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Name: The Research on the Participation of Teenagers in Gambling 2019 Research Report

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The Research on the
Participation of Teenagers in
Gambling 2019
Research Report

主辦單位



贊助單位



1.	問卷調查背景 Research Background	2	42
2.	調查方法和日期 Research Method	2	42
3.	回應者性別及年齡 Participants	3	43
4.	青少年賭博問題問卷調查資料分析 Problematic Gambling Behaviors of Youngsters	4	44
	4.1 描述性統計 Descriptive Statistics	5	46
	4.2 賭博失調的整體情況 Problematic Gambling Behaviors	14	55
	4.3 兩性受訪者的賭博問題 Gender Differences on Problematic Gambling	16	57
5.	青少年參與賭博的情況 Adolescent Gambling Behaviors		
	5.1 青少年及家人參與賭博的項目 Gambling Preferences	19	60
	5.2 首次參與博彩的年齡和原因 Gambling Pattern and Partners	23	64
	5.3 過往一年的賭博習慣 Gambling Pattern in past 12-month	25	66
6.	受訪者家庭狀況及家庭與賭博失調的關係 Family Status and Gambling Activities		
	6.1 受訪者家庭狀況 Respondents' Family Economic and Social Status	27	68
	6.2 受訪者家庭經濟和婚姻狀況跟賭博的關係 Family Economic Situation and Gambling Behaviors	30	71
	6.3 家人對受訪者賭博的看法 Parents' Attitudes toward Gambling	32	73
	6.4 受訪者跟家人相處的感受 Satisfaction with Family Function	35	76
	6.5 家庭關懷指數跟賭博失調的關係 Family APGAR Index and Gambling Disorder	37	79
7.	結果討論 Discussion and Conclusion	38	80

1. 問卷調查背景

這次問卷調查是透過「澳門社會工作局」資助，「Teen Teen成長摯友營」舉辦的「預防青少年沉迷賭博專題服務計劃2019」內進行。參與這個計劃的團體會安排學生或會員參加預防沉迷賭博主題的訓練營。內容除了讓青年人認識沉迷賭博的原因和禍害，還會介紹朋輩間拒絕賭博的技巧，務求提升受訪者對抗“沉迷賭博”的能力。營會中會運用問卷讓參與者作出自我評估，以了解他們對賭博的認知，並讓他們思考賭博是否對自己和家人構成影響。

2. 調查方法和日期

這次調查在2019年1月至12月期間進行，合共舉行超過30次營會，成功收回問卷1,008份，回收率超過九成。

整份問卷分為三個主要部份：第一部分是訪問同學及其家長的賭博情況，第二部分主要問到同學的家庭經濟狀況和跟家人相處的感受。最後一部分是有關同學是否出現賭博問題的分析。這個賭博失調調查的問卷共有九個題目，題目源自DSM-V和DSM-IV-MR-J。每個題目中若干選項會以△標示，參與者的評分會按所答題目的△數目多寡分為三個不同層次。

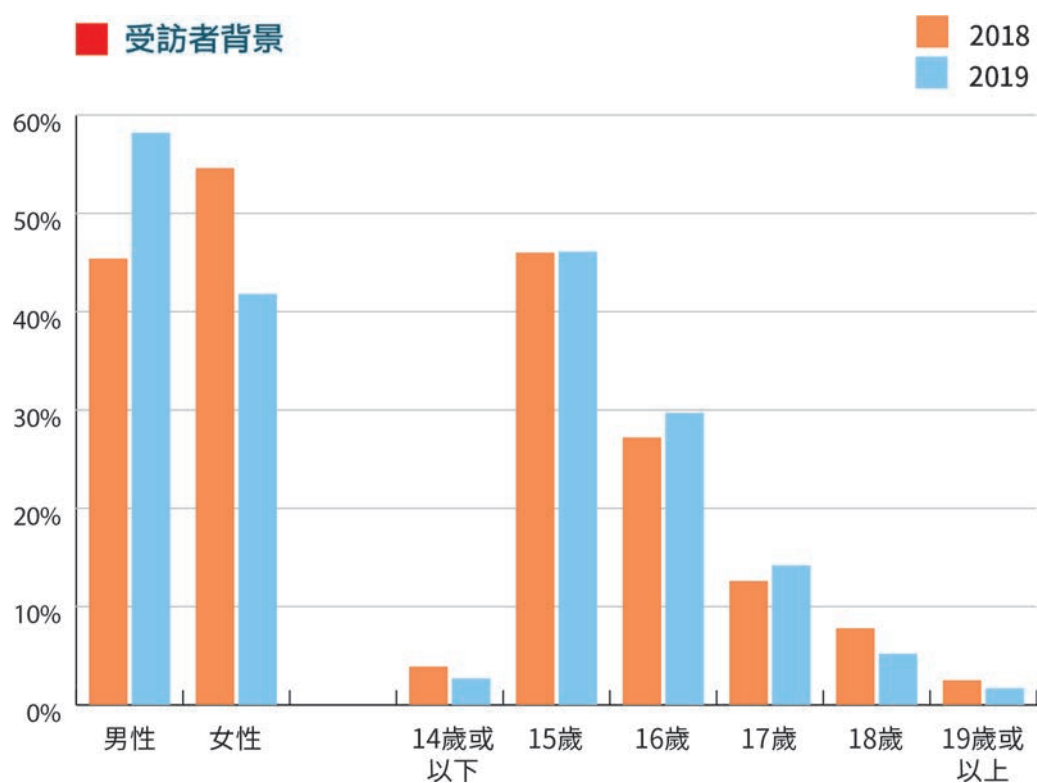
受訪者會以不記名方式填寫問卷，接受賭博問題評估(DSM-V)。參與者會記下自己在評估中的分數，待交回問卷後，機構會公佈評分準則和所得分數的界定，讓參與者能了解自己的狀況。

3. 回應者性別及年齡

在這次收回的1,008份問卷中，共有582名男性和418名女性¹，分別佔回應者58.2%和41.8%。營會的參與者主要來自不同學校，所以年齡介乎14至21歲之間，當中最多為15歲(佔46.1%)、其次是16-17歲(佔43.9%)，18-21歲有6.9%，跟去年比例相約(參考右圖)。

¹ 8名受訪者沒標示性別。

	2018		2019	
	人數	百分比	人數	百分比
男性	407	45.4%	582	58.2%
女性	490	54.6%	418	41.8%
14 歲或以下	35	3.9%	27	2.7%
15 歲	415	46.0%	465	46.1%
16 歲	246	27.2%	298	29.7%
17 歲	114	12.6%	143	14.2%
18 歲	70	7.8%	52	5.2%
19 歲或以上	23	2.5%	17	1.7%



4. 青少年賭博失調問卷調查資料分析

這部分我們會以DSM V和IV的問卷，來分析青少年的賭博問題。問卷內共有九條題目，詳情如下：

在過去一年裡，你是否...

- 1 腦海裡經常充滿關於賭博的事情(例如:持續重溫過往的賭博經驗、預測賭博結果或計劃下一次賭博、構思尋找賭本的方法)。
沒有 1-2次 有時 經常
- 2 需增加金錢來下注才可以達到所渴望的刺激。
是 不是
- 3 曾多次控制、減少或停止賭博但都未能成功。
是 不是
- 4 當嘗試減少或停止賭博時會感到坐立不安或煩躁。
沒有 1-2次 有時 經常 沒有嘗試減少
- 5 經常於不愉快時(如無助、內疚、焦慮、抑鬱)，便會賭博。
沒有 1-2次 有時 經常
- 6 當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢。
沒有 少於一半時間 多於一半時間 每次
- 7 你有沒有因為賭而對你家人、朋友等說謊。
沒有 1-2次 有時 經常
- 8 你有沒有因為賭博而在未得家人/別人同意下用去這些金錢：
膳食費及活動費/家中的錢/家中以外的錢。
沒有 1-2次 有時 經常
- 9 賭博已對你重要的關係和學習造成影響。
沒有 1-2次 有時 經常

答案中每一個△是1分，可分為三個不同程度的影響：

- 0分 ：分表示賭博行為暫時未對學業、家庭和人際關係造成影響。
- 1-3分 ：分表示賭博行為可能嚴重影響學業、家庭和人際關係。
- 4分或以上 ：表示受訪者可能有賭博失調行為。

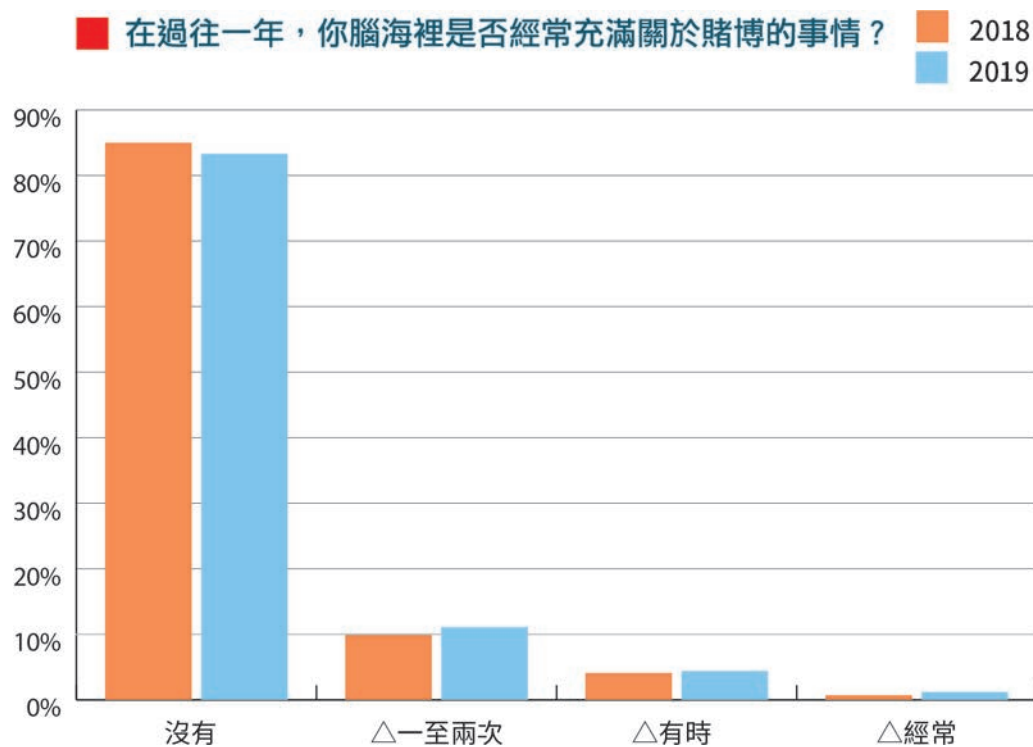
4.1 描述性統計

4.1.1 賭博的自控和依賴

■ 在過往一年，你腦海裡是否經常充滿關於賭博的事情？

在過往一年，腦海裡是否經常充滿關於賭博的事情，例如是持續回想過往的賭博經驗、預測賭博結果或計劃下一次賭博、構思尋找賭本的方法等。從下表可見，有11%人有一至兩次這樣的經驗，有4.4%的受訪者有時會這樣，而經常思考賭博的事情的受訪者有1.2%。這顯示有大約一成多的人曾試過腦海裡經常充滿關於賭博的事情，情況略多於去年。

	2018		2019	
	人數	百分比	人數	百分比
沒有	768	85.0%	835	83.3%
△一至兩次	89	9.9%	111	11.1%
△有時	37	4.1%	44	4.4%
△經常	6	0.7%	12	1.2%
	900 ²	100.0%	1002 ³	100.0%



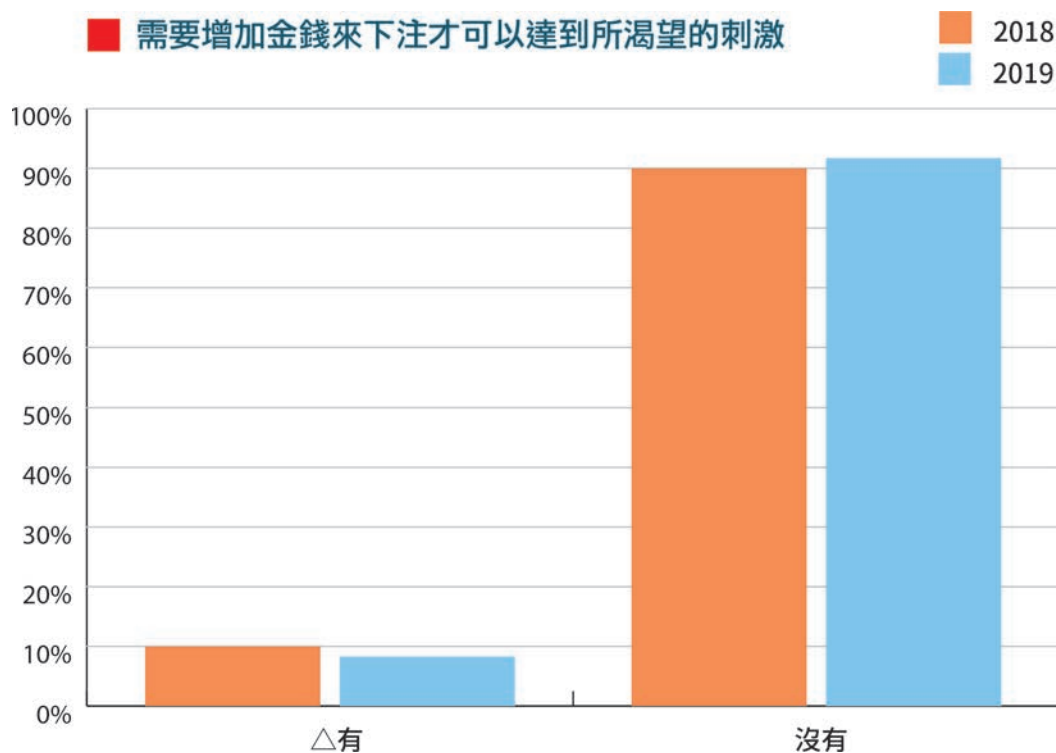
² 3位受訪者沒有回答本題。

³ 6位受訪者沒有回答本題。

■ 在過往一年，你需要增加金錢來下注才可以達到所渴望的刺激？

從下表可見，有8.3%的受訪者表示，在過往一年曾經有試過想為刺激，而需要加大賭注。這題目也顯示大約有一成受訪者在賭博自控上出現問題。今年有8.3%受訪者表示需要越賭越大以獲得所期望的刺激，今年的數字略低於去年。

	2018		2019	
	人數	百分比	人數	百分比
△有	90	10.0%	83	8.3%
沒有	811	90.0%	918	91.7%
	901 ⁴	100.0%	1001 ⁵	100.0%



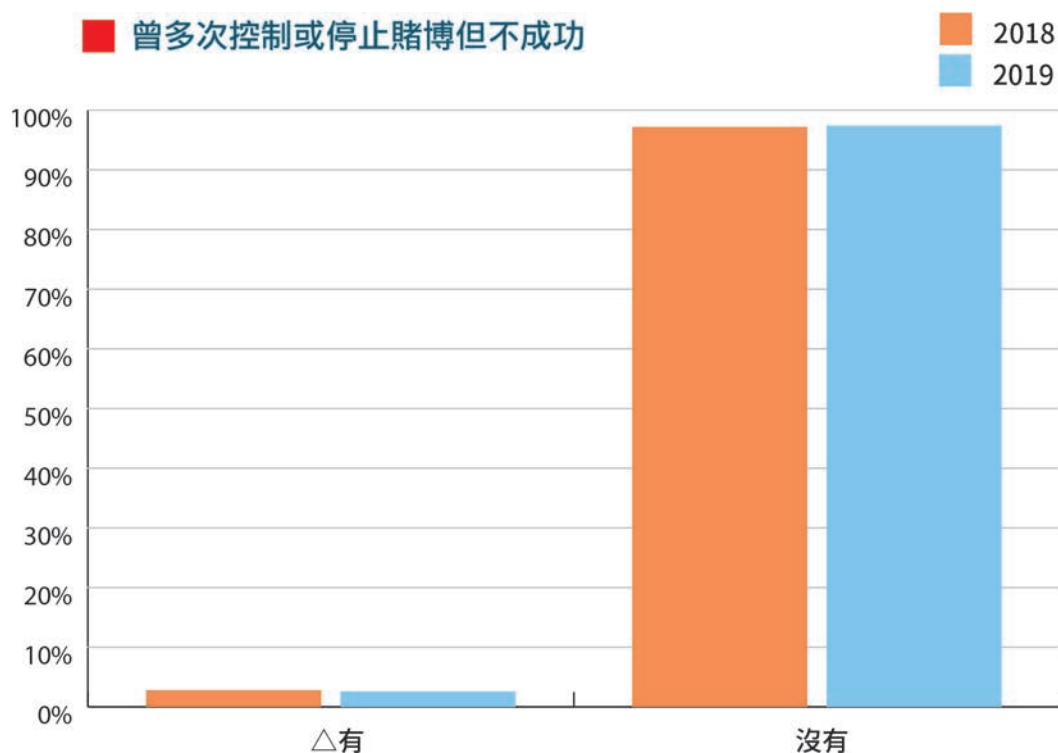
⁴ 2位受訪者沒有回答本題。

⁵ 7位受訪者沒有回答本題。

■ 在過往一年，曾多次控制、減少或停止賭博但都未能成功？

從下表可見，有大約2.6%受訪同學曾多次控制、減少或停止賭博但都未能成功。情況跟去年相約。

	2018		2019	
	人數	百分比	人數	百分比
△有	25	2.8%	26	2.6%
沒有	872	96.6%	975	97.4%
	897 ⁶	100.0%	1001 ⁷	100.0%



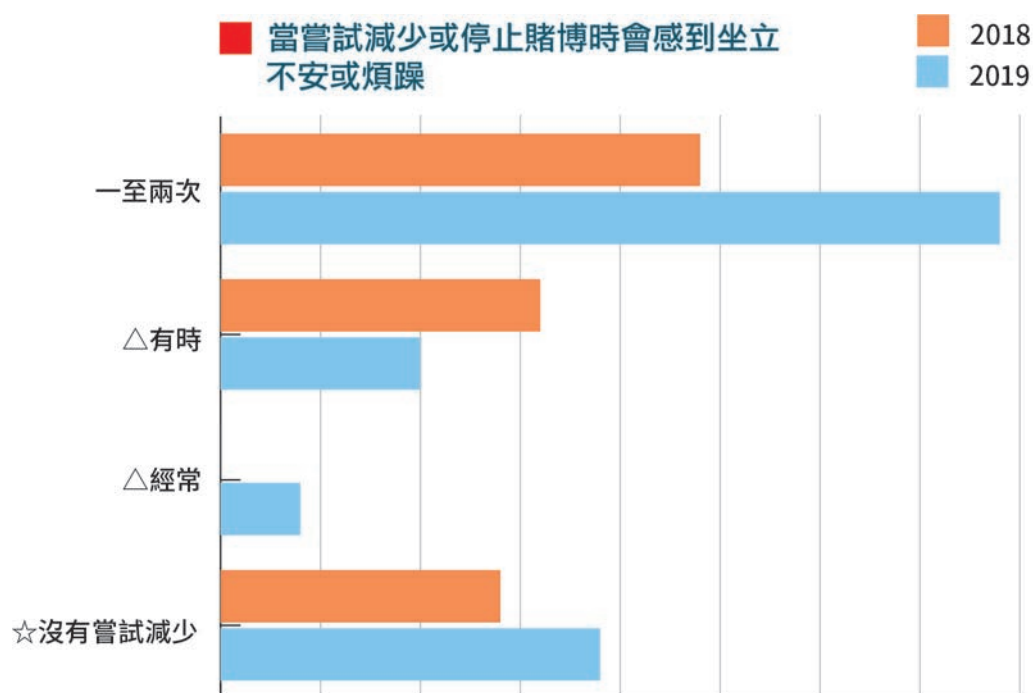
⁶ 6位受訪者沒有回答本題。

⁷ 7位受訪者沒有回答本題。

■ 當嘗試減少或停止賭博時會感到坐立不安或煩躁。

有92.8%受訪者表示，從沒有因為嘗試停止或減少賭博而感到煩躁不安或厭倦，而曾因為嘗試停止或減少賭博而感到不舒服或厭煩有5.3%(3.9%一至兩次、1%有時，0.4%經常)。一至兩次及經常的數字略高於2018年。有1.9%受訪者並沒有嘗試減少賭博，跟去年的1.4%相約。

	2018		2019	
	人數	百分比	人數	百分比
沒有	850	94.5%	930	92.8%
一至兩次	22	2.4%	39	3.9%
△有時	14	1.6%	10	1.0%
△經常	0	0%	4	0.4%
☆沒有嘗試減少	13	1.4%	19	1.9%
	899 ⁸		1002 ⁹	



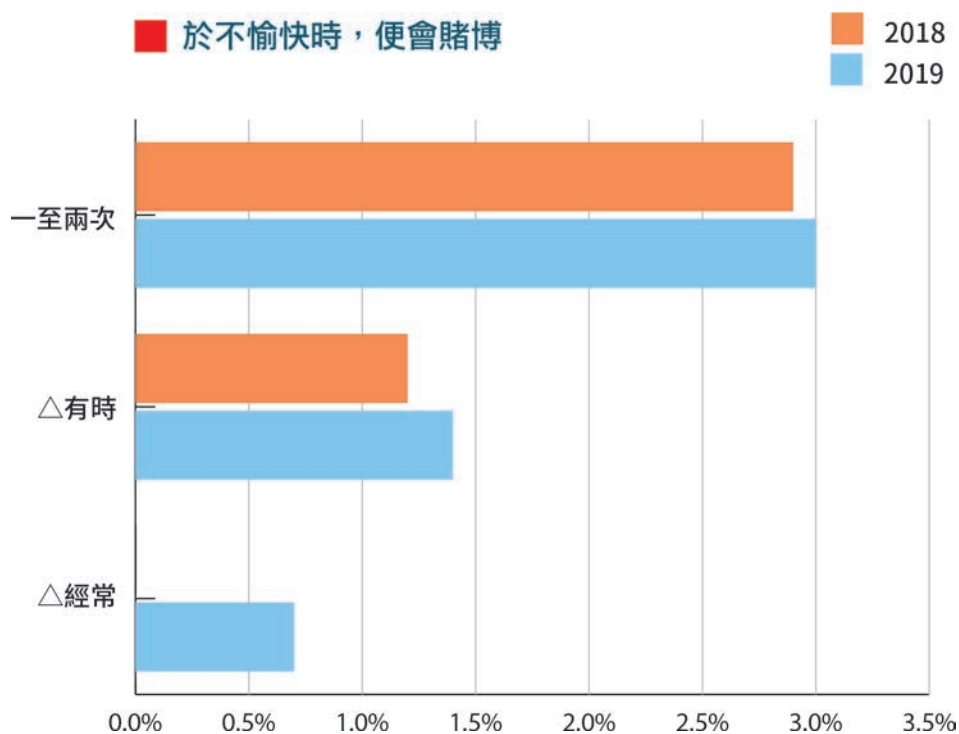
⁸ 4位受訪者沒有回答本題。

⁹ 6位受訪者沒有回答本題。

■ 經常於不愉快時(如無助、內疚、焦慮、抑鬱)，便會賭博。

大多數的受訪者(94.9%)表示沒有在不愉快時去賭博，有大約2.1%的人會有時或經常這樣做。如跟去年比較，今年情況有所上升。

	2018		2019	
	人數	百分比	人數	百分比
沒有	863	95.6%	949	94.9%
一至兩次	26	2.9%	30	3.0%
△有時	11	1.2%	14	1.4%
△經常	0	0.0%	7	0.7%
	900 ¹⁰	100.0%	1000 ¹¹	100.0%



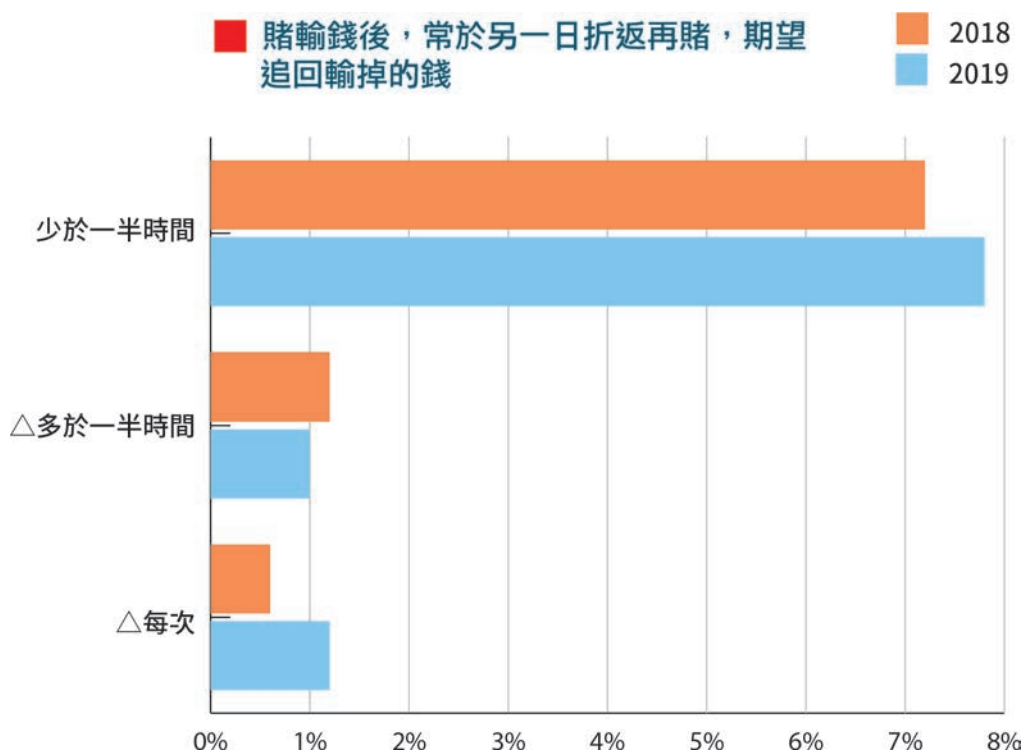
¹⁰ 3位受訪者沒有回答本題。

¹¹ 8位受訪者沒有回答本題。

■ 當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢。

在輸了錢後，90%受訪者不會在另一日折返再賭，以追回輸掉的錢，約有7.8%受訪者表示少於一半時間會再去賭。兩個數字都略差於去年。多於一半時間或每次都會在第二天去賭以求贏回金錢的受訪者則分別有1.0%和1.2%。情況略差於2018。

	2018		2019	
	人數	百分比	人數	百分比
沒有	820	91.0%	902	90%
少於一半時間	65	7.2%	78	7.8%
△多於一半時間	11	1.2%	10	1.0%
△每次	5	0.6%	12	1.2%
	901 ¹²	100.0%	1002 ¹³	100.0%



¹² 2位受訪者沒有回答本題。

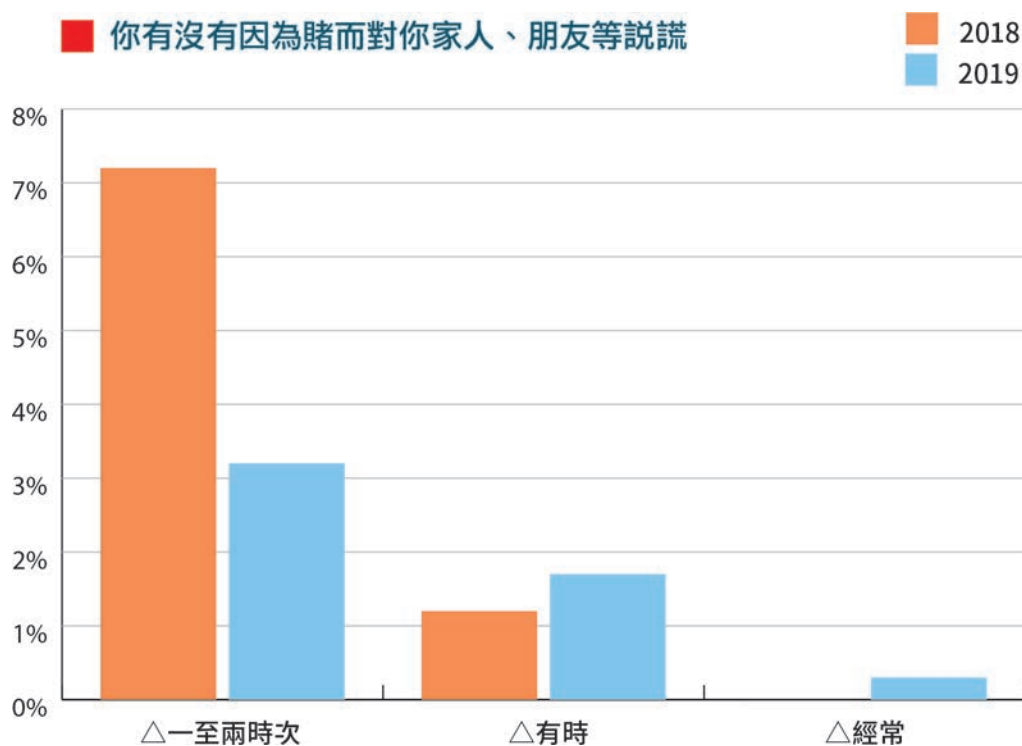
¹³ 6位受訪者沒有回答本題。

4.1.2 賭博對自己或家庭的影響

■ 你有沒有因為賭而對你家人、朋友等說謊。

大部份受訪者都表示沒有因為賭博而對家人、朋友等說謊(94.8%)，今年有3.2%受訪者表示有一至兩次試過這種情況，比去年為低。然而，值得注意的是，表示有“有時”和“經常”因為賭博而向自己的家人、朋友說謊分別為1.7%和0.3%，略多於去年。

	2018		2019	
	人數	百分比	人數	百分比
沒有	857	91.0%	949	94.8%
△一至兩次	34	7.2%	32	3.2%
△有時	10	1.2%	17	1.7%
△經常	0	0.0%	3	0.3%
	901 ¹⁴	100.0%	1001 ¹⁵	100.0%



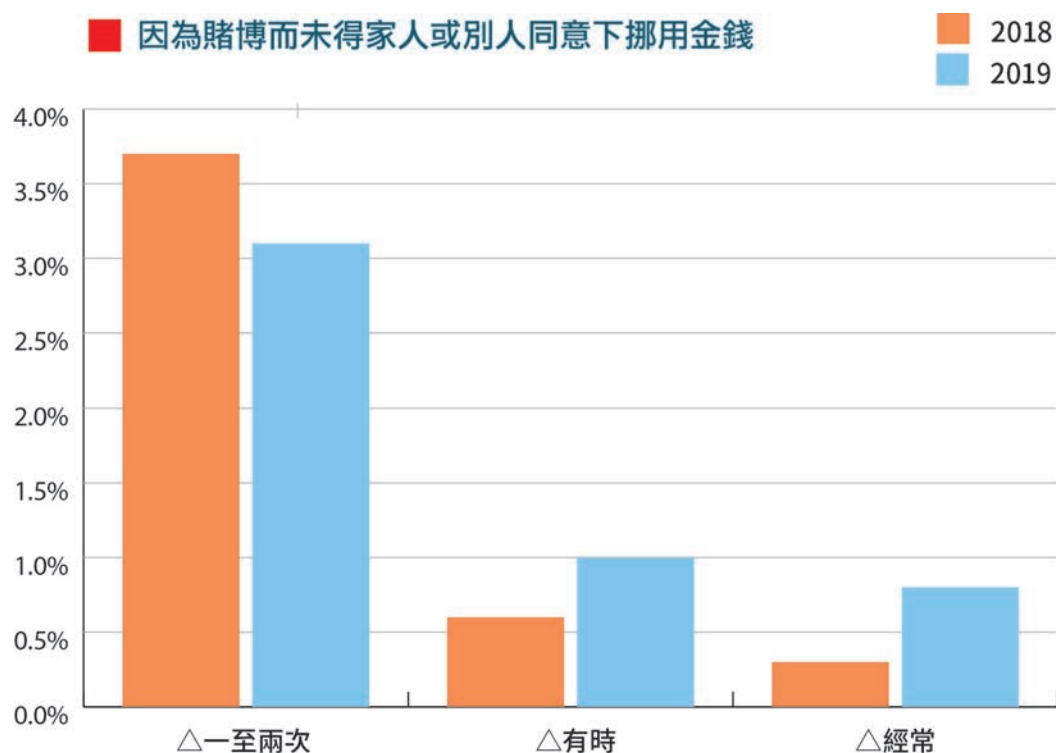
¹⁴ 2位受訪者沒有回答本題。

¹⁵ 7位受訪者沒有回答本題。

■ 你有沒有因為賭博而未得家人或別人同意下用去這些金錢：膳食費及活動費/家中的錢/家中以外的錢。

絕大部份的受訪者都沒有未經批准使用生活費用如膳食費、家中的錢來賭博(95.1%)。3.1%的受訪者表示曾有“一至兩次”未經批准地把生活費用於賭博。有時會這樣做，及經常會這樣做的受訪者分別佔1.0%和0.8%，整體情況跟去年相約。

	2018		2019	
	人數	百分比	人數	百分比
沒有	858	95.4%	953	95.1%
△一至兩次	33	3.7%	31	3.1%
△有時	5	0.6%	10	1.0%
△經常	3	0.3%	8	0.8%
	899 ¹⁶	100.0%	1002 ¹⁷	100.0%



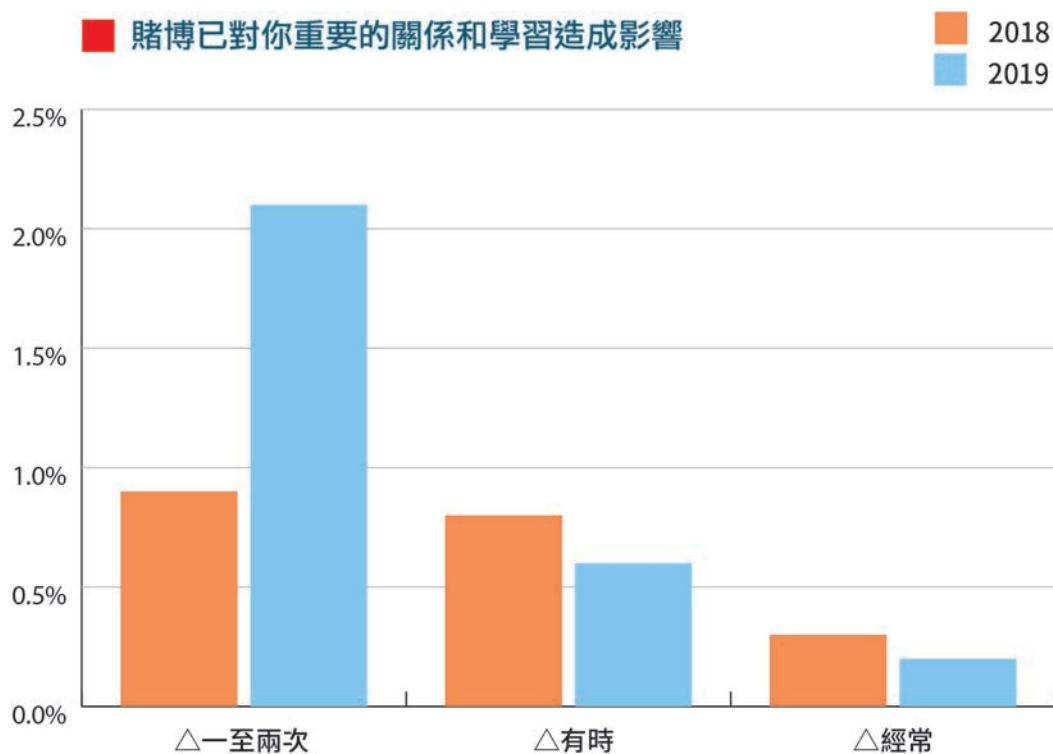
¹⁶ 4位受訪者沒有回答本題。

¹⁷ 6位受訪者沒有回答本題。

■ 賭博已對你重要的關係和學習造成影響。

大部份受訪者都表示，沒有因為賭博而導致重要的關係和學習受到影響(97.1%)，因為賭博而有“一至兩次”影響人際關係和學習的有2.1%，較去年為高，而“有時”和“經常”影響人際關係或學習的，分別佔0.6%和0.2%。數字略遜於去年。

	2018		2019	
	人數	百分比	人數	百分比
沒有	883	98.0%	973	97.1%
△一至兩次	8	0.9%	21	2.1%
△有時	7	0.8%	6	0.6%
△經常	3	0.3%	2	0.2%
	901 ¹⁸	100.0%	1002 ¹⁹	100.0%



¹⁸ 2位受訪者沒有回答本題。

¹⁹ 6位受訪者沒有回答本題。

4.2 賭博失調整體情況

下表綜合了上述9條DSMV題目中，受訪者答案取得△的次數。△次數越多，顯示受訪者出現更多賭博失調的特徵，其中有8位受訪者已有六項或以上特徵(0.8%)。

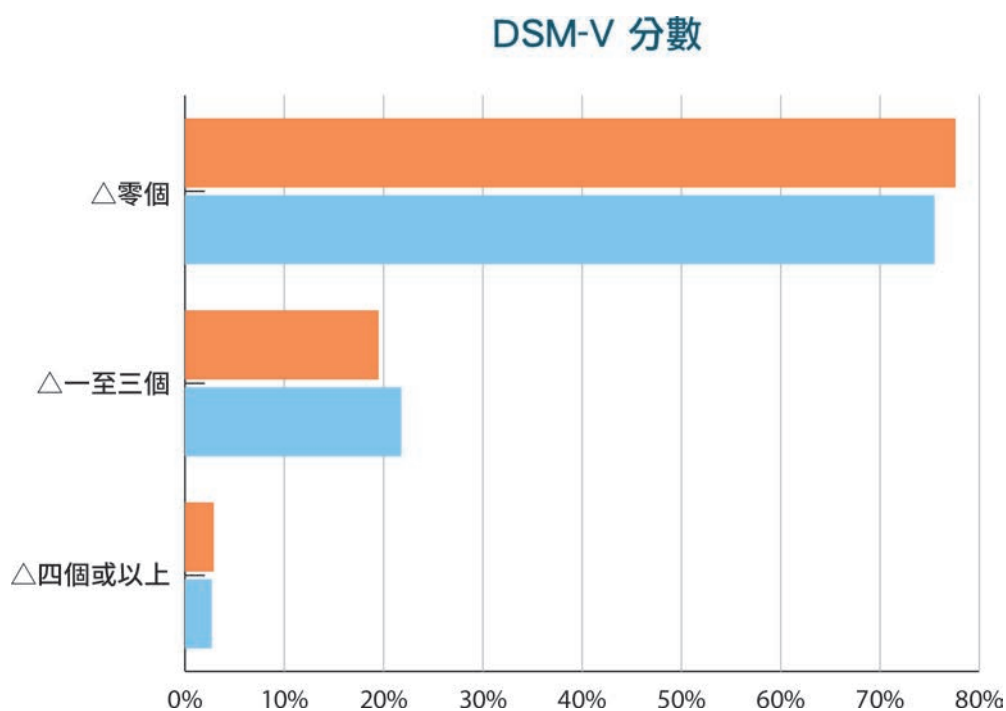
2019	△次數	百份比
0	761	75.5%
1	140	13.9%
2	53	5.3%
3	27	2.7%
4	15	1.5%
5	4	0.4%
6	3	0.3%
7	2	0.2%
8	3	0.3%
總數	1008	100%

答案中每一個△是1分，可分為三個不同程度的影響：

- 0分 ：表示賭博行為暫時未對學業、家庭和人際關係造成影響。
- 1-3分 ：表示賭博行為可能嚴重影響學業、家庭和人際關係。
- 4分或以上 ：表示受訪者可能有賭博失調行為。

下表列出最後得分為0分的受訪者共761人(75.5%)，顯示大部份受訪者暫時未受賭博影響其生活和行為。1-3分的受訪者為220人，佔21.8%；而4分以上的受訪者有27人，佔2.7%。這個結果顯示超過兩成青少年有機會因賭博對學業、家庭和人際關係出現問題，而2.7%青少年更可能有賭博失調行為。整體分數跟去年相約。

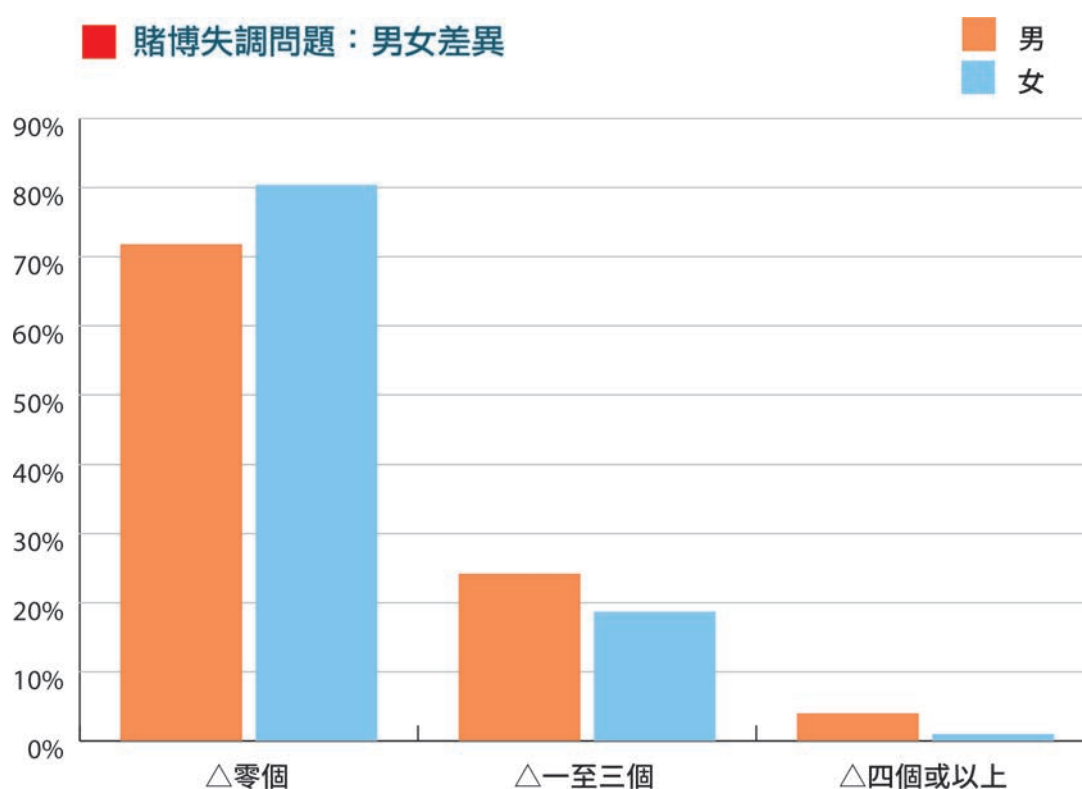
	2018		2019	
	人數	百分比	人數	百分比
△零個	701	77.6%	761	75.5%
△一至三個	176	19.5%	220	21.8%
△四個或以上	26	2.9%	27	2.7%



4.3 比較兩性受訪者的賭博問題

如果比較兩性在DSM問卷上的分數，可以明確看見賭博問題在男性方面比較嚴重²⁰。△1-3個的受訪者男性比例為24.2%，而女性只有18.7%。有△4個以上的情況，男性受訪者有4.0%，而女性只有1.0%，兩組數字都顯示，男性的賭博失調情況比女性更為嚴重。女性受訪者雖然整體上賭博問題較低，但仍有1%的女同學受賭博問題困擾。

2019	男	女
△零個	418 (71.8%)	336 (80.4%)
△一至三個	141 (24.2%)	78 (18.7%)
△四個或以上	23 (4.0%)	4 (1.0%)



²⁰ Chi-sq測試的結果指兩者有差異， $p < 0.00$ 。

■ 男性受訪者的DSM V分數

以往有不少研究顯示男性在賭博問題上較女性嚴重，為免因性別差異做成偏差，下表會分開男女受訪者作出比較。

從男性受訪者的列表中可見，最後得分為0分的受訪者共418人(71.8%)，顯示大部份受訪者暫時未受賭博影響其生活和行為。1-3分的受訪者為141人，佔24.2%；而4分以上的受訪者亦有23人，佔4.0%。結果顯示有接近三成的青少年男性有機會因賭博對學業、家庭和人際關係出現問題；而4.0%更可能有賭博失調行為，數字跟去年大致相同。

	2018	2019
△零個	286 (70.3%)	418 (71.8%)
△一至三個	101 (24.8%)	141 (24.2%)
△四個或以上	20 (4.9%)	23 (4.0%)

■ 女性受訪者的DSM V分數

從女性受訪者的列表中可見，最後得分為0分的受訪者共336(80.4%)，顯示大部份受訪者暫時未受賭博影響其生活和行為。1-3分的受訪者為78人，佔18.7%；而4分以上的受訪者亦有4人，佔1.0%。有△的數字略高於去年。

	2018	2019
△零個	412 (84.1%)	336 (80.4%)
△一至三個	72 (14.7%)	78 (18.7%)
△四個或以上	6 (1.2%)	4 (1.0%)

從下表可見，女性受訪者的賭博自控能力和賭博問題都較男性為佳。在男性受訪者中，最常出現的問題是「腦海裡是否經常充滿關於賭博的事情」(19.0%)和「需要增加金錢來下注才可以達到所渴望的刺激」(10.6%)。此外，也有6.7%男性受訪者表示曾因為賭而對家人或朋友說謊，6.2%男性受訪者更曾試過未得家人或別人同意下用膳食費及活動費/家中的錢/家中以外的錢去賭博，可見賭博問題對男同學已有不少影響。

女性受訪者較最常出現的問題跟男性受訪者大致相近。最常出現的問題是「腦海裡是否經常充滿關於賭博的事情」(13.4%)和「需要增加金錢來下注才可以達到所渴望的刺激」(5.3%)。但大體而言，賭博對女性日常生活的影響一般較男性為低。

對賭博的自控和依賴

	男	女
• 腦海裡是否經常充滿關於賭博的事情	108 (19%)	56 (13.4%)
• 需要增加金錢來下注才可以達到所渴望的刺激	61 (10.6%)	22 (5.3%)
• 曾多次控制、減少或停止賭博但都未能成功	19 (3.3%)	7(1.7%)
• 當嘗試減少或停止賭博時會感到坐立不安或煩躁	9 (1.5%)	5 (1.2%)
• 經常於不愉快時(如無助、內疚、焦慮、抑鬱)，便會賭博。	15 (2.6%)	6 (1.4%)
• 當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢。	17 (3.0%)	5 (1.2%)

賭博做成影響

	男	女
• 你曾試過因為賭而對你家人、朋友等說謊	39 (6.7%)	13 (3.1%)
• 你曾試過未得家人或別人同意下用膳食費及活動費/家中的錢/家中以外的錢去賭博	36 (6.2%)	13 (3.1%)
• 你曾試過因為賭博而引至與家人/朋友或他人爭執/不上學	22 (3.8%)	7 (1.7%)

5. 青少年參與賭博的情況

5.1 青少年及家人參與賭博的項目

跟以往的調查相似，青少年最多參與的賭博項目為撲克牌(24.7%)和麻雀(16.6%)，可見青少年賭博活動仍然以社交賭博為主。跟去年相比，由於2018是世界盃舉行的年份，而本年度沒有國際足球盛事，參與賭波的人數較去年有明顯下降。捕魚機佔第3位，為8.3%。本年度網上賭博和六合彩的百份比明顯比去年高，分別排第4和第5位，達6.6%和6.4%。

青少年參與賭博情況

博彩項目	2018	2019
賭馬/賭狗	3 (0.3%)	7 (0.7%)
即發彩票	28 (3.2%)	28 (2.8%)
賭波(例如足球、籃球)	68 (7.7%)	51 (5.1%)
進入賭場/幸運博彩(如百家樂、牌九、輪盤)	6 (0.7%)	10 (1.0%)
白鴿票	4 (0.5%)	2 (0.2%)
角子老虎機	3 (0.3%)	9 (0.9%)
六合彩	28 (3.2%)	65 (6.4%)
麻雀	131 (14.9%)	167 (16.6%)
撲克牌 (例如21點、鬥地主、鋤大Dee)	168 (19.1%)	249 (24.7%)
網上賭博	24 (2.7%)	67 (6.6%)
捕魚機	60 (7.6%)	84 (8.3%)

受訪者的家長最多參與的項目分別為六合彩(40.3%)和麻雀(29.8%)，情況跟去年大致相同。跟子女相同的情況是，今年參與賭波的人數亦大幅回落，從去年的21.1%急跌至11.8%。排第三和第四是進入賭場(19.0%)和撲克牌(18.8%)。

家長參與賭博情況

博彩項目	2018	2019
賭馬/賭狗	58 (6.6%)	51 (5.1%)
即發彩票	81 (9.3%)	88 (8.7%)
賭波(例如足球、籃球)	184 (21.1%)	119 (11.8%)
進入賭場/幸運博彩(如百家樂、牌九、輪盤)	158 (18.1%)	192 (19.0%)
白鴿票	20 (2.3%)	22 (2.2%)
角子老虎機	74 (8.2%)	94 (9.3%)
六合彩	326 (37.4%)	406 (40.3%)
麻雀	231 (26.6%)	300 (29.8%)
撲克牌 (例如21點、鬥地主、鋤大Dee)	140 (16.1%)	190 (18.8%)
網上賭博	44 (4.9%)	40 (4.0%)
捕魚機	14 (1.8%)	14 (1.4%)

■ 家長參與的賭博項目和受訪者參與的賭博項目關係

如進一步分析較多家長和同學參與的幾項活動，包括賭波、六合彩、麻雀、撲克牌和網上賭博等，都會發現如家長有參與該項活動，同學參與同一賭博活動的比例會較高。這情況以社交賭博最為顯著。

下表顯示，在家長有打麻雀的家庭中，有近四成同學曾打麻雀。而家長沒有打麻雀的家庭中只有8.3%同學曾於去年打麻雀。撲克牌也有類似的情況，賭撲克的家庭中，有64.2%同學也曾賭撲克，而沒有賭撲克的家庭中，曾賭撲克的同學只有15.5%。這兩個結果，反映了不少社交賭博活動都可能由家庭開始。

2019	家長有打麻雀	家長沒有打麻雀
同學有打麻雀	108 (36.0%)	59 (8.3%)
同學沒有打麻雀	192 (64.0%)	649 (91.7%)
	300 (100.0%)	708 (100.0%)

2019	家長有賭撲克	家長沒有賭撲克
同學會賭撲克	122 (64.2%)	127 (15.5%)
同學沒有賭撲克	68 (35.8%)	691 (84.5%)
	190 (100.0%)	818 (100.0%)

即使在非社交賭博的活動，例如是賭波、六合彩和網上賭博也有類似的情況，如家長有參與投注六合彩，同學參與比例亦較高(11.8%)。可見家人的賭博情況，是影響青少年會否參與賭博的關鍵。

2019	家長有賭波	家長沒有賭波
同學有賭波	17 (14.3%)	34 (3.8%)
同學沒有賭波	102 (85.7%)	855 (96.2%)
	<u>119 (100.0%)</u>	<u>889 (100.0%)</u>

2019	家長投注六合彩	家長沒有投注六合彩
同學有投注六合彩	48 (11.8%)	17 (2.8%)
同學沒有投注六合彩	358 (88.2%)	585 (97.2%)
	<u>406 (100.0%)</u>	<u>602 (100.0%)</u>

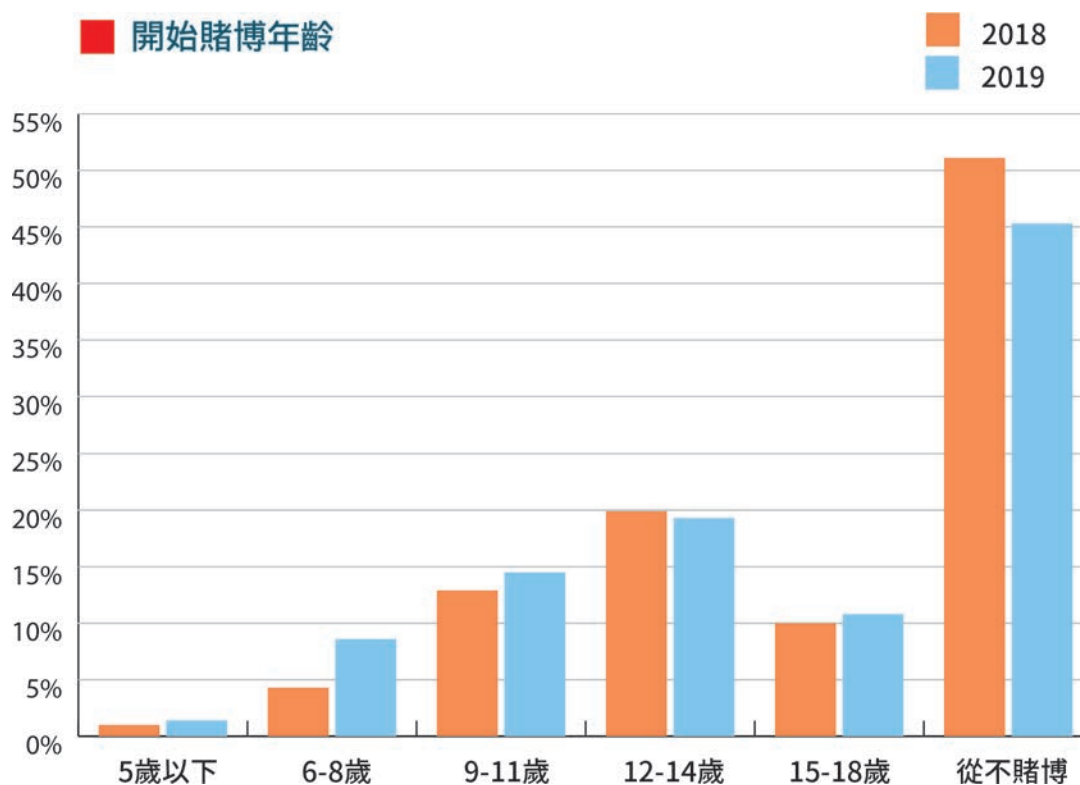
2019	家長有網上賭博	家長沒有網上賭博
同學有網上賭博	11 (27.5%)	56 (5.8%)
同學沒有網上賭博	29 (72.5%)	912 (94.2%)
	<u>40 (100.0%)</u>	<u>968 (100.0%)</u>

5.2 首次參與博彩的年齡和原因

■ 初次賭博的年齡

從下表可見，有超過一半受訪者曾經參與賭博(44.7%)，9歲以下首次參與賭博的有10.0%，較去年為高。最多是12-14歲開始賭博(19.3%)，其次是9-11歲(14.5%)。可見大部份受訪者都是在高小至初中期間首次參與賭博，而從不賭博的人數較去年減少。

	2018		2019	
	人數	百分比	人數	百分比
5歲以下	9	1.0%	14	1.4%
6-8歲	38	4.3%	86	8.6%
9-11歲	115	12.9%	145	14.5%
12-14歲	177	19.9%	193	19.3%
15-18歲	89	10.0%	108	10.8%
從不賭博	461	51.1%	453	45.3%

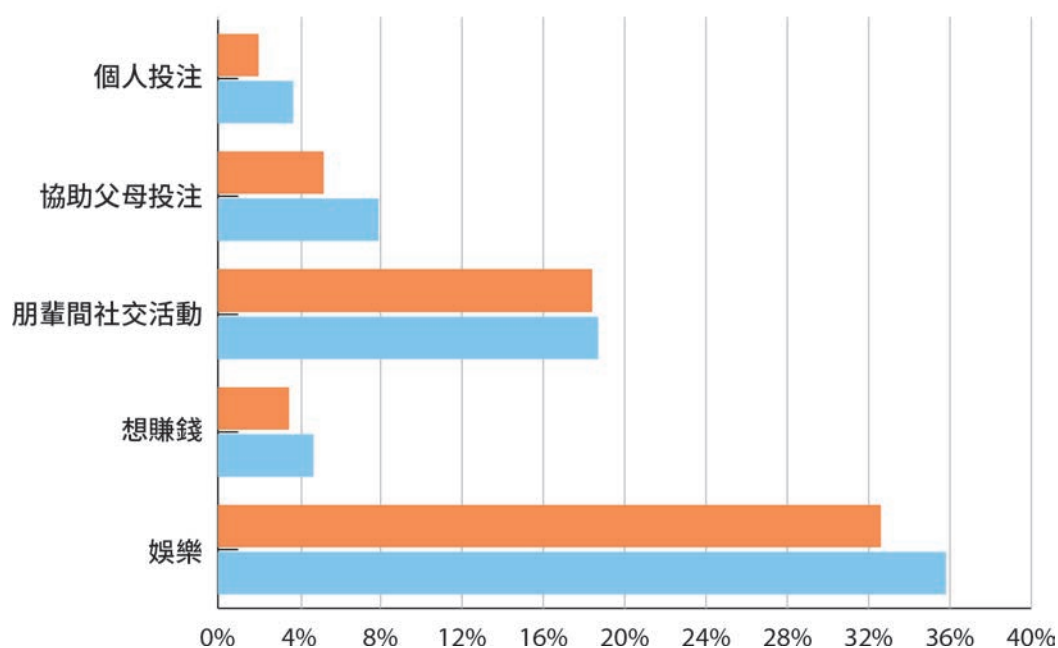


■ 初次賭博的原因

受訪者初次參與賭博的原因，主要是作為娛樂(35.8%)和朋輩間的社交活動(18.7%)，這結果反映最初讓青少年參與賭博的是朋輩(朋友和同學)和家人，一如以往，娛樂和社交賭博是青少年賭博的最主要原因。

	2018		2019	
	人數	百分比	人數	百分比
個人投注	18	2.0%	37	3.7%
協助父母投注	47	5.2%	80	7.9%
朋輩間社交活動	166	18.4%	188	18.7%
想賺錢	32	3.5%	47	4.7%
娛樂	294	32.6%	361	35.8%

初次賭博的原因



5.3 過往一年的賭博習慣

■ 青少年的主要賭博伙伴

青少年的主要賭博伙伴是朋友(32.9%)，其次是家人(25.4%) 和同學(14.6%)。而獨自進行賭博活動的受訪者在大約一成水平(10.3%)，情況跟去年大致相約。

	2018		2019	
	人數	百分比	人數	百分比
家人	188	20.8%	256	25.4%
朋友	280	31.0%	332	32.9%
同學	108	12.0%	147	14.6%
自己一個	69	7.6%	104	10.3%

■ 每月花在賭錢的時間

有約63.4%的受訪者表示過去一年沒有參與賭博活動。平均每月賭博一小時以下的佔24.4%。而每月花1-5小時和6-10小時參與涉及金錢的賭博活動的受訪者分別是8.9%和1.4%。每個月花11小時以上賭博的受訪者佔1.9%。這些數字都反映本年度的受訪者每月花在賭博的時間較去年為多。

	2018		2019	
	人數	百分比	人數	百分比
一小時以下	198	21.9%	246	24.4%
1-5小時	85	9.4%	90	8.9%
6-10小時	12	1.3%	14	1.4%
11-15小時	4	0.4%	3	0.3%
15小時以上	5	0.6%	16	1.6%
過往一年沒有賭博	599	66.4%	639	63.4%

■ 每月花費在賭博的金錢

跟去年一樣，超過六成的受訪者完全沒有把錢花在博彩活動上(66.1%)，有25.8%受訪者每月平均花費\$200以下在賭博上。每月平均花費\$200或以上進行賭博的受訪者約8.2%。這些數字都比2018年的受訪者有所上升。值得注意的是，有2.6%受訪者，每月花費\$1,000以上在賭博上。

	2018		2019	
	人數	百分比	人數	百分比
沒有賭錢	622	68.8%	666	66.1%
\$1-\$200	218	24.1%	260	25.8%
\$201-\$400	32	3.5%	38	3.8%
\$401-\$600	13	1.4%	12	1.2%
\$601-\$800	0	0.0%	2	0.2%
\$801-\$1000	6	0.7%	4	0.4%
\$1000以上	12	1.3%	26	2.6%

■ 賭博的金錢來源

大部分受訪者賭博的金錢來自零用錢(30.8%)，其餘為個人儲蓄(10.7%)、和家人提供(12.6%)。

	2018		2019	
	人數	百分比	人數	百分比
零用錢	252	27.9%	310	30.8%
家人提供	90	10.0%	127	12.6%
個人儲蓄	126	14.0%	108	10.7%
兼職工資	44	4.9%	56	5.6%
向別人借	7	0.8%	10	1.0%
非自己擁有的家中金錢	5	0.6%	7	0.7%

6. 受訪者家庭狀況及家庭與賭博失調的關係

6.1 受訪者家庭狀況

■ 受訪者家庭經濟情況

在問卷的第二部份，我們訪問有關受訪者的家庭社會經濟情況，以瞭解當中跟賭博失調有沒有關連。下表列出受訪者的家庭經濟情況。認為家庭經濟屬中產或以上的受訪者，佔34.2%；認為家境一般或貧窮的，佔37.2%。

2019	人數	百份比
富裕	33	3.3%
中產	311	30.9%
小康	284	28.2%
一般	319	31.6%
貧窮	56	5.6%

近半受訪者並不太清楚家庭收入情況(46%)，表示月入高於四萬的家庭最多，佔19%。

2019	人數	百份比
<10,000	18	1.8%
10,000-19,999	59	5.9%
20,000-29,999	83	8.2%
30,000-39,999	80	7.9%
>40,000	192	19.0%
不清楚	464	46.0%
拒絕作答	111	11.1%

■ 父母教育及工作狀況

從下表可見，受訪者父母的教育程度分佈相當接近，大部份受訪者父母的教育程度為中學(父：47.6%，母：52.3%)，其次為大學或以上(父：23.0%，母：22.8%)。

2019	父親		母親	
	人數	百分比	人數	百分比
小學或沒受正式教育	168	16.7%	130	12.9%
中學	480	47.6%	527	52.3%
大專	93	9.2%	103	10.2%
大學或以上	232	23.0%	230	22.8%

家長的教育程度，對子女的賭博情況亦有一定相關性。從下表可見，父母教育背景為小學/中學程度的家庭，相對父母教育程度為大專和大學的家庭，有較多子女有賭博失調的情況。

父親教育程度	小學/中學	大專	大學
△零個	470 (72.5%)	74 (79.6%)	191 (82.3%)
△一至三個	161 (24.8%)	16 (17.2%)	35 (15.1%)
△四個或以上	17 (2.6%)	3 (3.2%)	6 (2.6%)
	648 (100%)	93 (100%)	232 (100%)

母親教育程度	小學/中學	大專	大學
△零個	474 (72.1%)	81 (78.6%)	193 (83.9%)
△一至三個	162 (24.7%)	20 (19.4%)	33 (14.3%)
△四個或以上	21 (3.2%)	2 (1.9%)	4 (1.7%)
	657 (100%)	103 (100%)	230 (100%)

從下表可見，受訪者父母大部份為在職人士(父: 78.5%, 母: 71.9%)，在家照顧家庭的母親約佔兩成(19.3%)。

2019	父親		母親	
	人數	百份比	人數	百份比
在職	791	78.5%	725	71.9%
打理家務	21	2.1%	195	19.3%
退休	35	3.5%	8	0.8%
失業	13	1.3%	6	0.6%
不清楚/ 不作答	148	14.7%	74	7.4%

從下表可見，受訪者家長工作以服務業人員為主，其次父親是經理及行政人員，以及專業人員；母親是文職人員、經理及行政人員。

2019	父親		母親	
	人數	百份比	人數	百份比
經理及行政人員	192	19.0%	142	14.1%
專業人員	166	16.5%	117	11.6%
文職人員	69	6.8%	171	17.0%
服務業人員	220	21.8%	278	27.6%
工程人員	107	10.6%	3	0.3%
非技術工人	87	8.6%	53	5.3%

■ 受訪者家庭的婚姻狀況

從下表可見，八成以上受訪者父母仍處於婚姻狀態，分居及已離婚的家庭佔大約一成五。

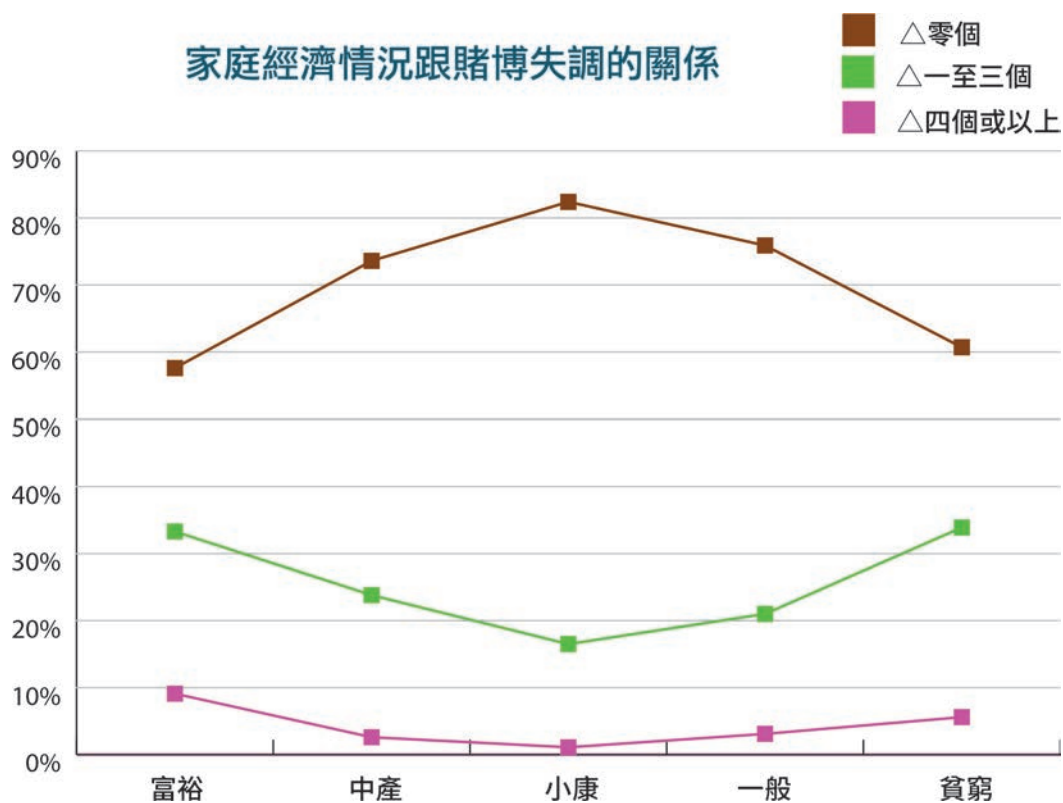
2019	人數	百份比
婚姻中(同住)	813	80.7%
分居	50	5.0%
離婚	101	10.0%
其他	44	4.4%

6.2 家庭經濟和婚姻狀況跟賭博的關係

從下表可見，認為家庭較貧窮和較富裕的受訪者，相對其他組別有較多賭博失調的情況，無論是初步受賭博問題影響的受訪者，以及有賭博失調問題的受訪者，比例都較其餘三組為高。

	富裕	中產	小康	一般	貧窮
△零個	19 (57.6%)	229 (73.6%)	234 (82.4%)	242 (75.9%)	34 (60.7%)
△一至三個	11 (33.3%)	74 (23.8%)	47 (16.5%)	67 (21.0%)	19 (33.9%)
△四個或以上	3 (9.1%)	8 (2.6%)	3 (1.1%)	10 (3.1%)	3 (5.6%)
	33 (100%)	311 (100%)	284 (100%)	319 (100%)	56 (100%)

家庭經濟情況跟賭博失調的關係



從下表可見，家長的婚姻狀況，跟受訪者是否有賭博失調問題，並沒有顯著的關係。

	婚姻中	分居	離婚	其他
△零個	614 (75.5%)	36 (72.0%)	81 (80.2%)	25 (67.6%)
△一至三個	176 (21.6%)	13 (26.0%)	17 (16.8%)	12 (32.4%)
△四個或以上	23 (2.8%)	1 (2.0%)	3 (3.0%)	0 (0%)
	813 (100%)	50 (100%)	101 (100%)	37 (100%)

6.3 家人對受訪者賭博的看法

■ 家人對我參與賭博的反應

從下表可見，家人對受訪者參與賭博的反應差異很大。有超過兩成半受訪者表示家人大多沒有太大反應(27.7%)，只有少於一成以下家長會勸他少賭(6.3%)。由此可見，家長對青少年賭博的態度亦較為模糊，積極干預教導的家長只有大約一成。避而不談和沒太大反應的超過兩成半，而家人不知道受訪者賭佔超過一成(14.0%)，情況值得關注。

	2018		2019	
	人數	百份比	人數	百份比
要我戒賭	15	1.7%	27	2.7%
勸我少賭	42	4.7%	63	6.3%
給我鼓勵	16	1.8%	21	2.1%
沒太大反應	231	25.6%	279	27.7%
擔心我輸錢	31	3.4%	37	3.7%
參入賭本	6	0.7%	15	1.5%
避而不談	8	0.9%	10	1.0%
不知道我賭	106	11.7%	141	14.0%

從下表可見，表示父母對自己賭博沒太大反應的受訪者，有較多出現賭博失調和受賭博困擾的情況。由此可見父母如何處理子女的賭博問題，對於子女會否出現賭博失調甚有影響。

2018	父母沒太大反應	沒選父母沒太大反應
△零個	60 (56.6%)	641 (80.4%)
△一至三個	38 (35.8%)	138 (17.3%)
△四個或以上	8 (7.5%)	18 (2.3%)

2019	父母沒太大反應	沒選父母沒太大反應
△零個	172 (61.6%)	589 (80.8%)
△一至三個	99 (35.5%)	121 (16.6%)
△四個或以上	8 (2.9%)	19 (2.6%)

有超過一成受訪者表示家人並不知道自己參與賭博(14%)。在他們當中，有7.8%的DSM-V分數為4分以上，而1-3分的受訪者亦佔41.8。兩個數值均較平均為高，可見在家長不知情的情況下，部分子女已受到賭博影響。

2018	父母不知道我賭	沒選父母不知道我賭
△零個	146 (63.2%)	555 (82.6%)
△一至三個	78 (33.8%)	98 (14.6%)
△四個或以上	7 (3.0%)	19 (2.8%)

2019	父母不知道我賭	沒選父母不知道我賭
△零個	71 (50.4%)	690 (79.6%)
△一至三個	59 (41.8%)	161 (18.6%)
△四個或以上	11 (7.8%)	16 (1.8%)

■ 你認為家人的賭博情況是否嚴重？

今年加入由受訪者自己判別家人賭博情況的題目，從結果可見，有5%受訪者認為家人賭博問題嚴重(3.8%)和非常嚴重(1.2%)，表示不知道家人賭博佔1.9%。

	2018		2019	
	人數	百份比	人數	百份比
完全不嚴重	392	44.0%	534	53.0%
不嚴重	198	22.2%	249	24.7%
一般	158	17.8%	156	15.5%
嚴重	49	5.5%	38	3.8%
非常嚴重	32	3.6%	12	1.2%
不知道	61	6.9%	19	1.9%

6.4 受訪者跟家人相處的感受

這次調查採納了家庭關懷度指數值APGAR Index問卷，以加強分析受訪者家庭關係跟賭博失調情況的相關性。家庭關懷度指數由五個部份組成，包括適應度、合作度、成長度、情感度和親密度。

從下表可見，受訪者大體在跟家人相處上都有正面的感受。其中得分最高是在「很滿意家人與我共度時光的方式」及「從事新的活動或發展時，家人都能接受且給予支持」。

	平均數	SD
當我遇到困難時，可以從家人得到滿意的幫助。	2.85	0.905
我很滿意家人與我討論各種事情以及分擔問題的方式。	2.63	0.939
當我希望從事新的活動或發展時，家人都能接受且給予支持。	2.92	0.927
我很滿意家人對我表達情感的方式及對我情緒的反映。	2.56	0.925
我很滿意家人與我共度時光的方式。	2.94	0.918

(1 = 幾乎從不，2 = 偶然，3 = 有時，4 = 經常)

當我遇到困難時，可以從家人得到滿意的幫助。

	幾乎從不	偶然	有時	經常
人數	75	269	382	268
百分比	7.4%	26.7%	37.9%	26.6%

我很滿意家人與我討論各種事情以及分擔問題的方式。

	幾乎從不	偶然	有時	經常
人數	113	347	325	209
百分比	11.2%	34.4%	32.2%	20.7%

當我希望從事新的活動或發展時，家人都能接受且給予支持。

	幾乎從不	偶然	有時	經常
人數	76	242	362	313
百分比	7.7%	24.4%	36.5%	31.5%

我很滿意家人對我表達情感的方式及對我情緒的反映。

	幾乎從不	偶然	有時	經常
人數	135	337	353	167
百分比	13.6%	34.0%	35.6%	16.8%

我很滿意家人與我共度時光的方式。

	幾乎從不	偶然	有時	經常
人數	76	219	382	316
百分比	7.7%	22.1%	38.5%	31.8%

綜合上述各表可見：

- 六成以上受訪者(64.6%)表示，有時或經常在遇到困難時，可以從家人得到滿意的幫助。但有7.4%受訪者表示幾乎從來沒有這情況。
- 有超過一半受訪者(52.9%)表示有時或經常很滿意家人與我討論各種事情以及分擔問題的方式。但有11.2%受訪者表示幾乎從來沒有這情況。
- 近七成受訪者(68%)表示，有時或經常在從事新的活動或發展時，家人都能接受且給予支持。但有7.7%受訪者表示幾乎從來沒有這情況。
- 有超過一半受訪者(52.4%)表示有時或經常很滿意家人對我表達情感的方式及對我情緒的反映。但有13.6%受訪者表示幾乎從來沒有這情況。
- 七成以上受訪者(70.3%)表示有時或經常很滿意家人與我共度時光的方式。但有7.7%受訪者表示幾乎從來沒有這情況。

6.5 家庭關懷指數跟賭博失調的關係

把以上五個題目換算成分數，計算出家庭關懷指數如下表。得分為0-3分顯示家庭運作有較為嚴重障礙，4-6分為家庭功能中度障礙，7分以上家庭功能運作良好。下表顯示有三成的家庭功能運作良好，而有一成在家庭功能上有較為嚴重障礙。

	2019	
	人數	百分比
家庭功能有較嚴重障礙	105	10.4%
家庭功能有中度障礙	584	57.9%
家庭功能運作良好	305	30.3%

從下表可見，家庭功能運作良好的一組受訪者，在賭博失調的問題比例上較其餘兩組為低，統計上亦具有顯著的差異。可見如果家庭功能運作良好，子女得到家人的關心、支持和理解，有助減少賭博失調問題。

DSM V	APGAR Index		
	0-3分	4-6分	7-10分
△零個	75 (71.4%)	426 (72.9%)	247 (81.0%)
△一至三個	23 (21.9%)	143 (24.5%)	53 (17.4%)
△四個或以上	7 (6.7%)	15 (2.6%)	5 (1.6%)
	105 (100%)	584 (100%)	305 (100%)

7. 結果討論

■ 青少年的賭博失調情況

青少年在對賭博的自控力和依賴性比去年的結果略差。有時和經常在腦海裡充滿賭博事情的比例從4.8%上升至5.6%，渴望增加注碼以獲得更大刺激的比例，從10%略為回落至8.3%。嘗試減少賭博卻未成功，又或是減少賭博會引致煩躁不安或厭倦的比例，跟去年大致相同。

2018年中表示曾經輸了錢在第二天要再賭，想贏回輸掉的錢比例約有9.0%，而今年的結果稍為上升至10.0%。在2018年有4.1%受訪者曾透過賭博來逃避個人問題或負面緒，今年曾經在不愉快時去賭博的受訪者上升至5.1%。這反映今年有較多的青少年會以賭博作為舒減壓力的方法。整體而言，青少年對賭博的自控力和依賴性情況比去年有所減低。

在賭博造成的影響上，今年情況較去年有所改善。5.2%受訪者曾因為賭博而對家人、朋友等說謊(2018年是9.4%)。4.9%受訪者曾未經批准挪用金錢去賭博，情況跟去年相約。2.9%受訪者表示因賭博對自己重視的關係和學習造成影響，略高於去年的2.0%。

本年度DSM問卷得分為0分(賭博行為暫時未對學業、家庭和人際關係造成影響)為75.5%。1-3分(賭博行為可能嚴重影響學業、家庭和人際關係)佔21.9%，比去年19.5%有所上升。4分或以上(可能有賭博失調行為)為2.7%(2018年為2.9%)，跟去年大致相約。整體而言，有賭博失調危機的青少年有所上升。

從2009年至今，1-3分的人數由13%(2009)反覆升至20%以上(2019)。今年情況高達21.8%。而4分以上的情況由2009年的1%上升至近年的2-3%。這些數字都顯示青少年賭博失調情況雖然頗為穩定，但潛在風險不容忽視。

在兩性差異上，一如往年，男性受訪者的DSM-V分數較女性為高。有超過兩成男性DSM分數達1-3分，4分以上佔4.0%。而女性受訪者則分別為18.7%和1.0%。男受訪者的賭博問題，相較女受訪者嚴重。從2013年至今，這情況都一直持續。但值得注意的是，女性DSM分數達1-3分的比例持續上升，由2013年的8%增加至今年的18.7%，反映女性受賭博失調影響的危機不斷提高。

研究指出，賭博失調對青少年的影響包括增加犯罪行為(Gupta, Derevensky, & Marget, 2004)、與家人關係變差(Politzer, Yesalis & Hudak, 1992)，學業成績下降，工作表現轉差、缺乏動力，甚至濫用藥物等。在這次調查中，有6.7%男受訪者因為賭博而向家人朋友說謊、6.2%挪用膳食費或家中金錢來賭博，有3.8%男受訪者試過因為賭博而引至與家人/朋友或他人爭執/不上學，都顯示已有不少青少年，特別是男性，因為賭博問題而受到影響。

■ 青少年賭博活動情況

不少外國研究都指出，有賭博失調的人士很多時都是在兒童階段參與賭博，加上現時參與賭博機會愈來愈多，導致賭博失調的情況年輕化(Griffiths & Wood, 2000)。也就是說，首次參與賭博年紀越小，日後成為問題賭徒的可能性越大。這次調查中顯示，青少年最常開始參與賭博的年齡是9至14歲。雖然大部份受訪者都只花200元以下在賭博上，但值得留意是有2.6%受訪者表示每月會花費1,000元或以上在賭博上。

跟去年一樣，最多青少年參與的博彩活動為撲克牌和麻雀等社交賭博活動，其次為捕魚機(8.3%)。值得注意的是參與網上賭博和六合彩人數比率從去年的2.7%和3.2%，上升至6.6%和6.4%。另外，捕魚機自加入成為本研究的博彩項目以來均成為頭四位的熱門參與項目，可見新興的博彩項目在年青人的群體中具有一定的影響力，不容忽視。

受訪者初次參與賭博的原因，主要是作為娛樂(35.8%)和朋輩間的社交活動(18.7%)，這結果反映最初讓青少年參與賭博的會是朋輩(朋友和同學)和家人，一如以往，娛樂和社交賭博是青少年賭博的最主要原因。

■ 家庭經濟背景跟子女賭博失調的相關性

在國際間有多個研究表明，社會經濟地位較低的家庭子女，一般在賭博失調上的風險，會比社會經濟地位較高家庭的子女為高。在這次研究中，其中一個有趣的發現是，家庭較貧窮和較富裕的受訪者，相對其他組別有較多賭博失調的情況，無論是初步受賭博問題影響的受訪者，以及有賭博失調問題的受訪者，比例都較為高。這個現象可能是因為較富裕家庭的子女，有較多零用錢或其他金錢來源，讓他們有更多機會參與賭博活動。

要更有效地預防賭博問題，家長亦需要得到足夠的支援。這次研究結果顯示，家長教育程度，與子女出現賭博失調問題有關聯。若家長教育程度較低，未必懂得有效地處理子女賭博問題。故此，協助家長學習正確的理財知識和財務管理技巧，讓他們懂得如何教導子女管理財務，和監管子女賭博行為的技巧等，會有助家長改善子女賭博的問題。

■ 家庭對子女的影響

不少研究都顯示家庭因素例如家庭環境都跟青少年賭博有關。研究指出一般人都在家裡學習如何賭博，繼而在社交場合加以練習(NGISC, 1999)。香港中文大學在2010年發表的報告顯示，有可能增加青少年成為病態賭徒機會的因素包括：缺乏父母支持和灌輸正確理財生活、賭博朋友多、父母有賭博習慣、缺乏自我控制能力、和其他外在壓力事件等。

跟過去兩年一樣，家長最常參與的賭博活動為六合彩、打麻雀和進入賭場賭博。從結果可見，若父母參與該類賭博活動較多，子女參與的比例亦較高。例如在家長有打麻雀的家庭中，有接近四成子女都有參與(36.0%)。而沒有打麻雀的家庭中，子女的參與度只有一成以下(8.3%)。家長參與賭波活動，有超過一成子女也有參與(14.3%)。相反，如家長沒有賭波，參與賭波的子女只有3.8%。而一如往年，有兩成半受訪者的主要賭博伙伴是家人。由此可見，家人參與賭博活動會增加子女參與這些活動的可能性。如要減少賭博對青少年的影響，家長必須以身作則，減少或避免賭博，並不要以賭博作為家庭娛樂。

有部分家庭對子女參與賭博並沒有作出適當地教導。例如有12.6%青少年賭博的金錢都是由家人提供，2.1%家長會作出鼓勵。而會作出勸喻或訓斥的家長只有9.0%。大部分家長都不會有太大反應或避而不談(28.7%)。這顯示不少父母對子女賭博有習以為常的傾向。

一如去年，父母對子女賭博沒太大反應，以及父母不知道子女賭博的家庭，都有較多子女有機會因賭博對學業、家庭和人際關係而出現問題；也有更多子女出現賭博失調的行為。可見父母對子女賭博的態度和溝通，跟子女的賭博情況，有著顯著的關係。如父母對子女參與賭博有較正面的態度(給我鼓勵、參入賭本)，子女會有較大機會參與賭博和出現賭博失調情況。所以，積極推動家庭教育，向子女灌輸正確理財觀念，都是預防青少年賭博問題的重要工作。

本年度首次使用家庭關懷指數來加強分析家庭對子女賭博的影響。這次研究結果顯示，家庭功能運作良好的一組受訪者，在賭博失調的問題比例上較其餘兩組為低，統計上亦具有顯著的差異。可見如果家庭功能運作良好，子女得到家人的關心、支持和理解，有助減少賭博失調問題。

■ 結論

總結而言，本年度的調查顯示青少年賭博問題情況略遜於去年，但有賭博失調危機的就有所上升。面對青少年賭博問題，政府和社會服務機構應從多方面入手去減低青少年賭博問題的風險。不少青少年對賭博活動都抱有較正面的看法，他們傾向認為這些博彩活動是正當娛樂或社交活動，部份人甚至認為賭博可以賺錢。

如要有效地減低青少年賭博風險及因賭博而帶來的危機，首先是調整青少年對賭博的心態，包括要打破「小賭怡情」的神話，讓青少年明白小賭是大賭的起點、甚至「輸錢皆因贏錢起」。其次是要減低青少年參與賭博的機會，例如家長加強教導和監管，並以身作則減少或避免賭博。政府亦應研究堵塞及加強監管網上賭博的活動，特別是一些以遊戲包裝，但含賭博元素的應用程式，以減少青少年在網上參與賭博的機會。另外，亦應加強教育青少年正確的賭博知識、拒絕參與賭博的技巧和正確理財概念，讓青少年能作出合適選擇，減低出現賭博失調的機會。

1. Research Background

Gambling Disorder refers to any gambling behavior that causes problems for an adolescent and other people in his or her life, such as family and friends (Ferris & Wynne, 2001). It can affect one or more areas of an adolescent's life. Prevention of youngsters' gambling disorder is one of the major tasks of Bosco Youth Service Network. Through the "Youth Gambling Prevention Project 2019" sponsored by Social Welfare Bureau (SWB) Macau, Bosco Youth Services Network arranges students from different schools and institutes to participate in a day camp, which aims to enhance their abilities to resist gambling and to reduce the risks of adolescent gambling disorder.

Through various activities, students may learn about the causes and dangers of gambling disorder, the skills to cope with social gambling, and the measures to prevent gambling disorder. Students are required to fill in a self-assessment, which is designed for them to examine their attitudes toward gambling and review the impacts of their gambling activities on their school life and interpersonal relationship.

2. Research Method

We conducted this survey in more than 30 day-camps from January to December 2019. In addition, we distributed a standardized questionnaire to students, and 1,008 completed questionnaires were returned, giving a response rate of more than 90%, on which we carried out the data analysis.

The self-administered questionnaire included the following sections:

1. A gambling behavior section asked participants about whether they and their family members had gambled during the previous 12 months, their gambling motives, choices of games, amount of money wagered, and time of playing. Among those questions, the section asked them who taught them to make their first bet and if their parents and peers are gambling with them.

2. A section asked for their parents' socioeconomic background, including their income, educational level, work experience, and marital status. We also included a family APGAR¹ index to examine the participants' family function.

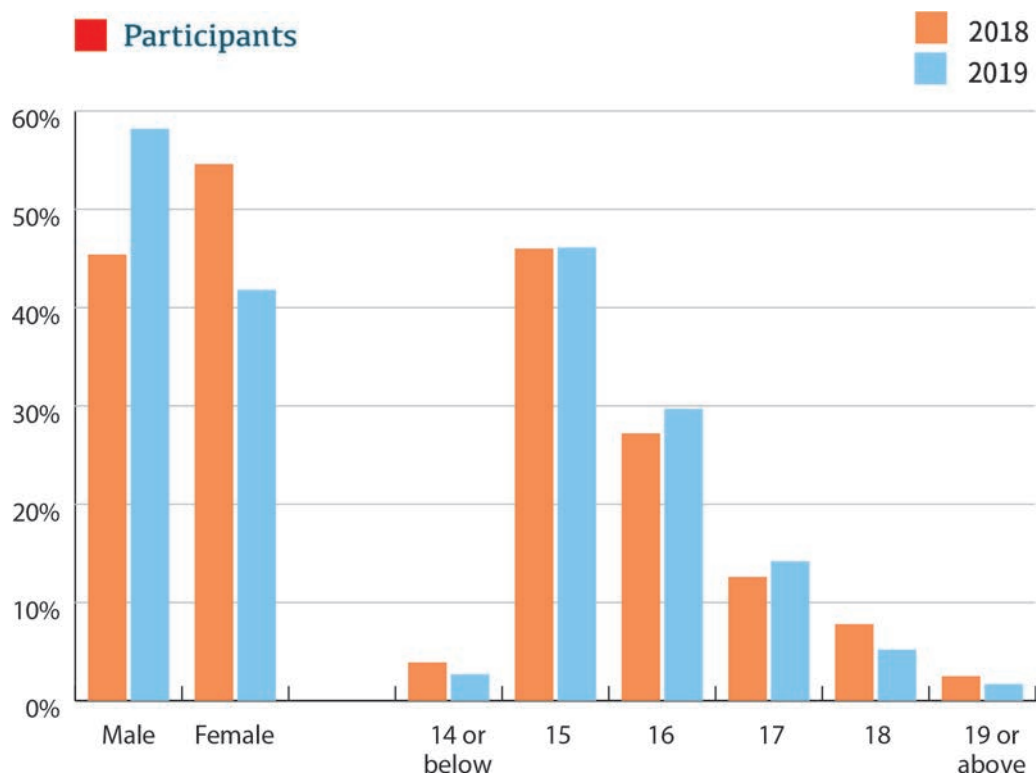
3. The Diagnostic and Statistical Manual – 5th Edition (DSM-V) – Multiple Responses Format assessed participants' severity of gambling problems. Students with an endorsement of more than four categories of the criteria can be diagnosed as gambling disorder, and an identification of one to three categories suggests risk of problem gambling. We will inform participants about their assessment results so they can better understand their situations.

¹ APGAR – Adaptation, Partnership, Growth, Affection, Resolve.

3. Participants

We collected 1,008 questionnaires from the day camps. All survey participants were students from different schools in Macau. They were aged from 14 to 21 years: 582 (58.2%) were boys, and 418 (41.8%) were girls. The following table shows that most of them were 15 years old (46.1%). The second group of respondents contained students aged 16-17 (43.9%). Only 6.9% of them were aged 18 or above.

	2018		2019	
	Frequency	%	Frequency	%
Male	407	45.4%	582	58.2%
Female	490	54.6%	418	41.8%
14 or below	35	3.9%	27	2.7%
15	415	46.0%	465	46.1%
16	246	27.2%	298	29.7%
17	114	12.6%	143	14.2%
18	70	7.8%	52	5.2%
19 or above	23	2.5%	17	1.7%



4. Problematic Gambling Behaviors of Youngsters

We assessed the respondent's gambling disorder by the symptoms identified in DSM V—that is, persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period. The nine questions are as follows:

-
- 1 Are you often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble)?
 No 1-2 times Often Always
-
- 2 Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
 yes No
-
- 3 Have you made repeated unsuccessful efforts to control, cut back on, or stop gambling?
 yes No
-
- 4 Are you restless or irritable when attempting to cut back on or stop gambling?
 No 1-2 times Often Always ☆ No attempt is made
-
- 5 Do you often gamble when feeling distressed (e.g., helpless, guilty, anxious, depressed)?
 No 1-2 times Often Always
-
- 6 After losing money gambling, do you often return another day to get even ("chasing" one's losses)?
 No Occasionally Often Always
-
- 7 Do you lie to conceal your extent of involvement with gambling?
 No 1-2 times Often Always
-
- 8 Have you ever taken money from any of the following without permission to spend on gambling: Dinner money or fare money? Money from family? Money from things you've sold? Money from outside the family? Somewhere else?
 No 1-2 times Often Always
-

9 Have you jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling?

No 1-2 times Often Always

Each scores 1 mark, and there are three different levels of influence:

0 mark : Gambling behavior did not have any influence on the respondent's significant relationship or education.

1-3 marks : Gambling behavior may have an influence on the respondent's significant relationship or education.

4 marks or above : The respondent may have problematic gambling behaviors.

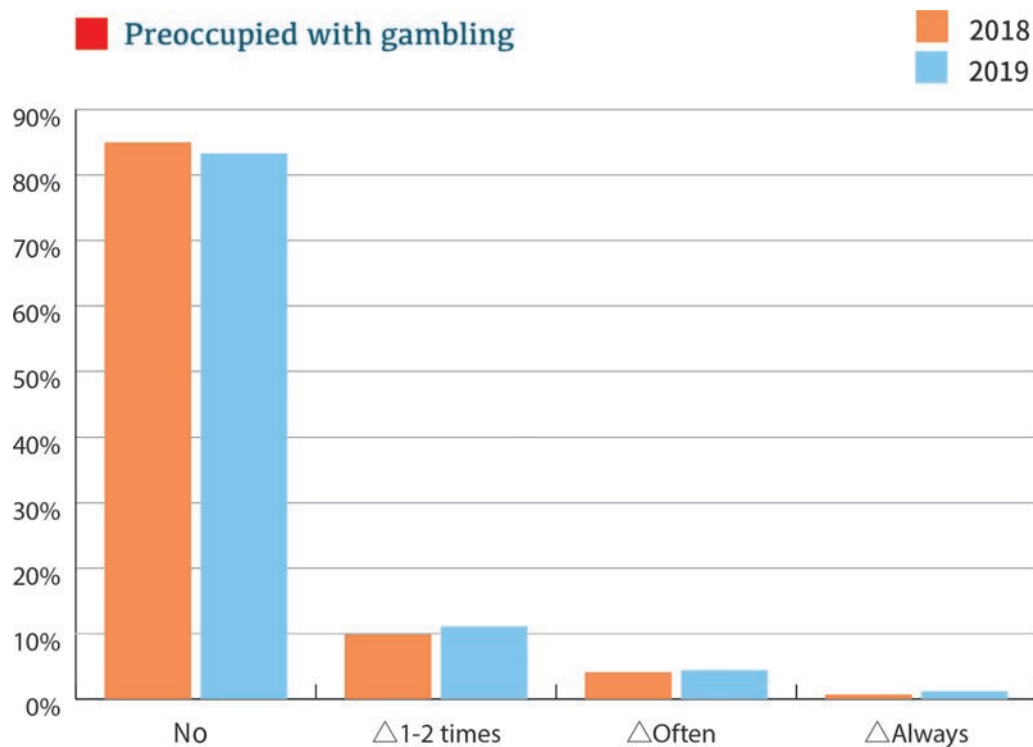
4.1 Descriptive Statistics

4.1.1 Self Control and dependency on gambling

■ Preoccupied with gambling

In the past 12 months, has the respondent been preoccupied with frequent gambling, such as having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, and thinking of ways to get money with which to gamble? The following table shows that 11% of respondents have this experience (1-2 times), 4.4% often have this preoccupation, and 1.2% of respondents are always preoccupied with gambling. The figures are slightly higher than those of last year.

	2018		2019	
	Frequency	%	Frequency	%
No	768	85.0%	835	83.3%
△ 1-2 times	89	9.9%	111	11.1%
△ Often	37	4.1%	44	4.4%
△ Always	6	0.7%	12	1.2%
	900 ²	100.0%	1002 ³	100.0%



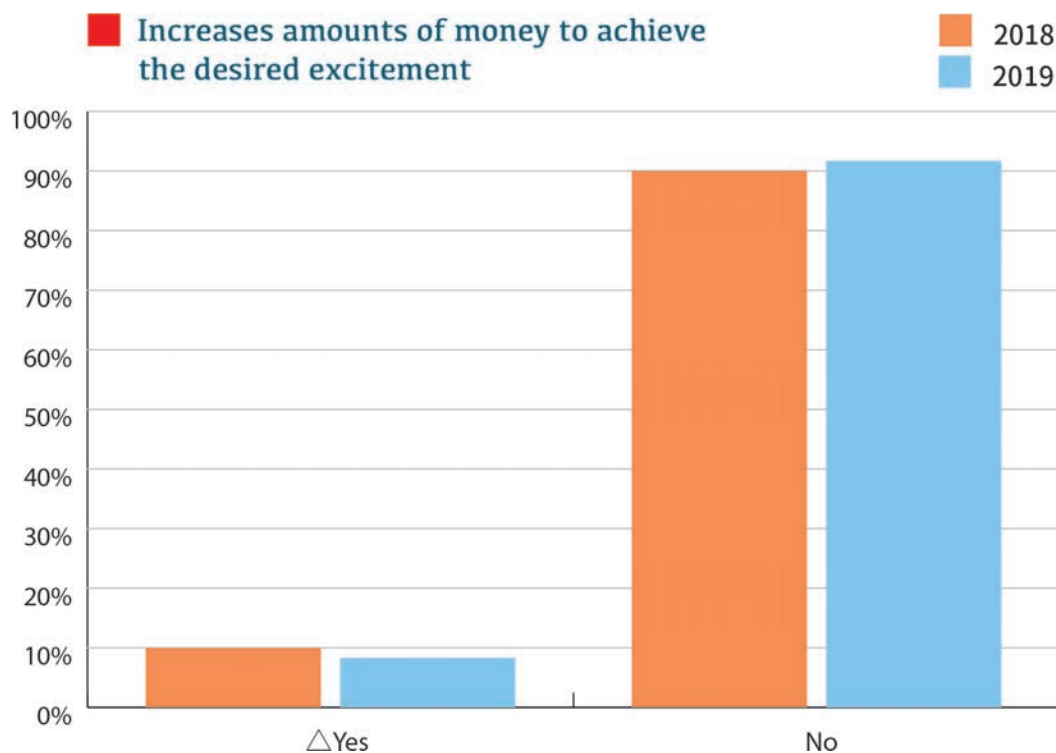
² 3 respondents did not answer this question.

³ 6 respondents did not answer this question.

■ Increases amounts of money to achieve the desired excitement

The following table shows that 8.3% of respondents need to gamble with increasing amounts of money to achieve the desired excitement. This situation reflects that 8.3% of respondents have problems controlling their gambling behavior. The figure of 2019 is slightly lower than that of 2018.

	2018		2019	
	Frequency	%	Frequency	%
△Yes	90	10.0%	83	8.3%
No	811	90.0%	918	91.7%
	901 ⁴	100.0%	1001 ⁵	100.0%



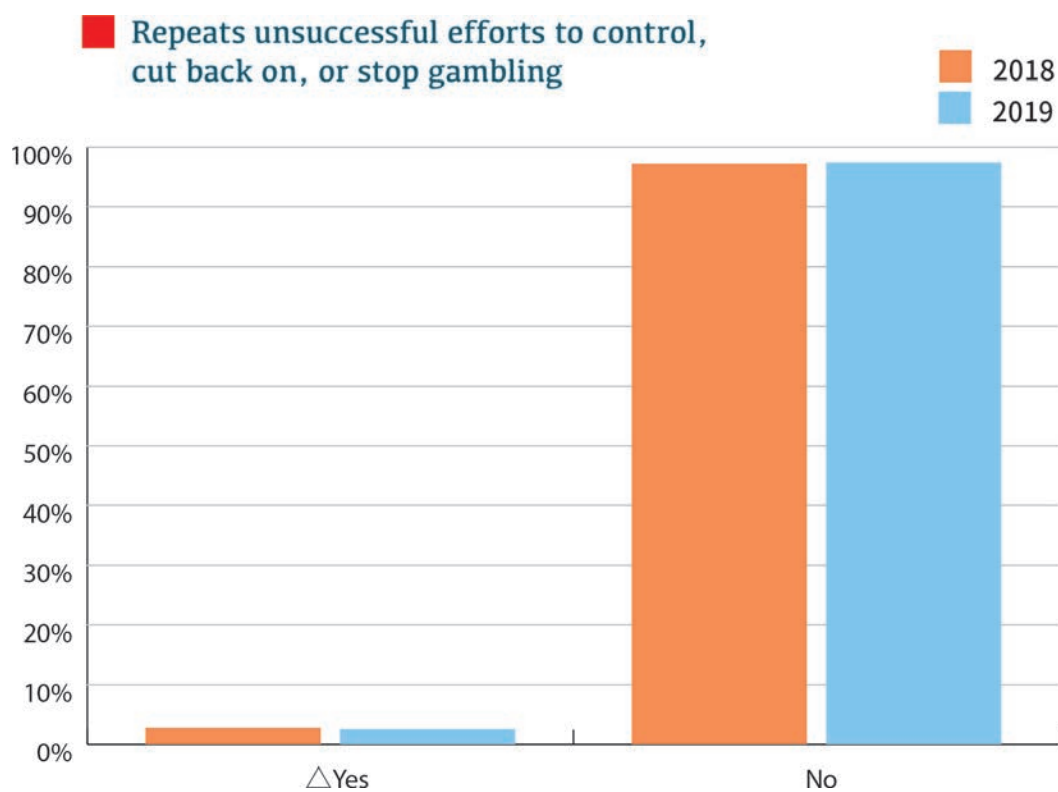
⁴ 2 respondents did not answer this question.

⁵ 7 respondents did not answer this question.

■ Repeats unsuccessful efforts to control, cut back on, or stop gambling

As shown in the upcoming table, 2.6% of respondents have made repeated unsuccessful efforts to control, cut back on, or stop gambling. The figures are similar to those in 2018.

	2018		2019	
	Frequency	%	Frequency	%
△ Yes	25	2.8%	26	2.6%
No	872	96.6%	975	97.4%
	897 ⁶	100.0%	1001 ⁷	100.0%



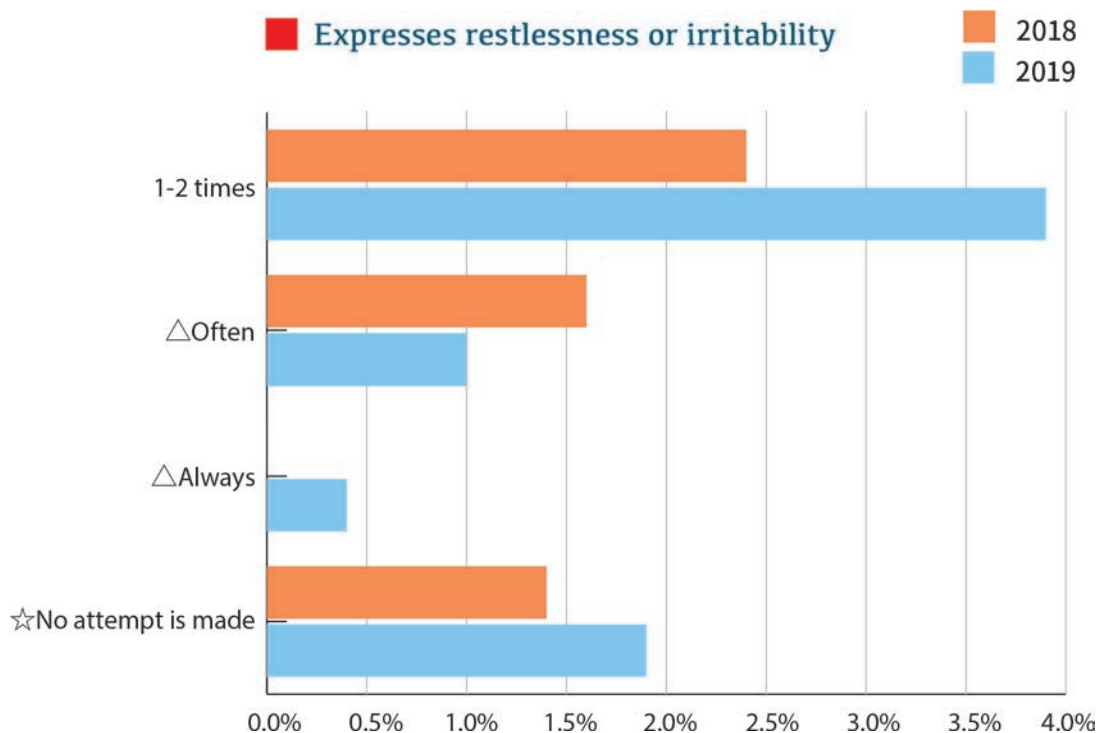
⁶ 6 respondents did not answer this question.

⁷ 7 respondents did not answer this question.

■ Expresses restlessness or irritability in cutting back on or stopping gambling

92.8% of respondents said they did not feel restless or irritable when attempting to cut back on or stop gambling. 1.9% of respondents have made no attempt to cut back on or stop gambling, while 5.3% (3.9% 1-2times, 1% Often, 0.4% Always) of respondents feel restless or irritable when attempting to cut back on or stop gambling. The figures are higher than those of last year.

	2018		2019	
	Frequency	%	Frequency	%
No	850	94.5%	930	92.8%
1-2 times	22	2.4%	39	3.9%
△ Often	14	1.6%	10	1.0%
△ Always	0	0%	4	0.4%
☆ No attempt is made	13	1.4%	19	1.9%
	899 ⁸		1002 ⁹	



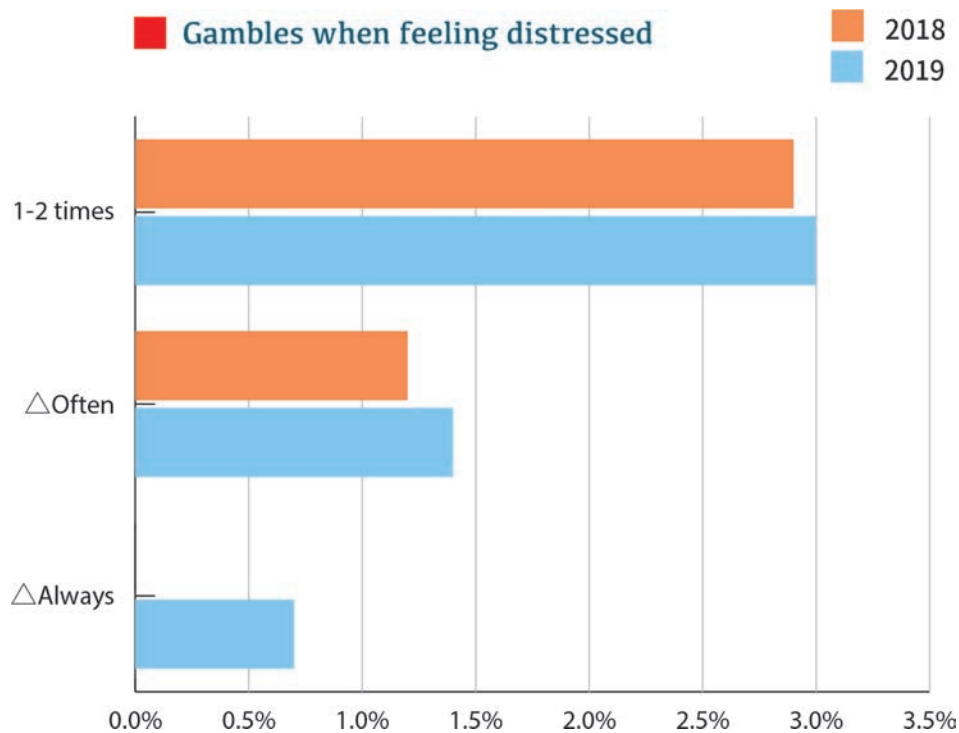
⁸ 4 respondents did not answer this question.

⁹ 6 respondents did not answer this question.

■ Gambles when feeling distressed

Most respondents did not use gambling as a way to reduce feelings of distress or other negative feelings such as helplessness, guilt, and anxiety (94.9%). 2.1% of respondents said they often or always gamble when feeling distressed. The figures are slightly higher than those of last year.

	2018		2019	
	Frequency	%	Frequency	%
No	863	95.6%	949	94.9%
1-2 times	26	2.9%	30	3.0%
△ Often	11	1.2%	14	1.4%
△ Always	0	0.0%	7	0.7%
	900 ¹⁰	100.0%	1000 ¹¹	100.0%



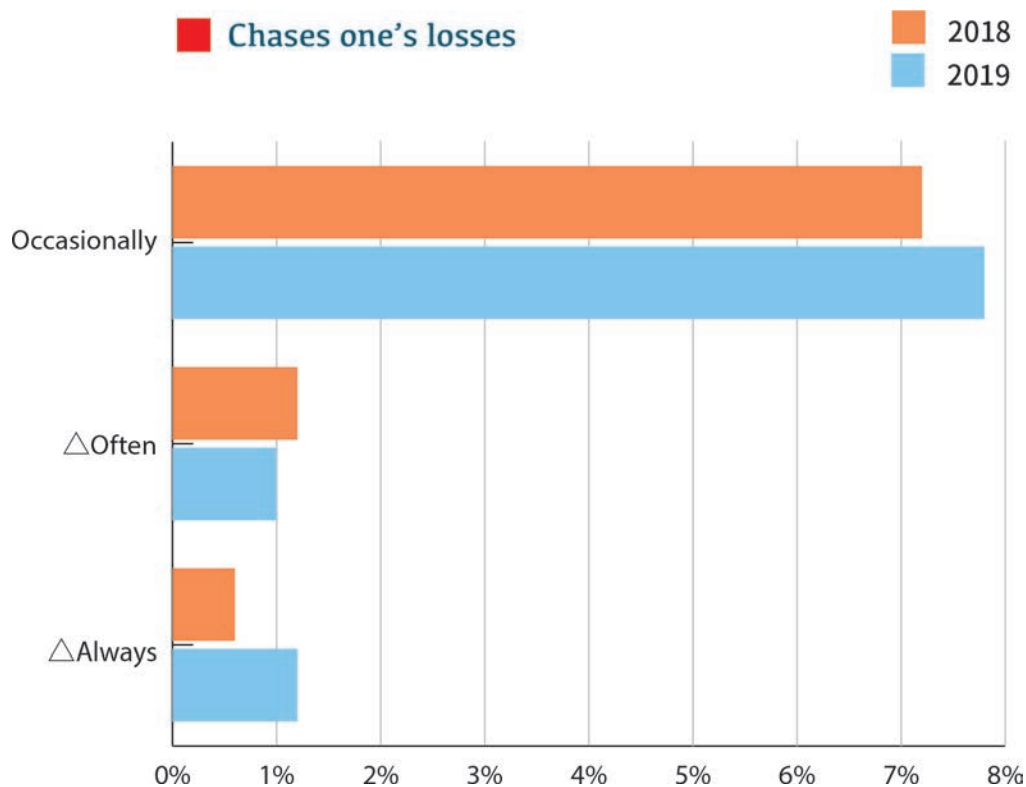
¹⁰ 3 respondents did not answer this question.

¹¹ 8 respondents did not answer this question.

■ Chases one's losses

After losing money in gambling, most students will not return another day to get even (90.0%). 7.8% of respondents said they occasionally return another day to get even. 1.0% of respondents admitted they often return another day to get even, and 1.2% of respondents said they always do so. These figures are higher than those in the last year.

	2018		2019	
	Frequency	%	Frequency	%
No	820	91.0%	902	90%
Occasionally	65	7.2%	78	7.8%
△ Often	11	1.2%	10	1.0%
△ Everytime	5	0.6%	12	1.2%
	901 ¹²	100.0%	1002 ¹³	100.0%



¹² 2 respondents did not answer this question.

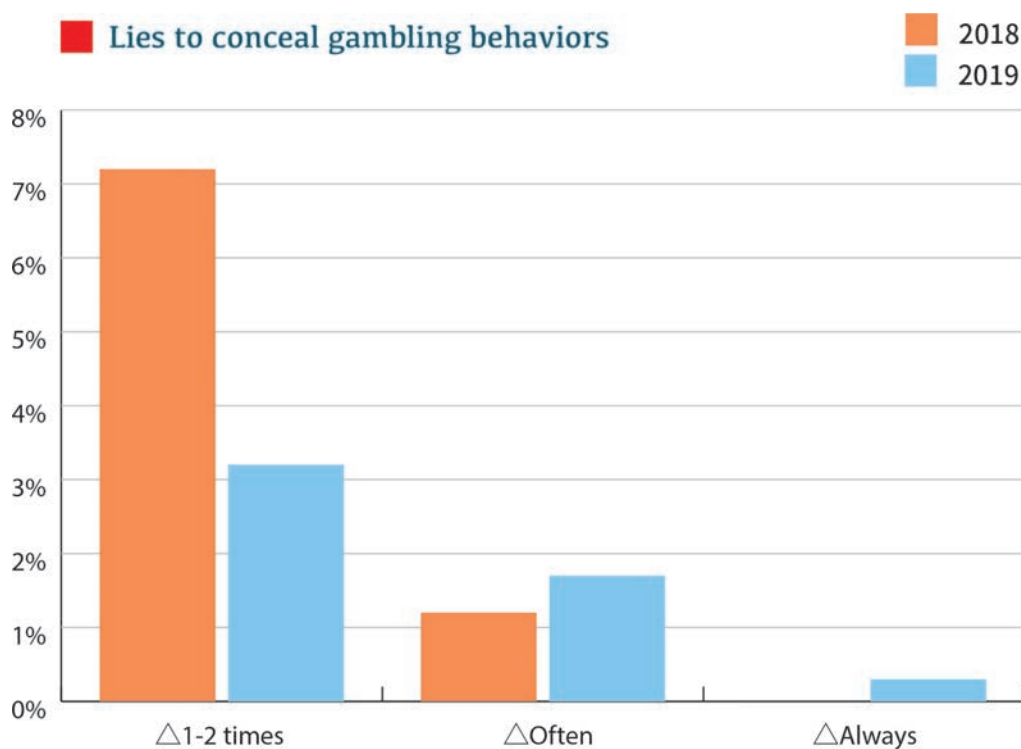
¹³ 6 respondents did not answer this question.

4.1.2 Impact on oneself and one's family

■ Lies to conceal the extent of involvement with gambling

Most students did not lie to conceal the extent of their involvement with gambling in the last year (94.8%). In 2019, 3.2% of respondents have lied one to two times, and this is lower than the 7.2% of last year. However, some students have often lied (1.7%) and have always lied (0.3%) to conceal the extent of their involvement in gambling. These two figures are slightly higher than that of last year.

	2018		2019	
	Frequency	%	Frequency	%
No	857	91.0%	949	94.8%
△ 1-2 times	34	7.2%	32	3.2%
△ Often	10	1.2%	17	1.7%
△ Always	0	0.0%	3	0.3%
	901 ¹⁴	100.0%	1001 ¹⁵	100.0%



¹⁴ 2 respondents did not answer this question.

¹⁵ 7 respondents did not answer this question.

■ Takes money to spend on gambling without permission

Most respondents have not taken money from family, dinner money or fare money, and money outside of family without permission to spend on gambling (95.1%). 3.1% of respondents have done this misbehavior one to two times. The amount of students who “often take money to spend on gambling without permission” and “always take money to spend on gambling without permission” is 1.0% and 0.8%, respectively. The results are similar to last year.

	2018		2019	
	Frequency	%	Frequency	%
No	858	95.4%	953	95.1%
△ 1-2 times	33	3.7%	31	3.1%
△ Often	5	0.6%	10	1.0%
△ Always	3	0.3%	8	0.8%
	899 ¹⁶	100.0%	1002 ¹⁷	100.0%



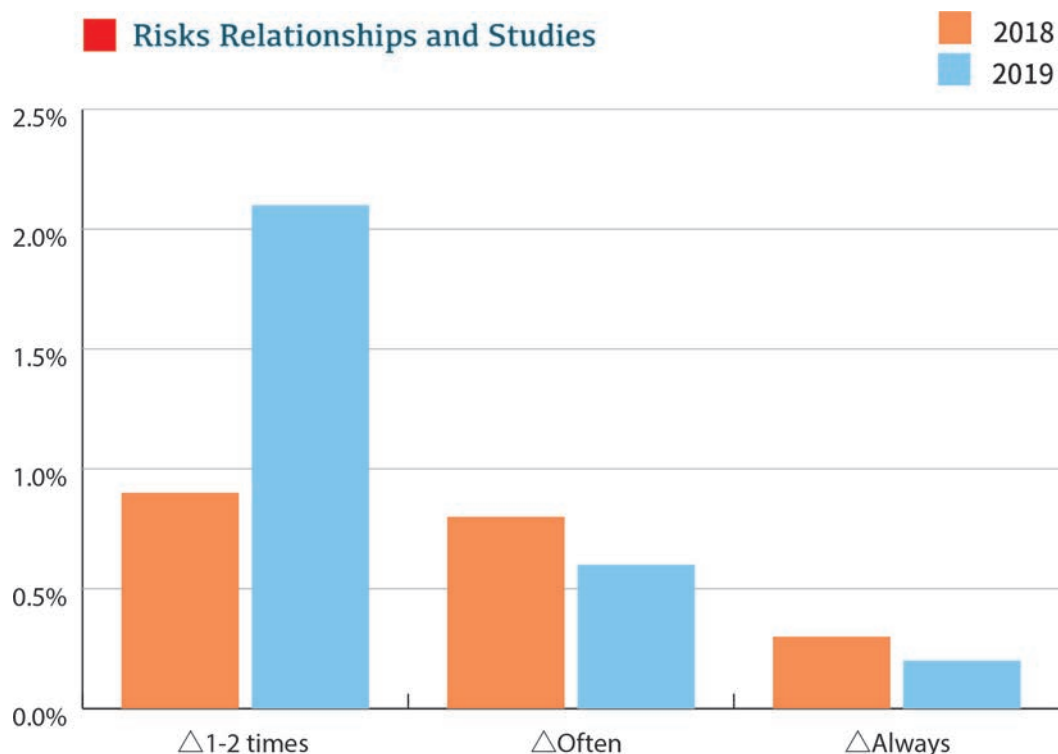
¹⁶ 4 respondents did not answer this question.

¹⁷ 6 respondents did not answer this question.

■ Risks relationships and studies

Most respondents did not have the experience of losing a significant relationship or education opportunity because of gambling. Some respondents said that gambling has influenced their relationships and studies one to two times (2.1%). Less than 1% of respondents expressed that gambling often or always affects their relationships and studies. The situation is slightly worse than last year.

	2018		2019	
	Frequency	%	Frequency	%
No	883	98.0%	973	97.1%
△ 1-2 times	8	0.9%	21	2.1%
△ Often	7	0.8%	6	0.6%
△ Always	3	0.3%	2	0.2%
	901 ¹⁸	100.0%	1002 ¹⁹	100.0%



¹⁸ 2 respondents did not answer this question.

¹⁹ 6 respondents did not answer this question.

4.2 Problematic Gambling Behaviors

The following table summarizes the number of respondents with different scores. Eight respondents (0.8%) have 6 to 8 marks, which display moderate or severe problematic behaviors.

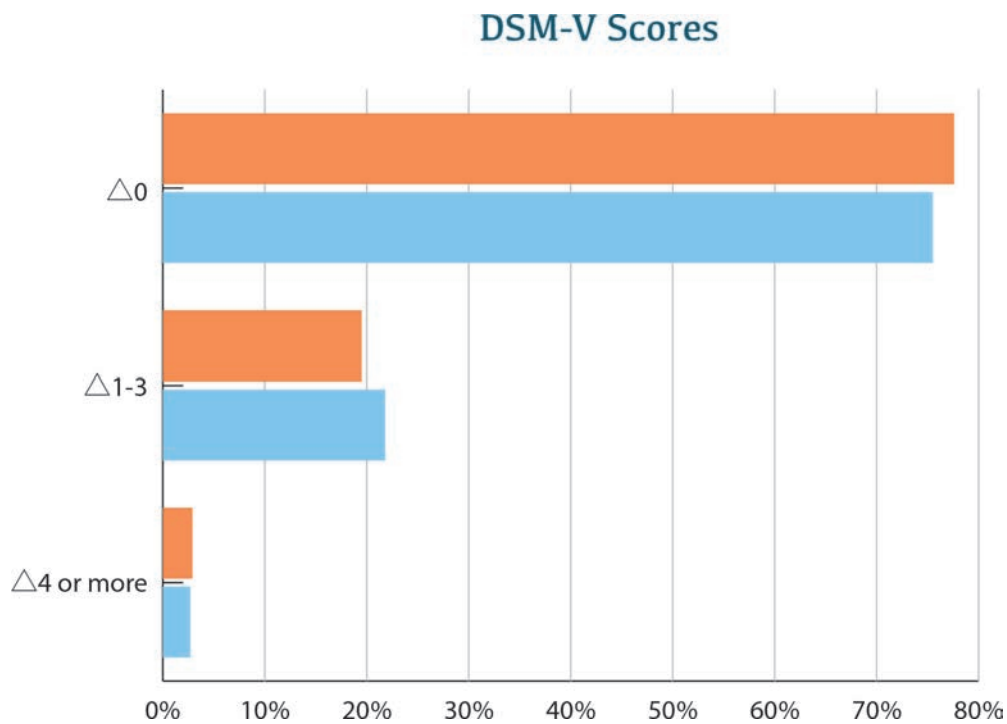
2019	△Frequency	%
0	761	75.5%
1	140	13.9%
2	53	5.3%
3	27	2.7%
4	15	1.5%
5	4	0.4%
6	3	0.3%
7	2	0.2%
8	3	0.3%
Total	1008	100%

Each △ scores 1 mark, and there are three different levels of influence:

- 0 mark : Gambling behavior did not have any influence on the respondent's significant relationship or education.
- 1-3 marks : Gambling behavior may have an influence on the respondent's significant relationship or education.
- 4 marks or above : The respondent may have problematic gambling behaviors.

761 respondents scored 0 (75.5%), which shows that gambling has no influence on their daily life and behavior. 220 respondents scored 1 to 3 marks (21.8%), thus showing that they may have suffered from their gambling behaviors. 2.7% of respondents scored 4 marks or above, which showed that they are already suffering from problematic gambling behaviors. The overall situation is similar to that of last year.

	2018		2019	
	Frequency	%	Frequency	%
△0	701	77.6%	761	75.5%
△1-3	176	19.5%	220	21.8%
△4 or more	26	2.9%	27	2.7%

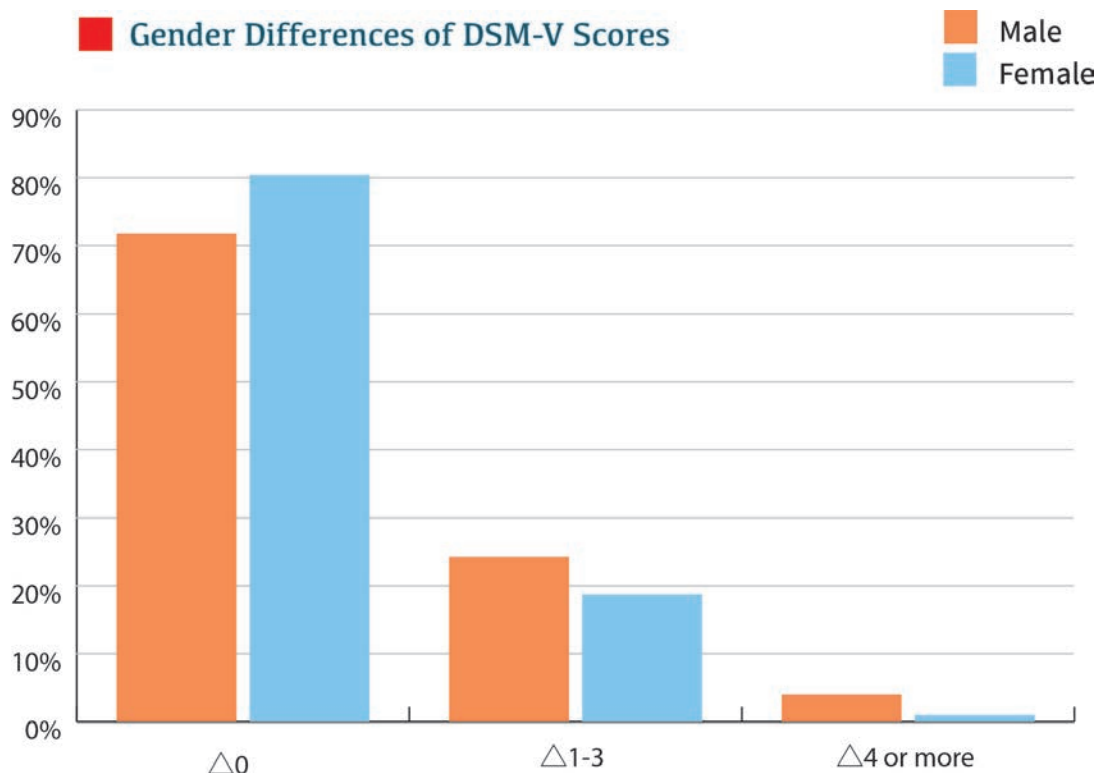


4.3 Gender Differences on Problematic Gambling

It is already well known that gambling and gambling disorders are concentrated in male populations, and here the result confirms there is a lower risk among girls compared with boys: girls are less likely to gamble and have gambling disorder if they do gamble. In this study, male respondents displayed more problematic behaviors than female respondents²⁰: 24.2% of boys with 1 to 3 marks and only 18.7% of girls with 1 to 3 marks. 4.0% of boys have problematic gambling symptoms, while only 1.0% girls have more than four symptoms. Although girls have lower risk than boys, 1.0% of girls are potential patients of problematic gambling.

Many studies show that male gamblers are much more likely to have gambling disorder than female gamblers. The following tables summarize the DSM V score of male and female respondents, respectively.

2019	Male	Female
△0	418 (71.8%)	336 (80.4%)
△1-3	141 (24.2%)	78 (18.7%)
△4 or more	23 (4.0%)	4 (1.0%)



²⁰ Chi-sq test result shows significant differences, $p < 0.00$

■ DSMV Scores of Male Respondents

In this year, 418 boys scored 0 marks (71.8%), 141 boys scored 1 to 3 marks (24.2%), and 23 boys scored 4 marks or above (4.0%), and this is slightly higher compared with 2018.

	2018	2019
△0	286 (70.3%)	418 (71.8%)
△1-3	101 (24.8%)	141 (24.2%)
△4 or more	20 (4.9%)	23 (4.0%)

■ DSMV Scores of Female Respondents

In this year, 336 girls scored 0 marks (80.4%), 78 girls scored 1 to 3 marks (18.7%), and 4 girls scored 4 marks or above (1.0%), and this is a slight higher compared with 2018.

	2018	2019
△0	412 (84.1%)	336 (80.4%)
△1-3	72 (14.7%)	78 (18.7%)
△4 or more	6 (1.2%)	4 (1.0%)

The following table shows the differences between male and female gamblers regarding their problematic gambling behaviors. For male respondents, the major gambling problems include “preoccupation with gambling” (19%) and “increasing amounts of money to achieve the desired excitement” (10.6%). In addition, 6.7% of respondents have lied to conceal their extent of involvement with gambling, and 6.2% of respondents have taken money to spend on gambling without permission.

The pattern of girls’ gambling problems is similar to that of boys. Major gambling problems include “preoccupation with gambling” (13.4%) and “increasing amounts of money to achieve the desired excitement” (5.3%). In general, problematic gambling is less severe among female students.

Self-control over Gambling	Boy	Female
• Preoccupied with gambling	108 (19%)	56 (13.4%)
• Increases amounts of money to achieve the desired excitement	61 (10.6%)	22 (5.3%)
• Repeats unsuccessful efforts to control	19 (3.3%)	7(1.7%)
• Expresses restlessness or irritability in cutting back on or stopping gambling	9 (1.5%)	5 (1.2%)
• Gambles when feeling distressed	15 (2.6%)	6 (1.4%)
• Chases one’s losses	17 (3.0%)	5 (1.2%)

Influence of Gambling	Boy	Female
• Lies to conceal the extent of involvement with gambling	39 (6.7%)	13 (3.1%)
• Takes money to spend on gambling without permission	36 (6.2%)	13 (3.1%)
• Risks relationships and studies	22 (3.8%)	7 (1.7%)

5. Adolescent Gambling Behaviors

5.1 Gambling Preferences

For the entire sample of participants, 24.7% wagered on card games, and 16.6% wagered on Mahjong, and this shows that many of them are participating in social gambling activities. As there was no major sporting event (such as the World Cup) in 2019, participants wagered on sports betting reduced from 7.7% to 5.1% during this year. The third, fourth, and fifth participant preferred the following gambling activities: fishing machine (8.3%), online gambling (6.6%), and Mark Six (6.4%), respectively.

Gambling Preferences of Participants

Gambling Activities	2018	2019
Horse races/greyhound races	3 (0.3%)	7 (0.7%)
Instant lottery	28 (3.2%)	28 (2.8%)
Sports betting	68 (7.7%)	51 (5.1%)
Macau casino gambling	6 (0.7%)	10 (1.0%)
Pacapio (Chinese lottery)	4 (0.5%)	2 (0.2%)
Slot machines	3 (0.3%)	9 (0.9%)
Mark Six	28 (3.2%)	65 (6.4%)
Mahjong	131 (14.9%)	167 (16.6%)
Card games	168 (19.1%)	249 (24.7%)
Online gambling	24 (2.7%)	67 (6.6%)
Fishing machine	60 (7.6%)	84 (8.3%)

The parents mainly wagered on Mark Six (40.3%) and mahjong (29.8%), and this is similar to their preference in 2018. Their participation in sports betting also reduced from 21.1% to 11.8%. The third and fourth preferred the following gambling activities: Macau casino gambling (19.0%) and card games (18.8%).

Gambling preference of parents

Gambling Activities	2018	2019
Horse races/ greyhound races	58 (6.6%)	51 (5.1%)
Instant lottery	81 (9.3%)	88 (8.7%)
Sports betting	184 (21.1%)	119 (11.8%)
Macau casino gambling	158 (18.1%)	192 (19.0%)
Pacapio (Chinese lottery)	20 (2.3%)	22 (2.2%)
Slot machines	74 (8.2%)	94 (9.3%)
Mark Six	326 (37.4%)	406 (40.3%)
Mahjong	231 (26.6%)	300 (29.8%)
Card games	140 (16.1%)	190 (18.8%)
Online gambling	44 (4.9%)	40 (4.0%)
Fishing machine	14 (1.8%)	14 (1.4%)

■ The Relationship between Gambling Preference of Parents and Students

The cross-tabulation shows that parents' gambling preference are positively related to the students'. There is a higher proportion of students participating in sports gambling, Mark Six, mahjong, card games, and online gambling if their parents also participate in these activities. This relationship is more significant in social gambling.

The following tables show the relationship between parents and students' gambling preferences in social gambling. In families with parents who wagered in mahjong, 36% of students have experience playing mahjong (only 8.3% of students have played mahjong if their parents did not play). In families with parents playing card games, 64% of students have participated in card games, while only 15.5% of students have played card games if their parents did not play.

2019	Parent wagered in Mahjong	Parent did not wager in Mahjong
Student wagered in Mahjong	108 (36.0%)	59 (8.3%)
Student did not wagered in Mahjong	192 (64.0%)	649 (91.7%)
	300 (100.0%)	708 (100.0%)

2019	Parent wagered in Card Games	Parent did not wager in Card Games
Student wagered in Card Games	122 (64.2%)	127 (15.5%)
Student did not wagered in Card Games	68 (35.8%)	691 (84.5%)
	190 (100.0%)	818 (100.0%)

Even for nonsocial gambling such as sports gambling, Mark Six, and online gambling, we also found similar patterns. A higher proportion of respondents participate in these activities if their parents also participate in these activities. In other words, the family members' gambling activities have a direct relationship with those of their sons or daughters.

2019	Parent wagered in Sport Gambling	Parent did not wager in Sport Gambling
Student wagered in Sport Gambling	17 (14.3%)	34 (3.8%)
Student did not wager in Sport Gambling	102 (85.7%)	855 (96.2%)
	<hr/> 119 (100.0%)	<hr/> 889 (100.0%)

2019	Parent wagered in Mark Six	Parent did not wager in Mark Six
Students wagered in Mark Six	48 (11.8%)	17 (2.8%)
Students did not wager in Mark Six	358 (88.2%)	585 (97.2%)
	<hr/> 406 (100.0%)	<hr/> 602 (100.0%)

2019	Parents wagered in Online Gambling	Parents did not wager in Online Gambling
Students wagered in Online Gambling	11 (27.5%)	56 (5.8%)
Students did not wager in Online Gambling	29 (72.5%)	912 (94.2%)
	<hr/> 40 (100.0%)	<hr/> 968 (100.0%)

5.2 Gambling Pattern and Partners

■ Age at Which Gambling Started

For the entire sample of gamblers, 19.3% made their first bet at ages 12-14, 14.5% at ages 9-11, and 10.8% at ages 15-18. 10.0% made their first bet before the age of 8, and this is higher than that of last year. The statistics show that most gamblers made their first bet in Primary 6 or Secondary 1, and those never gamble is lower than that of last year.

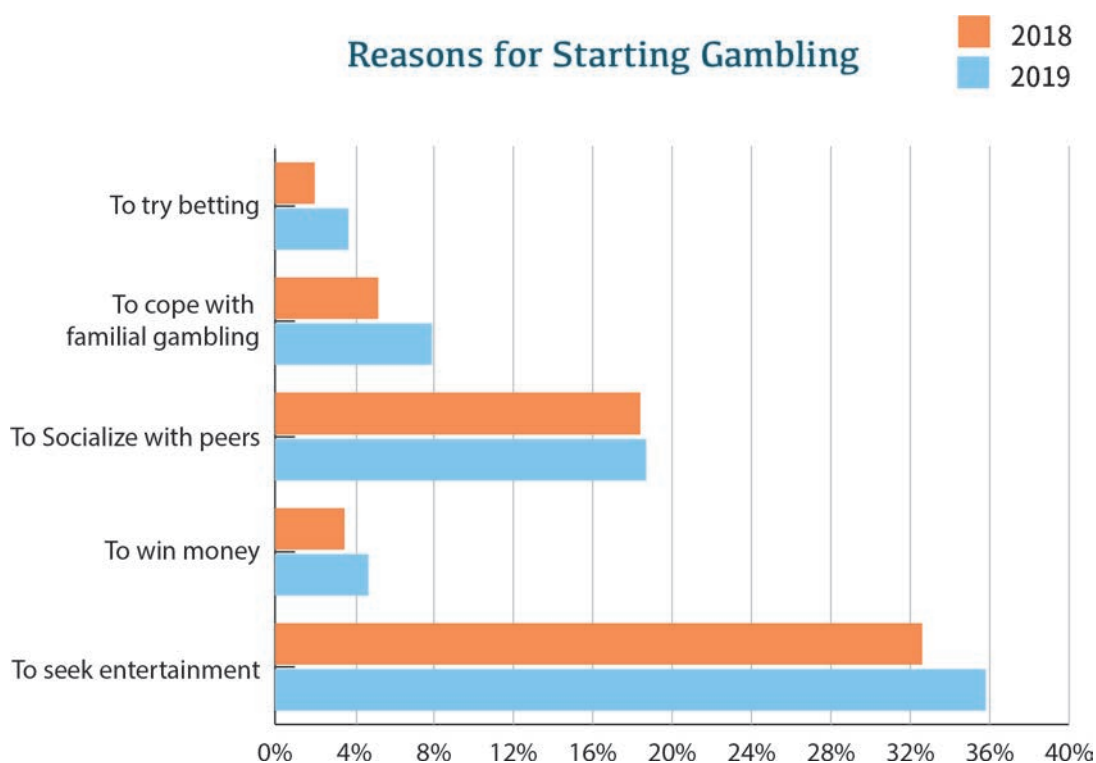
	2018		2019	
	Frequency	%	Frequency	%
Below 6	9	1.0%	14	1.4%
6-8	38	4.3%	86	8.6%
9-11	115	12.9%	145	14.5%
12-14	177	19.9%	193	19.3%
15-18	89	10.0%	108	10.8%
Never gamble	461	51.1%	453	45.3%



Reasons for Starting Gambling

Respondents gambled to seek entertainment (35.8%) and to socialize with peers (18.7%). This result shows that the peers and family members play a major role in influencing youngsters' participation in gambling.

	2018		2019	
	Frequency	%	Frequency	%
To try betting	18	2.0%	37	3.7%
To cope with familial gambling	47	5.2%	80	7.9%
To socialize with peers	166	18.4%	188	18.7%
To win money	32	3.5%	47	4.7%
To seek entertainment	294	32.6%	361	35.8%



5.3 Gambling Pattern in past 12-month

■ Major Gambling Partners

Chinese people have a gambling culture with a long history, and social bonding is one of the reasons for this. People gamble together to maintain or develop kinship, friendship, or business ties. Similar to past years, youngsters' major gambling partners include friends (32.9%), family members (25.4%), and classmates (14.6%). About 10% of respondents will gamble alone.

	2018		2019	
	Frequency	%	Frequency	%
Family members	188	20.8%	256	25.4%
Friends	280	31.0%	332	32.9%
Classmates	108	12.0%	147	14.6%
Alone	69	7.6%	104	10.3%

■ Gambling Frequency

63.4% of respondents did not gamble last year. Many gamblers were infrequent players who bet less than 1 hour per month (24.4%). 8.9% on average played 1-5 hours per month, and 1.4% played 6-10 hours per month. 1.9% gamblers spent more than 11 hours in gambling activities. These figures are higher than those of last year.

	2018		2019	
	Frequency	%	Frequency	%
1 hour or below	198	21.9%	246	24.4%
1-5 hours	85	9.4%	90	8.9%
6-10 hours	12	1.3%	14	1.4%
11-15 hours	4	0.4%	3	0.3%
15 hours or above	5	0.6%	16	1.6%
No gambling last year	599	66.4%	639	63.4%

■ Spending in Gambling Activities

Similar to last year, 66.1% of respondents did not wager in gambling activities this year. 25.8% of youngsters on average spent less than \$200 on gambling activities, while 8.2% spent more than \$200 on gambling activities. These figures are higher than those of 2018. We should also pay more attention to the fact that 2.6% of respondents spent more than \$1,000 in gambling activities.

	2018		2019	
	Frequency	%	Frequency	%
No gambling last year	622	68.8%	666	66.1%
\$1-\$200	218	24.1%	260	25.8%
\$201-\$400	32	3.5%	38	3.8%
\$401-\$600	13	1.4%	12	1.2%
\$601-\$800	0	0.0%	2	0.2%
\$801-\$1000	6	0.7%	4	0.4%
\$1000 or above	12	1.3%	26	2.6%

■ Finances for Gambling

Respondents mainly finance their gambling activities using pocket money (30.8%), money from family members (12.6%), and personal savings (10.7%).

	2018		2019	
	Frequency	%	Frequency	%
Pocket money	252	27.9%	310	30.8%
From family members	90	10.0%	127	12.6%
Personal savings	126	14.0%	108	10.7%
Salary from part-time job	44	4.9%	56	5.6%
Borrow from others	7	0.8%	10	1.0%
Money owned by others	5	0.6%	7	0.7%

6. Family Status and Gambling Activities

6.1 Respondents' Family Economic and Social Status

■ Economic Status

The second part of this questionnaire asked respondents to report their family's economic and social status. The following table shows how respondents perceive the economic status of their family. As shown in the table, 34.2% of them perceive their family as upper middle class or wealthy, while 37.2% of them perceive themselves as working class or poor.

2019	Frequency	%
Wealthy	33	3.3%
Upper Middle	311	30.9%
Lower Middle	284	28.2%
Working class	319	31.6%
Poor	56	5.6%

46% of respondents did not have a clear idea about their family's economic status. 19% of them believed that their monthly family income is higher than \$40,000.

2019	Frequency	%
<10000	18	1.8%
10000-19999	59	5.9%
20000-29999	83	8.2%
30000-39999	80	7.9%
>40000	192	19.0%
Not know	464	46.0%
Refused to answer	111	11.1%

■ Educational Background and Work Experience of Parents

The following table shows that the patterns of fathers and mothers' educational background are similar. Most students reported that their parents have completed secondary education (father: 47.6%, mother: 52.3%) and university education (father: 23.0%, mother: 22.8%).

2019	Father		Mother	
	Frequency	Frequency	Frequency	Frequency
Primary school	168	16.7%	130	12.9%
Secondary school	480	47.6%	527	52.3%
Tertiary education	93	9.2%	103	10.2%
University or above	232	23.0%	230	22.8%

The results of this study suggest that parents' educational background is one of the predictors for students' gambling behaviors. Students whose parents have lower educational attainment tend to have more problematic gambling behaviors. The results suggest that some parents may not have sufficient knowledge to provide their children with suitable guidance.

Father's education level	Primary/Secondary School	Tertiary Education	University or above
△0	470 (72.5%)	74 (79.6%)	191 (82.3%)
△1-3	161 (24.8%)	16 (17.2%)	35 (15.1%)
△4 or above	17 (2.6%)	3 (3.2%)	6 (2.6%)
	648 (100%)	93 (100%)	232 (100%)

Mother's education level	Primary/Secondary School	Tertiary Education	University or above
△0	474 (72.1%)	81 (78.6%)	193 (83.9%)
△1-3	162 (24.7%)	20 (19.4%)	33 (14.3%)
△4 or above	21 (3.2%)	2 (1.9%)	4 (1.7%)
	657 (100%)	103 (100%)	230 (100%)

The following table shows that most parents are working (father: 78.5%, mother: 71.9%). About 20% of mothers are housewives (19.3%).

2019	Father		Mother	
	Frequency	Frequency	Frequency	Frequency
In work	791	78.5%	725	71.9%
Housework	21	2.1%	195	19.3%
Retired	35	3.5%	8	0.8%
Unemployed	13	1.3%	6	0.6%
Not know/ Refused to answer	148	14.7%	74	7.4%

The major occupation types for both parents of respondents is service personnel, follow by managers and executives, and professionals for fathers; and clerical, managers and executives for mothers.

2019	Father		Mother	
	Frequency	Frequency	Frequency	Frequency
Manager and executives	192	19.0%	142	14.1%
Professionals	166	16.5%	117	11.6%
Clerical	69	6.8%	171	17.0%
Service	220	21.8%	278	27.6%
Technical	107	10.6%	3	0.3%
Unskilled	87	8.6%	53	5.3%

■ Parents' Marital Status

This table shows that about 80% of respondents' parents are married. A total 15% of respondents' parents are separated and divorced.

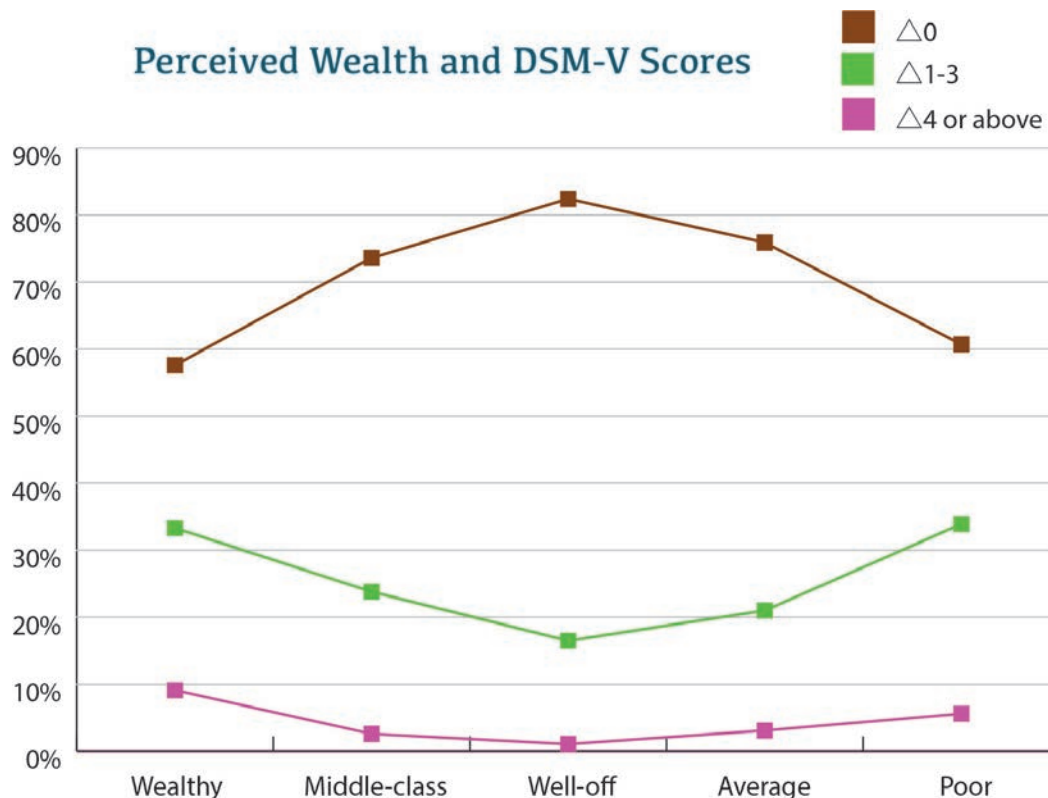
2019	Frequency	%
Married	813	80.7%
Separated	50	5.0%
Divorced	101	10.0%
Other	44	4.4%

6.2 Family Economic Situation and Gambling Behaviors

The following table shows that respondents who perceive their family to be in poverty or wealthy display a higher proportion of problematic gambling behaviors than the other three groups. Further investigation may be required to investigate the reasons for this relationship.

	Wealthy	Middle-class	Well-off	Average	Poor
△0	19 (57.6%)	229 (73.6%)	234 (82.4%)	242 (75.9%)	34 (60.7%)
△1-3	11 (33.3%)	74 (23.8%)	47 (16.5%)	67 (21.0%)	19 (33.9%)
△4 or above	3 (9.1%)	8 (2.6%)	3 (1.1%)	10 (3.1%)	3 (5.6%)
	33 (100%)	311 (100%)	284 (100%)	319 (100%)	56 (100%)

Perceived Wealth and DSM-V Scores



The following table shows the relationship between parents' marital status and the problematic gambling behaviors of their sons or daughters. The patterns of different marital status are similar to each other. Whether the family had one or two parents appeared to make no significant difference.

	Married	Separated	Divorced	Others
Δ0	614 (75.5%)	36 (72.0%)	81 (80.2%)	25 (67.6%)
Δ1-3	176 (21.6%)	13 (26.0%)	17 (16.8%)	12 (32.4%)
Δ4 or above	23 (2.8%)	1 (2.0%)	3 (3.0%)	0 (0%)
	813 (100%)	50 (100%)	101 (100%)	37 (100%)

6.3 Parents' Attitudes toward Gambling

■ Parents' Responses

The parents' responses vary. 27.7% of respondents reported that their parents do not have much of a response to their gambling behaviors. Less than 10% of parents ask them to reduce gambling. The table shows that many parents do not provide clear guidance to their children regarding gambling activities.

	2018		2019	
	Frequency	%	Frequency	%
Ask them to stop gambling	15	1.7%	27	2.7%
Ask them to reduce gambling	42	4.7%	63	6.3%
Encourage them to win	16	1.8%	21	2.1%
Not much response	231	25.6%	279	27.7%
Worry them lose money	31	3.4%	37	3.7%
Encourage by providing money	6	0.7%	15	1.5%
Avoid discussing this topic	8	0.9%	10	1.0%
Not know about their gambling behaviors	106	11.7%	141	14.0%

Parents' passive behavior may have negative impacts on youngsters' problematic gambling behaviors. As shown in the following table, in the group where parents do not have much of a response to their children's gambling behaviors, the respondents have a higher proportion of problematic gambling.

2018	Parent not much response	Not select this option
△0	60 (56.6%)	641 (80.4%)
△1-3	38 (35.8%)	138 (17.3%)
△4 or above	8 (7.5%)	18 (2.3%)

2019	Parent not much response	Not select this option
△0	172 (61.6%)	589 (80.8%)
△1-3	99 (35.5%)	121 (16.6%)
△4 or above	8 (2.9%)	19 (2.6%)

14% of respondents reported that their parents do not know about their participation in gambling activities. This group of students also displayed a higher proportion of problematic gambling. 7.8% of them scored 4 marks or above, and 41.8% scored 1 to 3 marks. In other words, some students are being affected by gambling even though their parents are unaware.

2018 Parents' don't know	Yes	No
△0	146 (63.2%)	555 (82.6%)
△1-3	78 (33.8%)	98 (14.6%)
△4 or above	7 (3.0%)	19 (2.8%)

2019 Parents' don't know	Yes	No
△0	71 (50.4%)	690 (79.6%)
△1-3	59 (41.8%)	161 (18.6%)
△4 or above	11 (7.8%)	16 (1.8%)

■ Do Your Parents Gamble Too Much?

5% of students said their parents have severe gambling problems (3.8% agree and 1.2% strongly agree). 1.9% of students reported that they are unaware about their parents' gambling behaviors.

	2018		2019	
	Frequency	%	Frequency	%
Strongly disagree	392	44.0%	534	53.0%
Disagree	198	22.2%	249	24.7%
Neutral	158	17.8%	156	15.5%
Agree	49	5.5%	38	3.8%
Strongly agree	32	3.6%	12	1.2%
Not know	61	6.9%	19	1.9%

6.4 Satisfaction with Family Function

The family APGAR index was first introduced in 1978 to assess family function. The five-item questionnaire was developed on the premise that a family member's perception of family function could be assessed by his/her report satisfaction of five parameters of family function: adaptation, partnership, growth, affection, and resolve.

Most items received a mean higher than 2.5, and this suggested that respondents have a positive attitude toward their family in general. They are more satisfied with how their family share time together (2.94), as well as their family's acceptance and support of their directions (2.92).

	Mean	SD
I am satisfied that I can turn to my family for help when something is troubling me.	2.85	0.905
I am satisfied with the way my family talks over things with me and shares problems with me.	2.63	0.939
I am satisfied that my family accepts and supports my wishes to take on new activities and directions.	2.92	0.927
I am satisfied with the way my family express affections, and responds to my emotions such as anger, sad, and love.	2.56	0.925
I am satisfied with the way my family and I share time together.	2.94	0.918

(1=Almost never, 2=Occasionally, 3=Sometimes, 4 = Always)

I am satisfied that I can turn to my family for help when something is troubling me.

	Almost never	Occasionally	Sometimes	Always
Frequency	75	269	382	268
%	7.4%	26.7%	37.9%	26.6%

I am satisfied that I can turn to my family for help when something is troubling me.

	Almost never	Occasionally	Sometimes	Always
Frequency	113	347	325	209
%	11.2%	34.4%	32.2%	20.7%

I am satisfied that my family accepts and supports my wishes to take on new activities and directions.

	Almost never	Occasionally	Sometimes	Always
Frequency	76	242	362	313
%	7.7%	24.4%	36.5%	31.5%

I am satisfied with the way my family express affections, and responds to my emotions such as anger, sad, and love.

	Almost never	Occasionally	Sometimes	Always
Frequency	135	337	353	167
%	13.6%	34.0%	35.6%	16.8%

I am satisfied with the way my family and I share time together.

	Almost never	Occasionally	Sometimes	Always
Frequency	76	219	382	316
%	7.7%	22.1%	38.5%	31.8%

According to these tables:

- 64.5% of respondents reported they can turn to their family for help when something is troubling them (sometimes – 37.9%; always – 26.6%). However, 7.4% of respondents said they are almost never satisfied with their family’s support.
- 52.9% of respondents are satisfied with the way their family talks about things with them and shares problems with them (sometimes – 32.2%; always – 20.7%). 11.2% of respondents are not satisfied with their family’s communication.
- 68% of respondents reported that their family accepts and supports their wishes to take on new activities and directions (sometimes – 36.5%; always – 31.5%). 7.7% of respondents are not satisfied with their family’s support of their directions.
- 52.4% of respondents are satisfied with the way their family expresses affections and responds to their emotions (sometimes – 35.6%; always – 16.8%). 13.6% of respondents are dissatisfied with the way their family expresses and responds to emotions.
- 70.3% of respondents are satisfied with the way their family shares time together (sometimes – 38.5%; always – 31.8%). 7.7% of respondents are dissatisfied with how their family shares time together.

6.5 Family APGAR Index and Gambling Disorder

The original instrument allows three possible responses to each of the five items. Responses to the items are added, and scores may range from 0 to 10 (low to high satisfaction with family function). The sum can be 0 to 10 points, and families can be characterized as a functional family (7-10) or dysfunctional family (< 6). A dysfunctional family can still be classified as mild (> 3 and < 7) and severely dysfunctional (≤ 3). The following table shows that about 30% of respondents perceive that their family functions well, and 10% of respondents perceive that their family is severely dysfunctional.

	2019	
	Frequency	%
Severely Dysfunctional	105	10.4%
Mild Dysfunctional	584	57.9%
Functional	305	30.3%

The following table shows that respondents from a functional family display significantly less problematic gambling behaviors than those respondents from a dysfunctional family. In other words, the family's communication and support toward students may have a positive effect on reducing students' gambling problems.

DSM V	APGAR Index		
	0-3marks	4-6 marks	7-10 marks
$\Delta 0$	75 (71.4%)	426 (72.9%)	247 (81.0%)
$\Delta 1-3$	23 (21.9%)	143 (24.5%)	53 (17.4%)
$\Delta 4$ or above	7 (6.7%)	15 (2.6%)	5 (1.6%)
	105 (100%)	584 (100%)	305 (100%)

7. Discussion and Conclusion

■ Youngsters' Gambling Disorder

Youngsters' self-control over their gambling is slightly weaker than that of last year. The percentage of respondents who are sometimes or always preoccupied with gambling increased from 4.8% to 5.6%. From this year, 8.3% of respondents need to gamble with increasing amounts of money to achieve the desired excitement, and this is slightly lower than the 10% of respondents from 2018. 2.6% of respondents have made repeated unsuccessful efforts to control, cut back on, or stop gambling, and this is similar to that of last year.

About 10% of respondents have experience chasing their losses, and this is slightly higher than that of last year. Respondents who use gambling as a way to reduce distress or other negative feelings increased from 4.1% in 2018 to 5.1% in 2019. The results suggest that more youngsters use gambling as a way to reduce their negative emotions. Youngsters' overall self-control over gambling is lower than that of last year.

In general, gambling's influence on students' behaviors is similar to last year. Students who lie to conceal the extent of their involvement with gambling reduced from 9.4% in 2018 to 5.2% in 2019. 4.9% of students have experience taking money to spend on gambling without permission (4.6% in 2018), and 2.9% of students found that gambling has some negative impacts on their relationships and studies (2.0% in 2018).

761 respondents scored 0 (75.5%), which shows that gambling has no influence on their daily life and behavior. 220 respondents scored 1 to 3 marks (21.9%); thus, they may have suffered from their gambling behaviors. 2.7% of respondents scored 4 marks or above, and this showed that they may have suffered from problematic gambling behaviors. The overall situation is similar to that of last year. However, we should note that, in the past decade, respondents scored 1 to 3 marks, increased from 13% in 2009 to 21.8% in 2019. Respondents scored 4 marks or above, increased from 1% in 2009 to 2-3% in recent years. These figures suggest that the percentage of youngsters with gambling disorder still remains at a low level but that the potential threats of gambling disorder are increasing.

For the gender difference, similar to last year's result, male respondents display more problematic behaviors than female respondents. 24.2% of boys had 1 to 3 marks, while only 18.7% female respondents had 1 to 3 marks. 4.0% of boys have problematic gambling symptoms, while only 1.0% girls have more than four symptoms. Our results have shown that a higher percentage of boys have been involved in problem gambling since 2013. On the other hand, although female respondents show less gambling problems, those scored 1 to 3 marks has increased from 8% in 2013 to 18.7% this year. This reflects that the risk of gambling disorder among female is increasing.

Many researchers have suggested that youngsters' problematic gambling behaviors may be associated with criminal behaviors (Gupta, Derevensky, & Marget, 2004), the deterioration of an interpersonal relationship (Politzer, Yesalis & Hudak, 1992), lower academic performance, weakened job performance, limited motivation, and drug abuse. In this study, 6.7% of male respondents have lied to conceal their extent of involvement with gambling, 6.2% of them have taken money to spend on gambling without permission, and 3.8% reported that gambling has negative impacts on their relationships and studies. These figures show that some boys have already suffered from their gambling activities.

■ Youngsters' Gambling Activities

Some studies have suggested that people who started their participation as a child have higher chances of suffering from gambling problems. The development of the Internet and its numerous gambling activities has allowed more youngsters to gamble, and this has increased the proportion of young problem gamblers (Griffiths & Wood, 2000). In other words, when youngsters participate in gambling at younger ages, they are more likely to suffer from gambling disorder. This survey found that most young gamblers start their gambling activities from 9 to 14 years old. Although most of them spent less than HK\$200 on gambling per month, 2.6% of respondents reported that they would spend more than HK\$1000 on gambling.

Similar to the results of previous surveys, the most popular gambling activities among youngsters include social gambling such as card games and mahjong. We should note that the percentage of students participating in online gambling and Mark Six has increased from 2.7% to 6.6% and 3.2% to 6.4%, from 2018 to 2019, respectively. Entertainment (35.8%) and social activities (18.7%) are the major reasons that participants gamble. These results support the fact that youngsters' peer group and family members play a key role in their gambling participation.

■ Family Background and Gambling Disorder

Many studies have suggested that students from families with lower socioeconomic status have higher risks of gambling disorder than those from families with higher socioeconomic status. In this study, one interesting finding is that the respondents who perceive their family to be in poverty or wealthy, both display a higher proportion of problematic gambling behaviors than the other three groups. The reason for this phenomenon may be that those students from a wealthier family have more spare money to spend on gambling activities. In general, whether the family had one or both parents appeared to make no difference.

Sufficient support from parents is a key factor related to preventing gambling disorder. In this study, students whose parents had a lower educational level displayed more gambling problems, and this suggests that parents with lower educational levels may not have sufficient knowledge to teach students how to avoid gambling addiction and to manage their personal finances. Thus, providing parents workshops related to personal financial management may help them learn how to provide better guidance to students and reduce their likelihood of gambling disorder.

■ Family Background and Gambling Disorder

Many studies have supported the fact that parents' gambling attitudes and behaviors have a close relationship to the gambling behaviors of their sons or daughters. Some studies have suggested that students learn how to gamble at home and practice gambling with their peers (NGISC, 1999). According to a report by the Chinese University of Hong Kong(2010), factors elevating the likelihood of pathological gambling included weak social bonding with family and school, social learning of gambling, social strain such as negative relations with family members and peers, and psychological factors pertaining to low self-control and strong sense of uncertainty.

Similar to the past few years, the three most popular gambling activities among parents included Mark Six, mahjong, and casino games. The above analysis shows there is a direct relationship between parents' gambling activities and students' gambling activities. For example, about 40% of students played mahjong in families with parents playing the game, while less than 10% of students played mahjong if their parents did not play. A similar pattern also appears in sports betting and card games. Thus, parents' participation in gambling activities has a direct influence on their children's attitudes and participation in gambling activities. In order to reduce youngsters' gambling activities, parents should act as role models and avoid using gambling as family entertainment.

Some parents did not provide suitable guidance to students regarding their gambling activities. For example, 12.6% of youngsters' gambling bets came from their parents. 2.1% of parents encouraged their children to gamble, but less than 10% of parents required them to reduce or cease their gambling. A lot of parents did not response seriously to their children's participation in gambling or avoid discussing with them (28.7%). These results suggested that many parents are used to gambling activities in their daily lives.

Similar to the results of last year, in those families whose parents held a mild attitude toward gambling or did not know about their children's participation in gambling, a higher proportion of students displayed problematic gambling behaviors. If gambling was an accepted behavior in their families and was not stigmatized, the development of gambling skills was even encouraged at a young age, and students may have had more of a chance to participate in gambling activities and display problematic gambling behaviors. Thus, family education is also an important component for preventing youngsters' problematic gambling behaviors.

Adolescent gamblers often turn to families when they experience problems. Parents' attitudes and the effectiveness of their communication play key roles in providing support to their sons or daughters. For this year, we used the APGAR index to investigate the relationship between family function and adolescent gambling behaviors. The results suggest that students who perceive support and acceptance from their family display significantly less problematic gambling behaviors than those respondents from a dysfunctional family. Thus, the family's communication and support to students may have a positive effect on reducing the likelihood of developing some problematic gambling behaviors.

■ Conclusion

In general, the proportion of adolescent who are at risk of gambling disorder slightly increased in 2019. Government and nongovernment organizations could incorporate different measures to reduce the risks and extents of adolescent gambling problems. Youngsters tended to view some gambling activities as positive events. They believed that gambling activities are entertainment, social activities, or even investments.

In order to reduce their participation in gambling, we need to remind students that many people gradually progress from gambling for fun during adolescence to gambling with small amounts of money, habitual gambling, and then gambling disorders. To minimize the risk of students' participation in gambling, family education is equally important. Parents should be offered prevention and intervention methods so as to assist them in providing appropriate parenting to reduce and prevent gambling among young people. Government should research on incorporating laws to prevent internet gambling, particularly those applications with gambling elements who packaged themselves as online games only. In addition, we should inculcate in students a correct attitude toward gambling, the skills to refuse participation in gambling, and a proper approach to manage money to reduce their likelihood of becoming a problem gambler in the future.

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