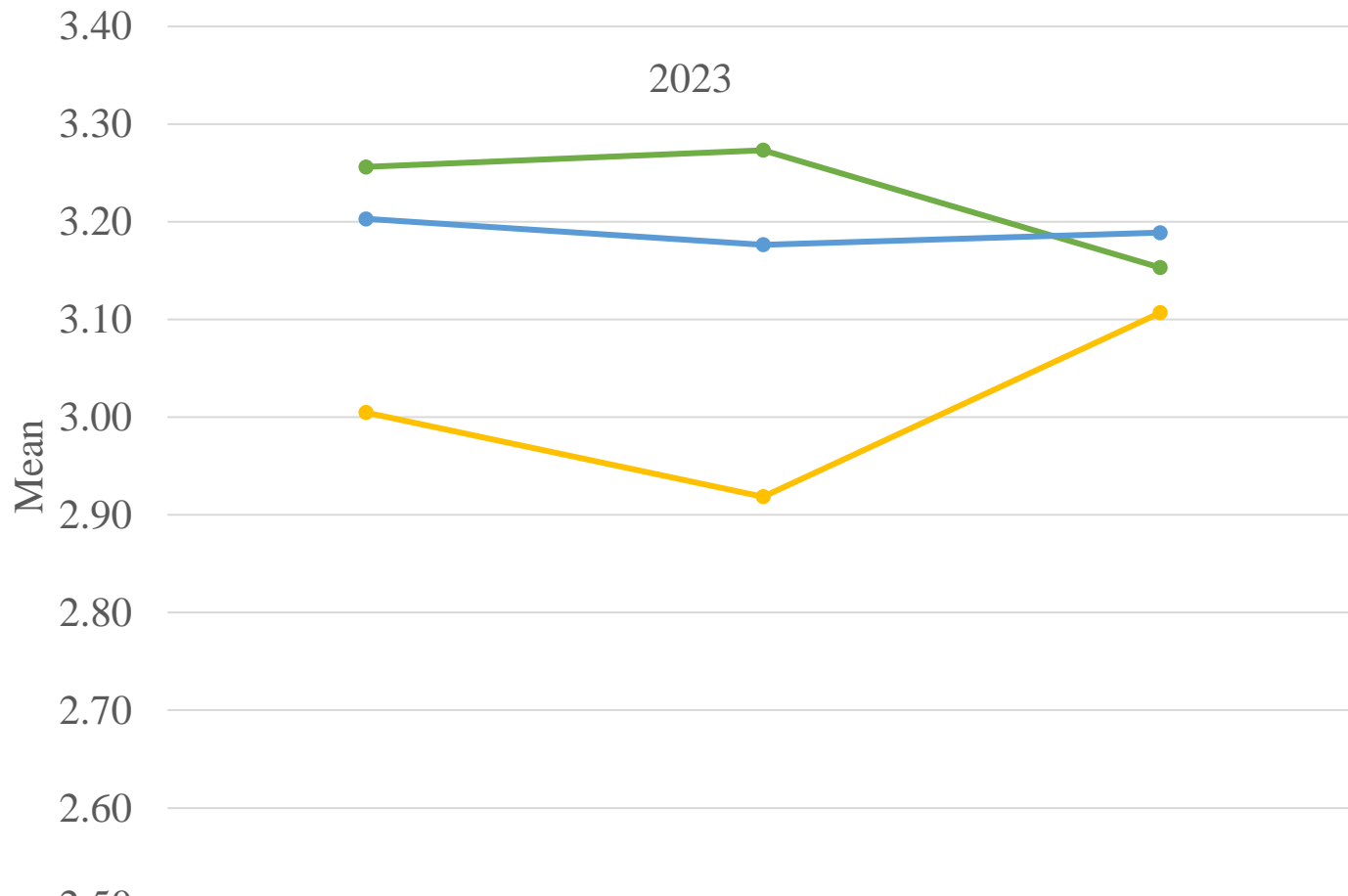
	Make friends easily at school	Like school and feel like a member	Other students get along with me
P.3	3.26	3.27	3.15
P.6	3.20	3.18	3.19
S.3	3.00	2.92	3.11

- **Making friends easily**
- **Liking school and feeling like a member**
- **Getting along with other students**
- **S3 lower levels of belonging**
- **Slight improvement in 2023**
- **P3/6: girls stronger belonging**
- **S3: girls weaker belonging**
- **Higher achievers higher belonging**
- **SES no difference, good**

High SES higher

Girls higher

	P.3	P.6	S.3	P.3	P.6	S.3	P.3	P.6	S.3
	Chinese			English			Maths		
◆ Gender	-0.11	-0.16	-0.22	-0.07	-0.10	-0.12	0.03	0.05	0.04
◆ SES	0.20	0.21	0.08	0.44	0.44	0.40	0.25	0.28	0.24

- **Boy/girl difference widens from P3 to S3, with girls outperforming boys (except math)**
- **SES disparities: minimal in Chinese language, but large in English language, with low SES lower in English language**
- **Need to increase effort on low SES English language**