

Research Question: To what extent are students being affected by anxiety

and depression from school/work etc.?

Topic: Health and Disease

Centre name and number: HK010

Student number:

Team Reflection word count: 291

Individual Reflection word count: 975

Team Element:

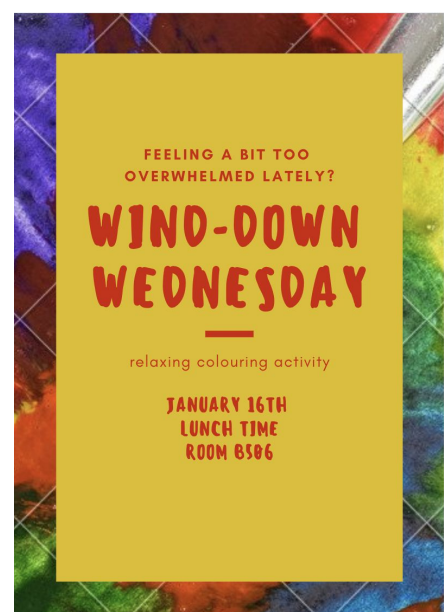
Our group looked into the question: “To what extent are students being affected by anxiety and depression from school stress/work etc.?” from the topic area health and disease. We think this is a worthy topic because it will raise awareness for students’ mental health issues, also possibly helping the students who are coping with mental health issues. We have looked into mental health in students and focused more closely on how we can support and help them rather than try to look for a cure. Our group has worked with our school



counselor and done research regarding mental health in students, The issue that we’re focusing on is the lack of attention towards how much stress students are put under from school work and exams. Our outcome- Wind Down Wednesday- provides a space for students to ‘wind down’ and de-stress. We’ve gathered research that provides statistics and information regarding the situation with students and their mental health.

We were looking at statistics about

mental health around the world and we were shocked at the number of students that were going through mental health-related issues. Though we wanted to help all of them we knew it was not achievable therefore we decided to start with our community. After all the research we did, we went to



our school counselor for more information and she told us about how she was doing a 'wind down Wednesday'. She explained what 'Wind Down Wednesday' was and we offered to help with her project. We hosted coloring and board games sessions aimed at helping the mental health and wellbeing of students at Island School. We looked back at our research document throughout our whole planning and action process to keep ourselves on the right track.

Individual Element:

Strengths and limitations of work process and outcome in achieving the project aim

I enjoyed working with my group as we all shared similar aims that were realistic and easily attainable. This made it easy for us to collaborate and conjoin ideas to create a bigger picture. Our group outcome consisted of contacting our school counsellor and working with her, an expert, to find out what we can do to help the students in our school. We in turn did a lot of research to prepare for the project and gathered a lot of information. For example, we learnt that Social Anxiety Disorder (SAD) affects 15 billion adults of 6.8% of the US population.¹ We ended up running a small 'Wind Down Wednesday' session during every Wednesday lunch time which promotes a better state of mind and de-stressing. We could have promoted the activity better but I think we got the point across and got a couple people to come along.

Strengths and weaknesses of my own performance as a team member

Looking back on my own contributions to the team, I think I was able to discern what our group could and could not do. I tried to stay on track and make sure we were thinking of what we could do realistically. For example, when thinking about what type of outcome we can have, we know we can't aim to cure and help everyone, so we set smaller goals and built upwards from that. Recalling

¹Facts & Statistics | Anxiety and Depression Association of America, ADAA. (2019). Retrieved from <https://adaa.org/about-adaa/press-room/facts-statistics>

previous group projects, I typically had to work on speaking up and voicing my own opinions. I was very comfortable with my group and I think this helped me come out of my shell more and open up to give more possibilities and contribute. Gathering all of the information we needed wasn't hard, but in the end I think I developed some of my own skills. Firstly, I am now more confident in contributing and sharing my own ideas, this was from all of our group discussions and projects we worked on together. This was emphasised when we were working on our 'Wind Down Wednesday' posters and we all had to contribute ideas, it challenged my abilities to add to the conversation. In the future this will definitely help with adding to conversations and possibly showing new sides to the problem. Secondly, I have developed my ability to garner information. It came about when researching for statistics on Hong Kong teenagers and how they suffer from anxiety, with this I can apply my new researching skills to many situations that require data and research to be used.

Benefits and challenges of working in a team

Peering into my work done, barring what I have developed, there is still much more I could improve on. Being a year 11, I think I took on some responsibility towards leading our group and pushing us all towards the route we wanted to go to. However, I think I could have stayed focused more throughout the whole process, as well as keep the rest of my team on task. We often found ourselves spending a long time on a task that could've taken less time to finish.

Specifically, I could've tried to delegate more tasks to ensure our group is always on task. This was shown the most when we were all working on researching for our project, it would have been better to split up the work and separate the workload among all of us. I tried my best to do research and come up with ideas and I think I was best at the planning for the project and putting our ideas together.

What has been learned about different cultural perspectives

Through all of the research we did, we got insight from our own school counsellor. This gave us a peek into how stress/mental health and school are intertwined. We had learnt more about the causes and effects of anxiety through our school counsellor which was then applied towards how we felt in respect to mental health overall. As well as this, through the research we had done, we had gotten to see different statistics regarding mental health in students globally. For example, up to one in five kids in the US show signs or symptoms of having a mental health disorder.² These all gave my whole group a whole new perspective as to how we should be viewing things. We took so much knowledge away with us giving us more of a reason to continue with our project ('Wind Down Wednesday') and spread awareness.

Practical skills that have been developed

Something I will be sure to take away from doing our team project is just how many people want to help those with mental health disorders. I think teenagers are quick to push away help when it's right in front of them. Going through the process of researching into the issue and actually taking action just showed us there are people, organisations, groups etc. who care about helping those who do need it. In Hong Kong, one in three people suffer from anxiety, aged 6-24.³ This meaningful project has given us more cognisance on mental health, but more specifically anxiety and depression in students. I had felt some apprehension in the beginning, especially when thinking of what outcome we could have, but our group pushed through and came out with a unimpeachable outcome.

² Mental Health By the Numbers | NAMI: National Alliance on Mental Illness. (2019). Retrieved from <https://www.nami.org/Learn-More/Mental-Health-By-the-Numbers>

³ One in three young Hongkongers suffering from mental health issues. (2019). Retrieved from <https://www.scmp.com/news/hong-kong/health-environment/article/2149403/one-three-young-hongkongers-suffers-stress-anxiety>

In the end, I think I have a lot to learn from this whole process of working as a team to get the best outcome that we can get. We worked hard to gather people and do the activities provided for 'Wind Down Wednesday' so our final outcome was well worth it. We carried a positive mindset with us for the whole journey and made sure to keep reminding ourselves of the goal ahead.

Bibliography:

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