

# 防範青少年沉迷賭博 問卷調查2021 研究報告



The Research on the  
Participation of Teenagers  
in Gambling 2021  
Research Report

主辦單位



贊助單位



防範青少年沉迷賭博  
研究報告  
2021

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Participation of Teenagers  
in Gambling 2021  
Research Report**

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## 1. 問卷調查背景

這次問卷調查是透過鮑思高青年服務網絡「自由Teen地」和「澳門社會工作局」資助舉辦的「預防青少年沉迷賭博專題服務計劃2021」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，務求讓受訪者的“對抗沉迷賭博”能力能有所提升。營會中會利用問卷讓受訪者作出自我評估，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2021年1月至12月期間進行，合共舉行19次營會，成功回收問卷522份。十二月份在一所中學協助下，收到問卷224份。兩者合計收到746份問卷。

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<sup>1</sup>。最後一部分是有關同學是否出現賭博問題的分析，此部分共有九個題目，題目源自DSM-V和DSM-IV-MR-J。每個題目中若干選項會以△標示，受訪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，並接受賭博問題評估(DSM-V)。受訪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，讓受訪者能了解自己的狀況。

## 3. 回應者性別及年齡

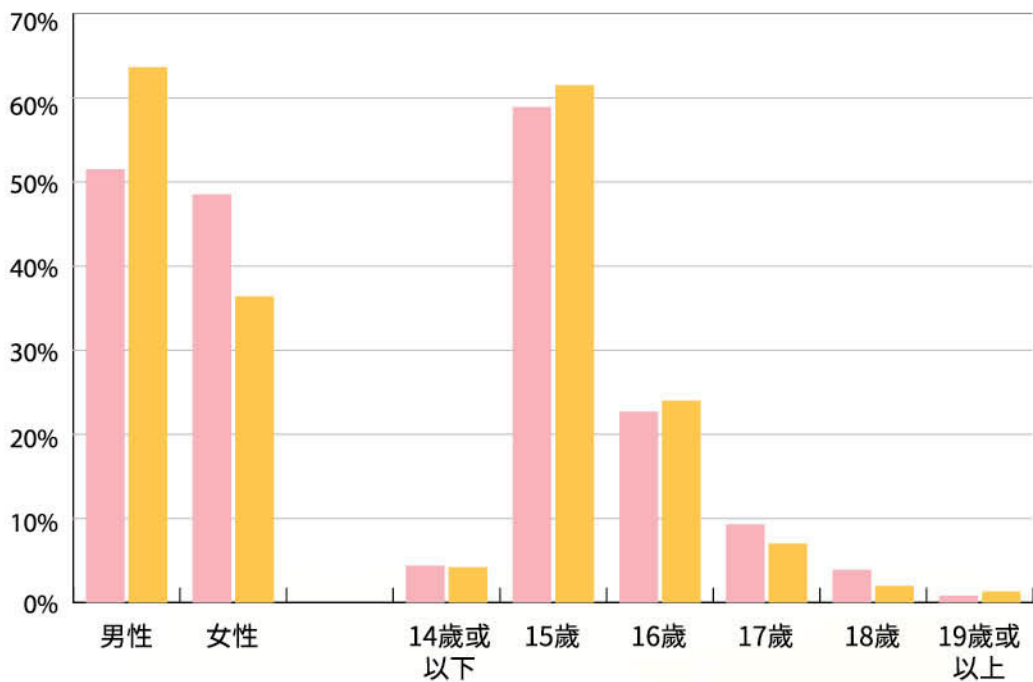
在這次收回的746份問卷中，共有444名男性和254名女性<sup>2</sup>，分別佔回應者63.6%和36.4%。營會的受訪者主要來自不同學校，年齡介乎14至21歲之間，當中最多為15歲(佔61.5%)、其次是16-17歲(佔31%)，18-21歲有3.3%，跟去年比例相約(參考下圖)。

<sup>1</sup> APGAR—Adaptation適應度，Partnership合作度，Growth成長度，Affection情感度，Resolve親密度

<sup>2</sup> 48位受訪者沒標示性別。

## 受訪者背景

	2020		2021	
	人數	百分比	人數	百分比
男性	492	51.5%	444	63.6%
女性	464	48.5%	254	36.4%
14 歲或以下	43	4.4%	31	4.2%
15 歲	579	58.9%	457	61.5%
16 歲	223	22.7%	178	24.0%
17 歲	91	9.3%	52	7.0%
18 歲	38	3.9%	15	2.0%
19 歲或以上	8	0.8%	10	1.3%
	982 <sup>3</sup>	100.0%	743 <sup>4</sup>	100.0%



<sup>3</sup> 1位受訪者沒有回答本題。

<sup>4</sup> 3位受訪者沒有回答本題。

## 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△是一分，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   ：表示參加者可能有賭博失調行為。

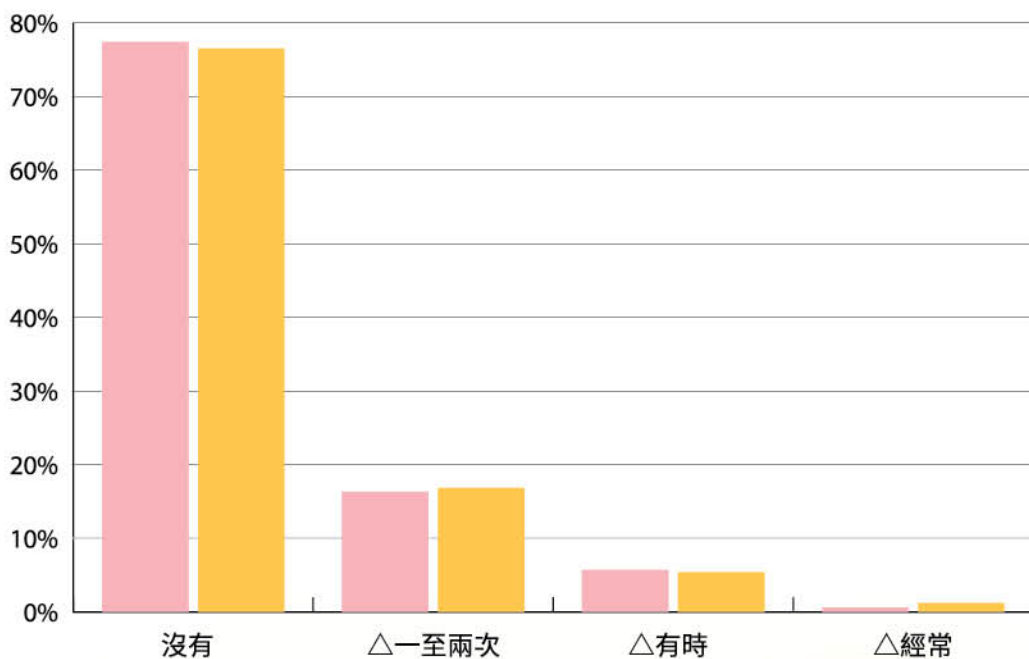
## 4.1 描述性統計

### 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16.8%受訪者有“一至兩次”這樣的經驗，有5.4%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%。顯示有大約兩成的受訪者曾試過(“一至兩次”、“有時”及“經常”)腦海裡充滿關於賭博的事情，情況略多於去年。

	2020		2021	
	人數	百分比	人數	百分比
沒有	759	77.4%	563	76.5%
一至兩次	160	16.3%	124	16.8%
△有時	56	5.7%	40	5.4%
△經常	6	0.6%	9	1.2%
	981 <sup>5</sup>	100.0%	736 <sup>6</sup>	100.0%



<sup>5</sup> 2位受訪者沒有回答本題。

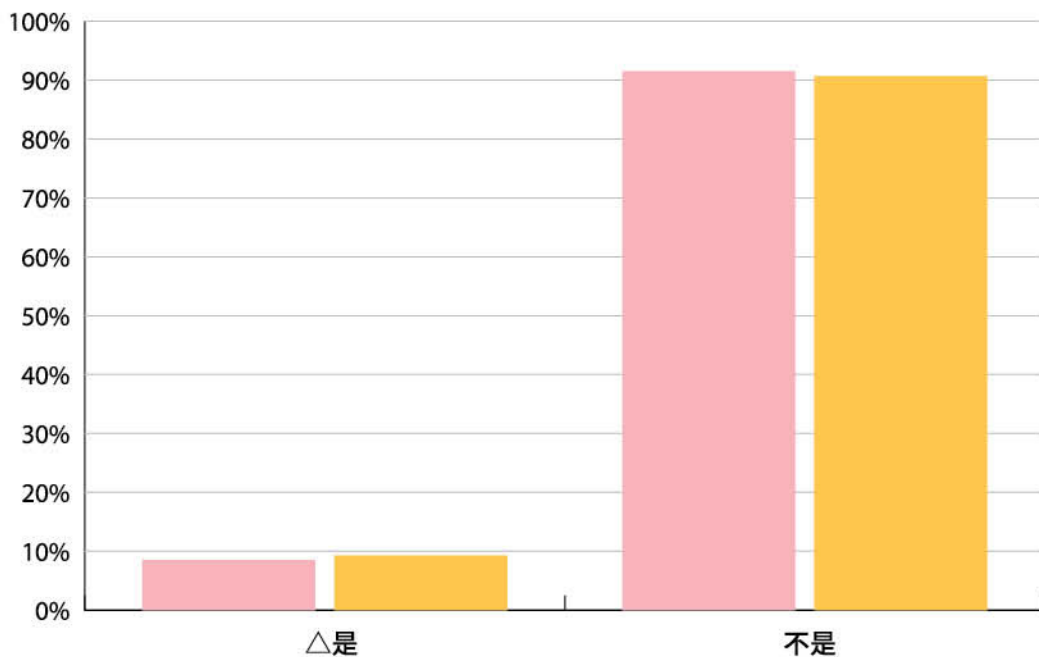
<sup>6</sup> 10位受訪者沒有回答本題。



### 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9.3%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。今年的數字略高於去年。

	2020		2021	
	人數	百分比	人數	百分比
△是	83	8.5%	68	9.3%
不是	899	91.5%	667	90.7%
	982 <sup>7</sup>	100.0%	735 <sup>8</sup>	100.0%



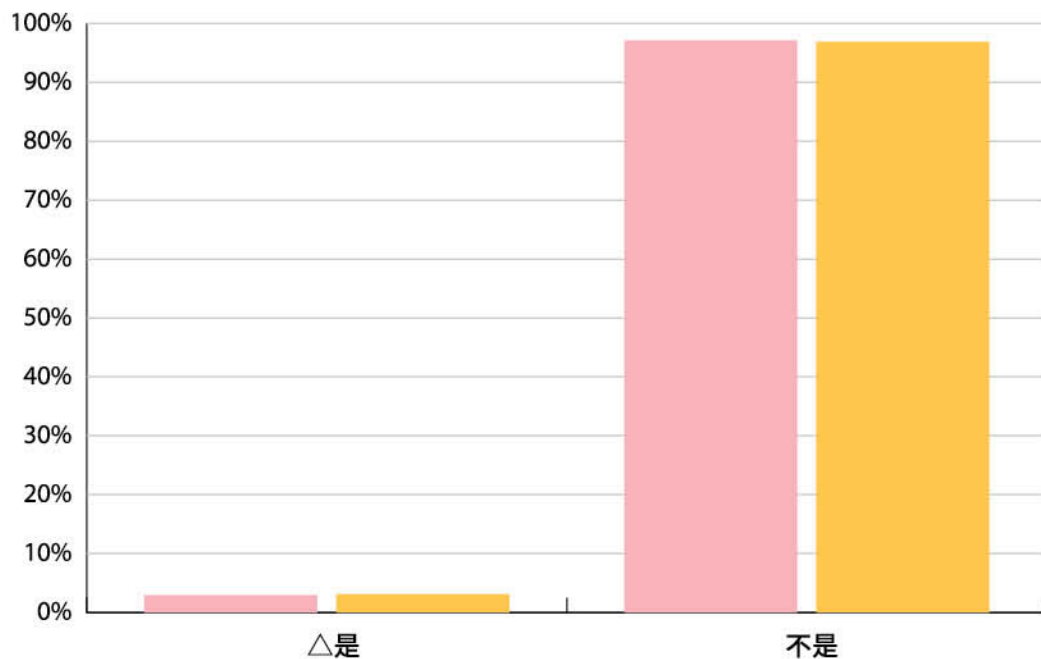
<sup>7</sup> 1位受訪者沒有回答本題。

<sup>8</sup> 11位受訪者沒有回答本題。

### 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3.1%受訪者曾多次控制、減少或停止賭博但都未能成功。情況跟去年相約。

	2020		2021	
	人數	百分比	人數	百分比
△是	28	2.9%	23	3.1%
不是	953	97.1%	711	96.9%
	981 <sup>9</sup>	100.0%	734 <sup>10</sup>	100.0%



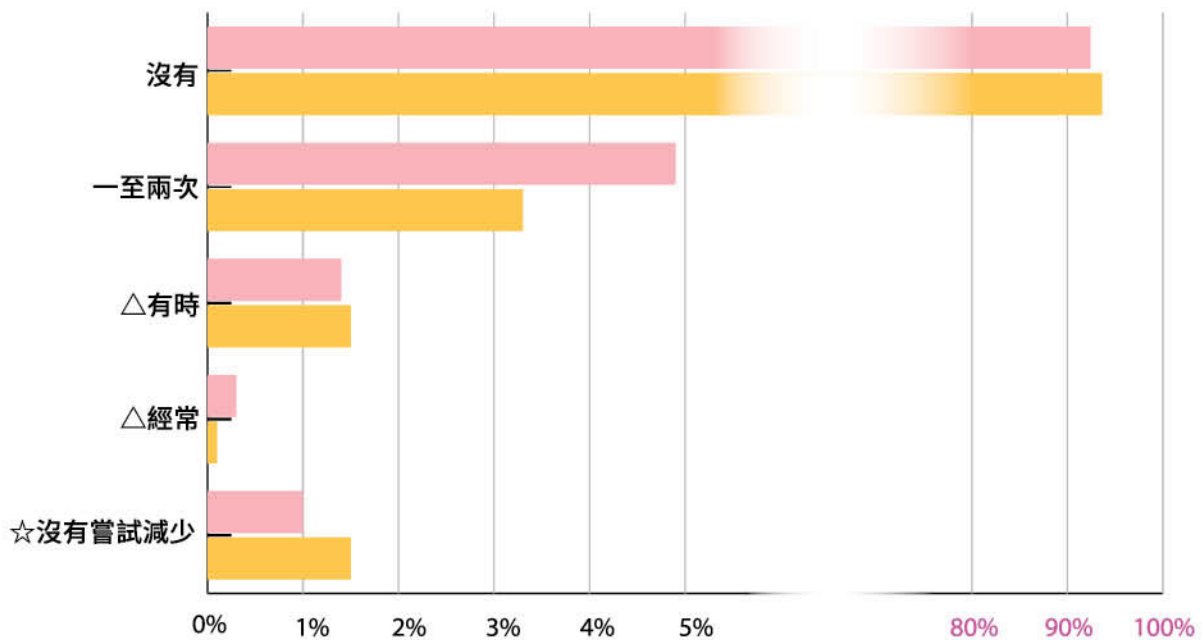
<sup>9</sup> 2位受訪者沒有回答本題。

<sup>10</sup> 12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93.6%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1.6%（1.5%“有時”，0.1%“經常”）。數字跟2020年相約。

	2020		2021	
	人數	百分比	人數	百分比
沒有	905	92.4%	687	93.6%
一至兩次	48	4.9%	24	3.3%
△有時	14	1.4%	11	1.5%
△經常	3	0.3%	1	0.1%
☆沒有嘗試減少	10	1.0%	11	1.5%
	980 <sup>11</sup>	100.0%	734 <sup>12</sup>	100.0%



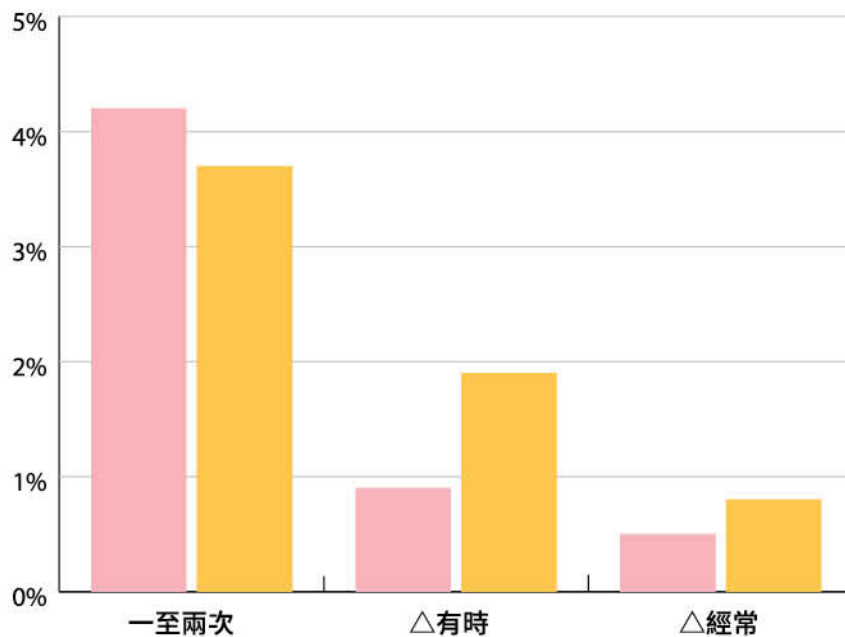
<sup>11</sup> 3位受訪者沒有回答本題。

<sup>12</sup> 12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(93.6%)表示沒有在不愉快時去賭博，有2.7%的受訪者會“有時”或“經常”這樣做。如跟去年比較，今年情況有所上升。

	2020		2021	
	人數	百分比	人數	百分比
沒有	927	94.4%	689	93.6%
一至兩次	41	4.2%	27	3.7%
△有時	9	0.9%	14	1.9%
△經常	5	0.5%	6	0.8%
	982 <sup>13</sup>	100.0%	736 <sup>14</sup>	100.0%



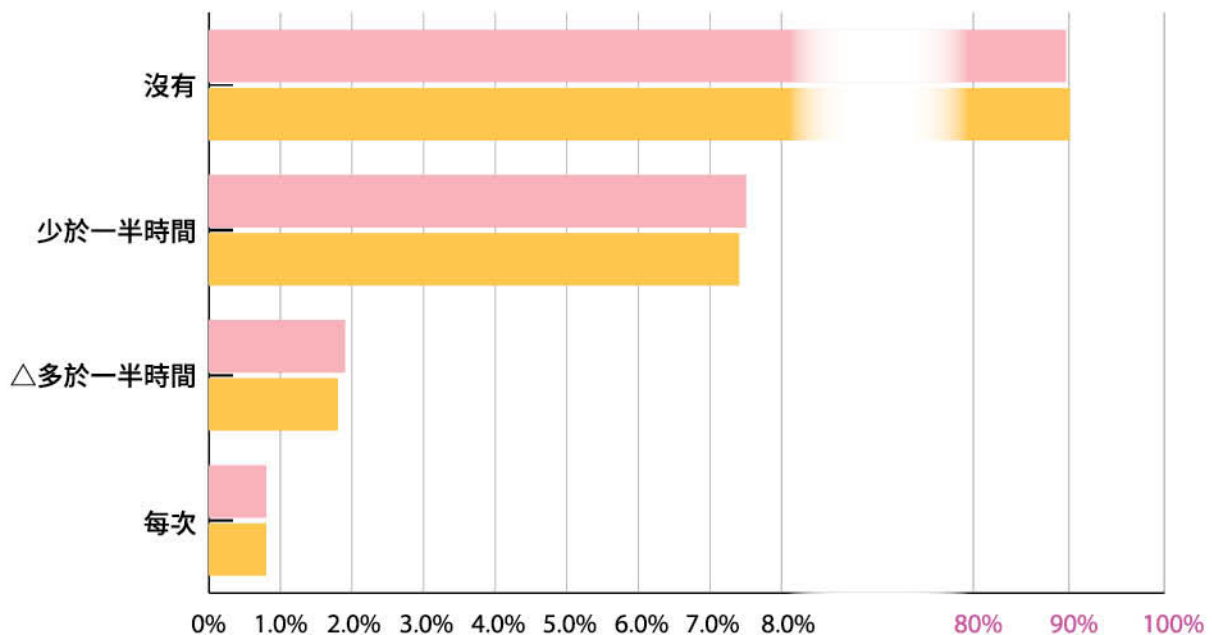
<sup>13</sup> 1位受訪者沒有回答本題。

<sup>14</sup> 10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，約九成受訪者不會在另一天再參與賭博，以求贏回所失金錢。約有7.4%受訪者表示“少於一半時間”會再去賭。“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1.8%和0.8%。情況與2020年相約。

	2020		2021	
	人數	百分比	人數	百分比
沒有	880	89.7%	661	90.1%
少於一半時間	74	7.5%	54	7.4%
△多於一半時間	19	1.9%	13	1.8%
△每次	8	0.8%	6	0.8%
	981 <sup>15</sup>	100.0%	734 <sup>16</sup>	100.0%



<sup>15</sup> 2位受訪者沒有回答本題。

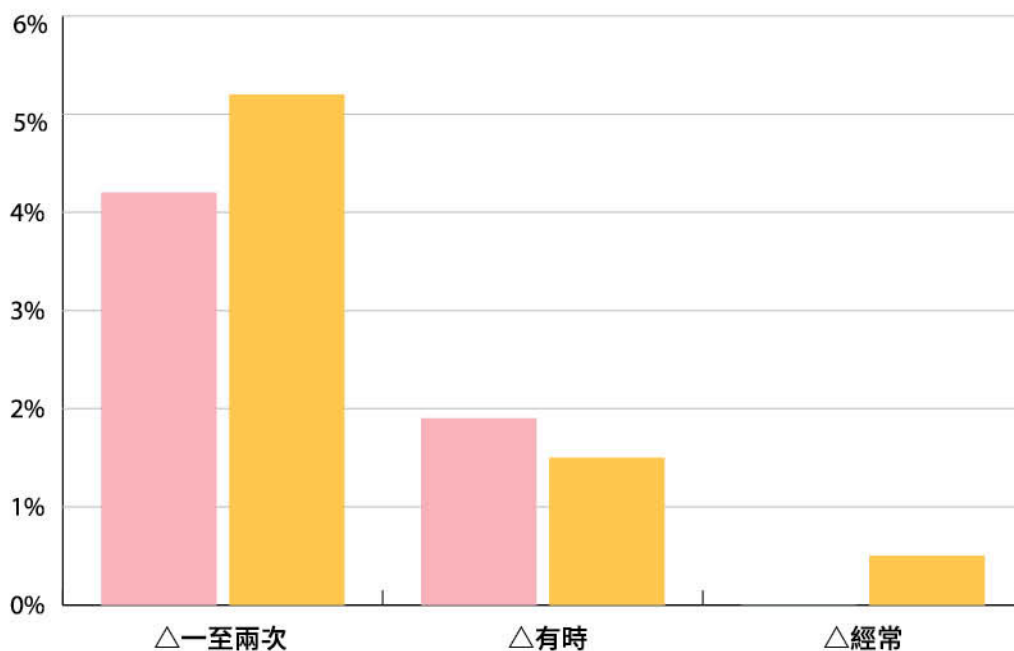
<sup>16</sup> 12位受訪者沒有回答本題。

#### 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(92.8%)，今年有5.2%受訪者表示有“一至兩次”試過這種情況。表示“有時”和“經常”因為賭博而向自己的家人說謊分別為1.5%和0.5%，整體情況略高於去年。

	2020		2021	
	人數	百分比	人數	百分比
沒有	922	93.9%	682	92.8%
△一至兩次	41	4.2%	38	5.2%
△有時	19	1.9%	11	1.5%
△經常	0	0.0%	4	0.5%
	982 <sup>17</sup>	100.0%	735 <sup>18</sup>	100.0%



<sup>17</sup> 1位受訪者沒有回答本題。

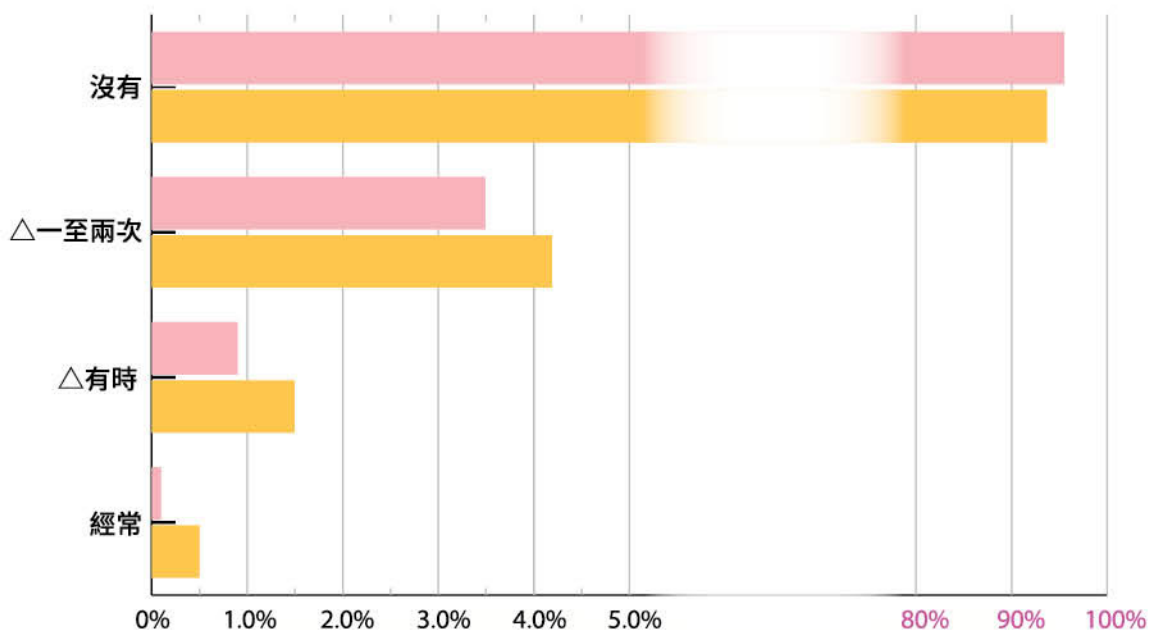
<sup>18</sup> 11位受訪者沒有回答本題。

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(93.7%)。4.2%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、“經常”會這樣做的受訪者分別佔1.5%和0.5%，整體情況略高於去年。

	2020		2021	
	人數	百分比	人數	百分比
沒有	938	95.5%	689	93.7%
△一至兩次	34	3.5%	31	4.2%
△有時	9	0.9%	11	1.5%
△經常	1	0.1%	4	0.5%
	982 <sup>19</sup>	100.0%	735 <sup>20</sup>	100.0%

#### 因為賭博而未得家人或別人同意下挪用金錢



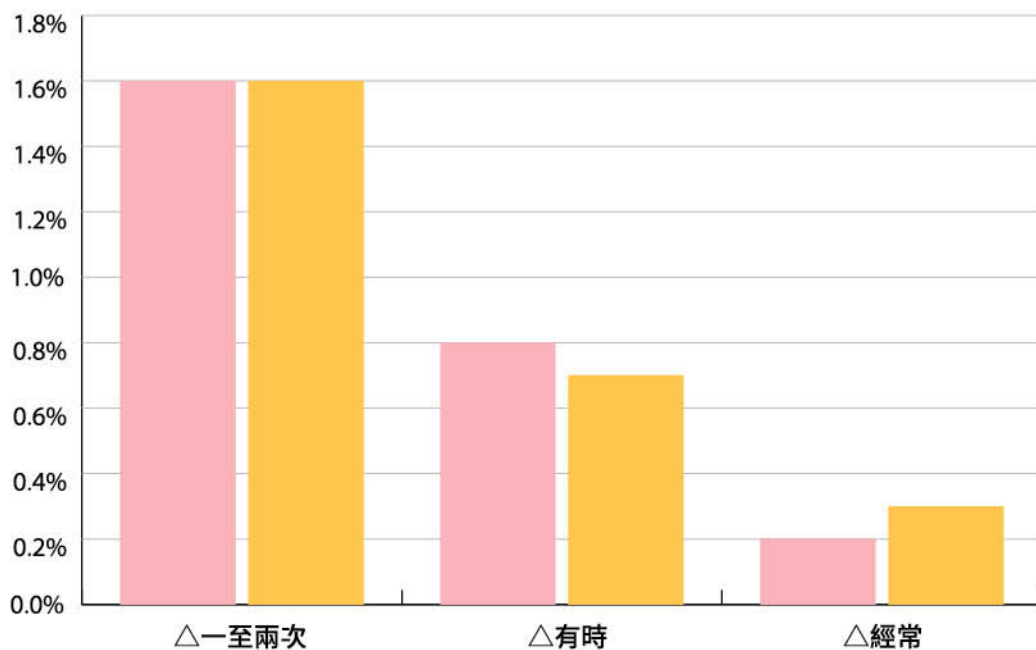
<sup>19</sup> 1位受訪者沒有回答本題。

<sup>20</sup> 11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(97.4%)，因為賭博而有“一至兩次”、“有時”和“經常”影響人際關係和學習的，分別佔1.6%、0.7%和0.3%。數字跟去年相約。

	2020		2021	
	人數	百分比	人數	百分比
沒有	956	97.4%	716	97.4%
△一至兩次	16	1.6%	12	1.6%
△有時	8	0.8%	5	0.7%
△經常	2	0.2%	2	0.3%
	982 <sup>21</sup>	100.0%	735 <sup>22</sup>	100.0%



<sup>21</sup> 6位受訪者沒有回答本題。

<sup>22</sup> 11位受訪者沒有回答本題。



## 4.2 問題賭博整體情況

下表綜合了上述9條DSM-V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問題賭博的特徵，其中有9位受訪者已有六項或以上特徵(1.1%)。

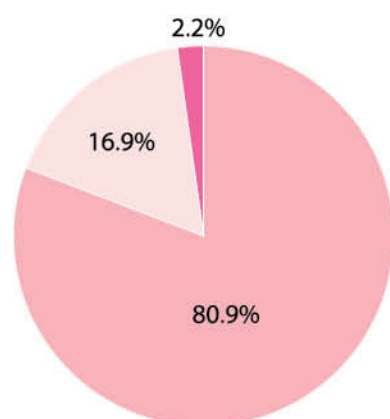
2021	△次數	百份比
0	596	79.9%
1	76	10.2%
2	42	5.6%
3	11	1.5%
4	7	0.9%
5	5	0.7%
6	3	0.4%
7	4	0.5%
8	1	0.3%
9	1	0.1%
總數	746	100.0%

答案中每一個△是1分，可分為三個不同程度的影響：

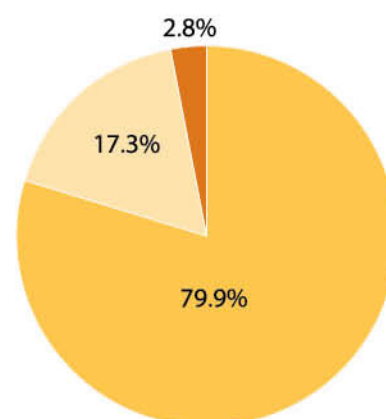
- 0分               ：表示賭博行為暫時未對學業、家庭和人際關係造成影響。
- 1-3分            ：表示賭博行為可能嚴重影響學業、家庭和人際關係。
- 4分或以上      ：表示受訪者可能有賭博失調行為。

下表列出最後得分為0分的受訪者共596人(79.9%)，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129人，佔17.3%；而4分以上的受訪者有21人，佔2.8%。這個結果顯示約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2.8%青少年更可能有賭博失調行為。整體分數較去年差。

	2020		2021	
	人數	百分比	人數	百分比
△0個	795	80.9%	596	79.9%
△1-3個	165	16.9%	129	17.3%
△4個或以上	23	2.2%	21	2.8%
	983	100.0%	746	100.0%



- △0個
- △1-3個
- △4個或以上



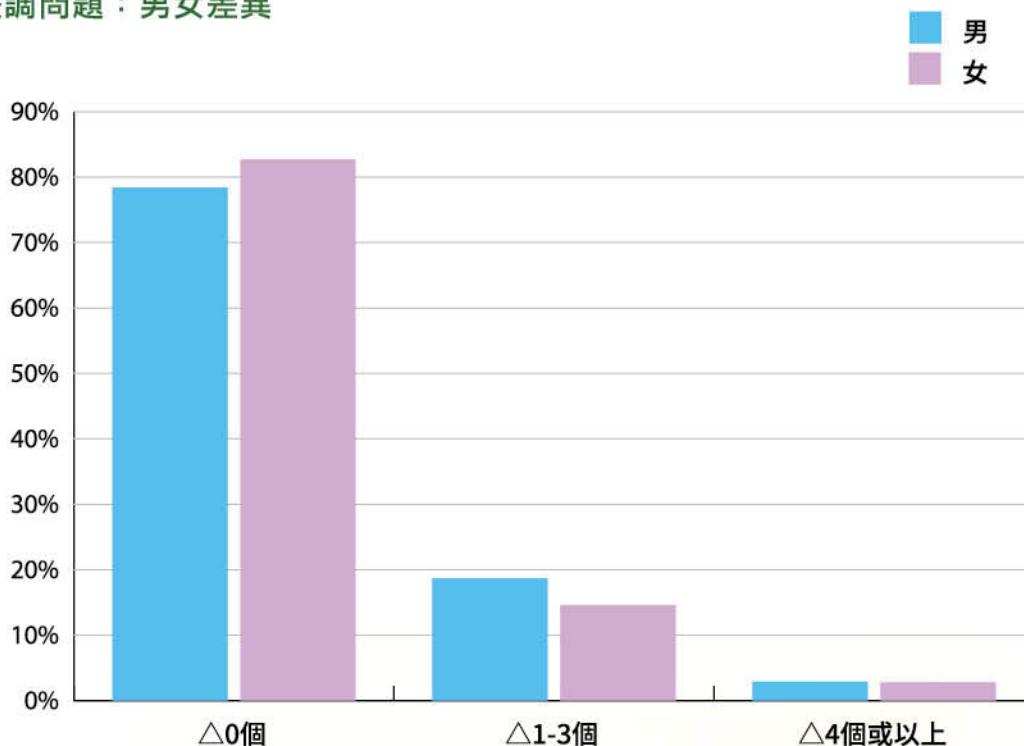
- △0個
- △1-3個
- △4個或以上

### 4.3 比較兩性受訪者的賭博問題

如果比較兩性在DSM-V問卷上的分數，可以看見賭博問題在男性方面比較嚴重。△1-3個的受訪者男性比例為18.7%，而女性只有14.6%。有△4個以上的情況，男性受訪者有2.9%，而女性有2.8%。雖然男性受訪者的賭博問題仍較女性嚴重，但本年兩性有△4個以上的情況十分接近，跟過往男性比例普遍遠多於女性不同。

2021	男	女
△0個	348 (78.4%)	210 (82.7%)
△1-3個	83 (18.7%)	37 (14.6%)
△4個或以上	13 (2.9%)	7 (2.8%)
	444 (100.0%)	254 (100.0%)

#### 賭博失調問題：男女差異



### 男性受訪者的DSM-V分數

從男性受訪者的列表中可見，最後得分為0分的受訪者共348人(78.4%)，顯示大部份受訪男性暫時未受賭博影響其生活和行為。1-3分的受訪男性為83人，佔18.7%；而4分以上的受訪男性亦有13人，佔2.9%。結果顯示有大約兩成男性青少年有機會因賭博對學業、家庭和人際關係出現問題；而2.9 %更可能有賭博失調問題。1-3分的比例及4分或以上的比例均低於去年。

	2020	2021
△0個	374 (76.0%)	348 (78.4%)
△1-3個	99 (20.1%)	83 (18.7%)
△4個或以上	19 (3.9%)	13 (2.9%)
	492 (100.0%)	444 (100.0%)

### 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分的受訪女性共210(82.7%)，顯示大部份受訪女性暫時未受賭博影響其生活和行為。1-3分的受訪女性為37人，佔14.6%；而4分以上的受訪女性亦有7人，佔2.8%。1-3分的比例及4分或以上的比例均高於去年，而4分以上的比例與男性相約。

	2020	2021
△0個	398 (85.7%)	210 (82.7%)
△1-3個	62 (13.4%)	37 (14.6%)
△4個或以上	4 (0.9%)	7 (2.8%)
	464 (100.0%)	254 (100.0%)

從下表可見，女性受訪者的賭博自控能力和賭博問題略低於男性。在男性受訪者中，最常出現的問題是「需要增加金錢來下注才可以達到所渴望的刺激」(9.7%)和「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」(7.9%)。

女性受訪者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「需要增加金錢來下注才可以達到所渴望的刺激」(8.3%)和「你曾試過因為賭而對你家人、朋友等說謊」(5.9%)。大體而言，雖然賭博對女性日常生活的影響一般較男性為低，但影響也不容忽視。

#### 對賭博的自控和依賴

	男	女
• 腦海裡經常充滿關於賭博的事情	32 (7.2%)	12 (4.7%)
• 需要增加金錢來下注才可以達到所渴望的刺激	<b>43 (9.7%)</b>	<b>21 (8.3%)</b>
• 曾多次控制、減少或停止賭博但都未能成功	10 (2.3%)	12 (4.7%)
• 當嘗試減少或停止賭博時會感到坐立不安或煩躁	5 (1.1%)	6 (2.4%)
• 經常於不愉快時(如無助、內疚、焦慮、抑鬱)，便會賭博	12 (2.7%)	8 (3.1%)
• 當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢。	12 (2.7%)	6 (2.4%)

#### 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	34 (7.7%)	<b>15 (5.9%)</b>
• 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	<b>35 (7.9%)</b>	9 (3.5%)
• 你曾試過因為賭博而引至與家人/朋友或他人爭執/不上學	10 (2.3%)	9 (3.5%)

## 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(多選)

跟以往的調查相似，青少年最多參與的賭博項目為撲克牌(24.8%)和麻雀(21.3%)，可見青少年賭博活動仍然以社交賭博為主。捕魚機佔第3位，為4.8%。本年度六合彩和網上賭博的百分比分別排第4和第5位，達4.7%和3.2%。除了傳統的賭博活動外，今年和去年的問卷一樣加入了夾公仔機，並有31.2%回應者表示曾經參與，跟去年相約。

#### 青少年參與賭博情況

博彩項目	2020	2021
賭馬/賭狗	5 (0.5%)	4 (0.5%)
即發彩票	20 (2.0%)	14 (1.9%)
賭波(例如足球、籃球)	28 (2.8%)	22 (2.9%)
進入賭場/幸運博彩(如百家樂、牌九、輪盤)	4 (0.4%)	9 (1.2%)
白鴿票	2 (0.2%)	3 (0.4%)
角子老虎機	6 (0.6%)	3 (0.4%)
六合彩	30 (3.1%)	35 (4.7%)
麻雀	169 (17.2%)	159 (21.3%)
撲克牌 (例如21點、鬥地主、鋤大Dee)	215 (21.9%)	185 (24.8%)
網上賭博	43 (4.4%)	24 (3.2%)
捕魚機	60 (6.1%)	36 (4.8%)
夾公仔機	327 (33.3%)	233 (31.2%)

家長最多參與的項目分別為麻雀(27.9%)和六合彩(22%)，情況略低於去年。排第三和第四是撲克牌(18.2%)和賭波(9.5%)。進入賭場參與賭博的家長人數可能受到疫情影響持續下跌，從2019年疫情前的19%下跌至本年的7.8%。而曾參與夾公仔機項目的家長為8%。

### 家長參與賭博情況

博彩項目	2020	2021
賭馬/賭狗	42 (4.3%)	22 (2.9%)
即發彩票	63 (6.4%)	36 (4.8%)
賭波(例如足球、籃球)	87 (8.9%)	71 (9.5%)
進入賭場/幸運博彩(如百家樂、牌九、輪盤)	126 (12.8%)	58 (7.8%)
白鴿票	16 (1.6%)	10 (1.3%)
角子老虎機	55 (5.6%)	23 (3.1%)
六合彩	257 (26.1%)	164 (22%)
麻雀	316 (32.1%)	208 (27.9%)
撲克牌 (例如21點、鬥地主、鋤大Dee)	174 (17.7%)	136 (18.2%)
網上賭博	32 (3.3%)	23 (3.1%)
捕魚機	18 (1.8%)	16 (2.1%)
夾公仔機	108 (11.0%)	60 (8.0%)

### 家長參與項目和同學參與項目的關係

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，都會看見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，有近五成(49.5%)同學曾打麻雀。而家長沒有打麻雀的家庭中只有10.4%同學曾於去年打麻雀。而賭撲克牌也有類似的情況。賭撲克的家庭中，有68.4%同學曾賭撲克，而沒有賭撲克的家庭中，曾賭撲克的同學只有15.1%。這兩個結果，反映了不少社交賭博活動都可能由家庭開始。

2021	家長有打麻雀	家長沒有打麻雀
同學有打麻雀	<b>103 (49.5%)</b>	<b>56 (10.4%)</b>
同學沒有打麻雀	105 (50.5%)	482(89.6%)
	208(100.0%)	538(100.0%)

2021	家長有賭撲克	家長沒有賭撲克
同學有賭撲克	<b>93 (68.4%)</b>	<b>92 (15.1%)</b>
同學沒有賭撲克	43 (31.6%)	518 (84.9%)
	136 (100.0%)	610 (100.0%)



即使在非社交賭博的活動，例如賭波、六合彩和網上賭博也有類似的情況，如家長有參與賭波，同學參與比例亦較高(12.7% vs 1.9%)。而家長有參與投注六合彩，同學參與比例亦較高(16.5% vs 1.4%)。可見家人的賭博情況，是青少年會否參與賭博的關鍵。

2021	家長有賭波	家長沒有賭波
同學投注賭波	<b>9 (12.7%)</b>	<b>13 (1.9%)</b>
同學沒有投注賭波	62 (87.3%)	662 (98.1%)
	71 (100.0%)	675 (100.0%)

2021	家長有投注六合彩	家長沒有投注六合彩
同學有投注六合彩	<b>27 (16.5%)</b>	<b>8 (1.4%)</b>
同學沒有投注六合彩	137 (83.5%)	574 (98.6%)
	164 (100.0%)	582 (100.0%)

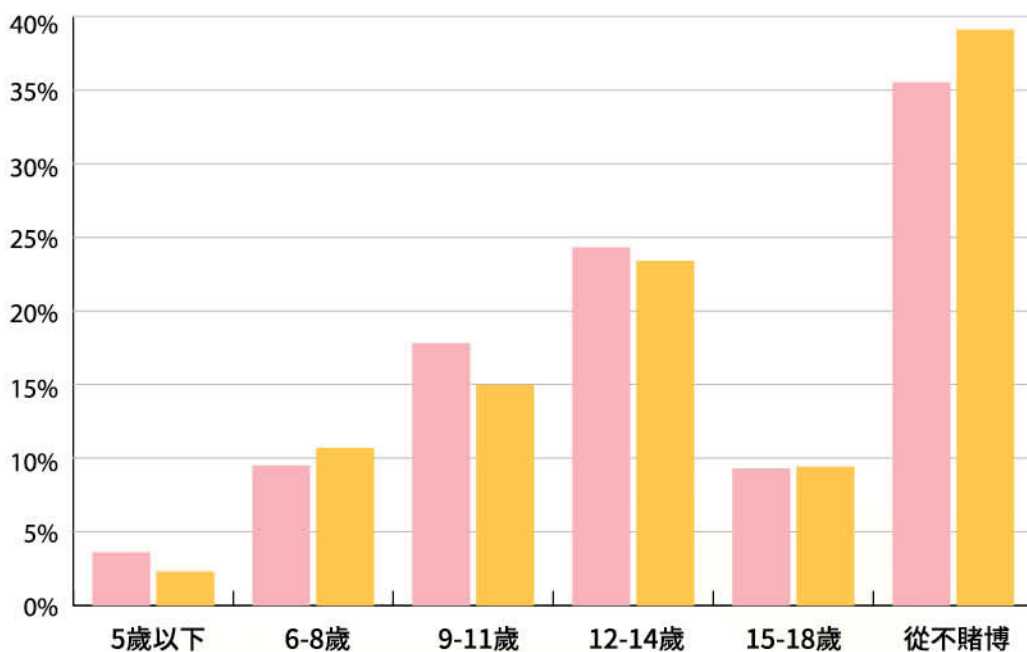
2021	家長有網上賭博	家長沒有網上賭博
同學有網上賭博	<b>7 (30.4%)</b>	<b>17 (2.4%)</b>
同學沒有網上賭博	16 (69.6%)	706 (97.6%)
	23 (100.0%)	723 (100.0%)

## 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(60.9%)，9歲以下便首次賭博的有13%，跟去年相約。最多是“12-14歲”開始賭博(23.4%)，其次是“9-11歲”(15%)。可見大部份受訪青少年都是在高小至初中期間首次參與賭博，情況跟去年大致相同。但總體來說，“從不賭博”的比例較去年增加接近4%，而除了在“6-8歲”及“15-18歲”期間首次賭博的有輕微增加外，各年齡組群的比例也有所減少，情況略為改善。

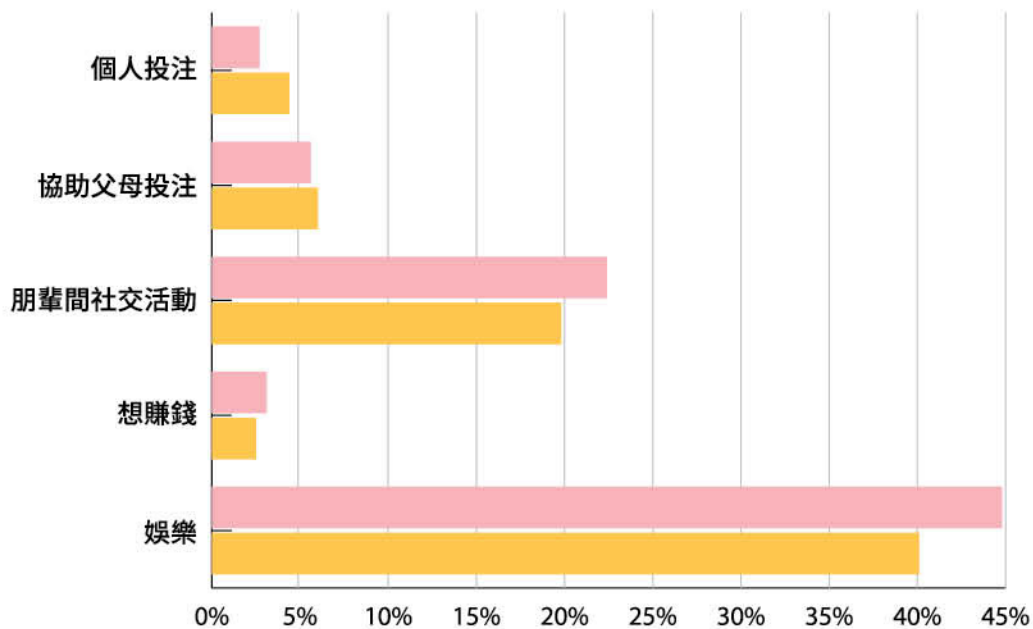
	2020		2021	
	人數	百分比	人數	百分比
5歲以下	35	3.6%	17	2.3%
6-8歲	93	9.5%	78	10.7%
9-11歲	174	17.8%	110	15%
12-14歲	237	24.3%	171	23.4%
15-18歲	91	9.3%	69	9.4%
從不賭博	347	35.5%	286	39.1%
	977	100.0%	731	100.0%



### 初次賭博的原因(多選)

受訪者初次參與賭博的原因，主要是娛樂(40.1%)和朋輩間的社交活動(19.8%)，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。

	2020		2021	
	人數	百分比	人數	百分比
個人投注	27	2.7%	33	4.4%
協助父母投注	55	5.6%	45	6.0%
朋輩間社交活動	220	22.4%	148	19.8%
想賺錢	30	3.1%	19	2.5%
娛樂	440	44.8%	299	40.1%



### 5.3 過往一年的賭博習慣

#### 青少年的主要賭博伙伴(多選)

跟過去兩年的調查相約，青少年的主要賭博伙伴是朋友(35.7%)，其次是家人(27.5%)和同學(18.9%)。情況跟去年大致相同。獨自進行賭博活動的受訪者佔大約一成水平(13.7%)。

	2020		2021	
	人數	百分比	人數	百分比
家人	284	28.9%	205	27.5%
朋友	404	41.1%	266	35.7%
同學	142	14.4%	141	18.9%
自己一個	138	14.0%	102	13.7%

#### 每月花在賭錢的時間

有約54.7%的受訪同學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29.3%。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12.4%和2.2%。每個月花11小時以上賭博的受訪者佔1.3%。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略少。

	2020		2021	
	人數	百分比	人數	百分比
一小時以下	285	29.0%	217	29.3%
1-5小時	132	13.4%	92	12.4%
6-10小時	16	1.6%	16	2.2%
11-15小時	3	0.3%	4	0.5%
15小時以上	16	1.6%	6	0.8%
過往一年沒有賭博	531	54.0%	405	54.7%
	983	100.0%	740	100.0%

### 每月花費在賭博的金錢

本年有56.7%受訪者完全沒有把錢花在博彩活動上，有38.9%的青少年每月平均花費\$500以下在賭博上。每月平均花費\$500或以上進行賭博的受訪者約4.5%。值得注意的是有0.8%的青少年每月平均花費一萬元以上在賭博上。

	2020		2021	
	人數	百分比	人數	百分比
沒有賭錢	546	66.1%	420	56.7%
\$1-\$500	385	25.8%	288	38.9%
\$501-\$1,000	28	3.8%	18	2.4%
\$1,001-\$3,000	15	1.2%	7	0.9%
\$3,001-\$10,000	6	0.2%	3	0.4%
\$10,000以上	26	2.6%	5	0.8%
	983	100.0%	741	100.0%

### 賭博的金錢來源

大部分受訪者賭博的金錢來自“零用錢”(34.6%)，其餘為“個人儲蓄”(18.1%)、和“家人提供”(16.6%)。

	2020		2021	
	人數	百分比	人數	百分比
零用錢	404	41.1%	258	34.6%
家人提供	183	18.6%	124	16.6%
個人儲蓄	179	18.2%	135	18.1%
兼職工資	29	3.0%	23	3.1%
向別人借	3	0.3%	2	0.3%
非自己擁有的家中金錢	4	0.4%	1	0.1%

## 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。下表列出受訪者感受到的家庭經濟情況。大部份受訪者認為家庭經濟屬小康(63.9%)，認為家庭經濟屬中產或以上的受訪者，佔19%；覺得家境一般或貧窮的，佔17%。

2021	人數	百份比
富裕	20	2.7%
中產	119	16.3%
小康	465	63.9%
一般	89	12.2%
貧窮	35	4.8%
	728	100.0%

近半受訪者並不太清楚家庭收入情況(47.8%)，表示月入高於四萬的家庭佔18.3%。

2021	人數	百份比
<\$10,000	7	1.0%
\$10,000-\$19,999	35	4.7%
\$20,000-\$29,999	40	5.4%
\$30,000-\$39,999	54	7.3%
>\$40,000	135	18.3%
不清楚	353	47.8%
拒絕作答	114	15.4%
	738	100.0%

## 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：46.0%，母：52.7%)，其次為大學或以上(父：30.5%，母：28.8%)。

2021	父親		母親	
	人數	百份比	人數	百份比
小學或沒受正式教育	103	14.6%	66	9.2%
中學	324	46.0%	380	52.7%
大專	63	8.9%	67	9.3%
大學或以上	215	30.5%	208	28.8%
	705	100.0%	721	100.0%

家長的教育程度，對子女的賭博情況有一定的相關性。過去的數年的數據顯示，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。但本年的結果並不太明顯。從下表可見，相對而言，父母為大學教育程度的子女，賭博失調的情況略低於其餘兩組，但情況並不顯著。

父親教育程度	小學/中學	大專	大學
△0個	341 (79.9%)	51 (81.0%)	172 (80.0%)
△1-3個	72 (16.9%)	9 (14.3%)	39 (18.1%)
△4個或以上	14 (3.3%)	3 (4.8%)	4 (1.9%)
	427 (100%)	63 (100%)	215 (100%)

母親教育程度	小學/中學	大專	大學
△0個	353 (79.1%)	53 (79.1%)	170 (81.7%)
△1-3個	79 (17.7%)	12 (17.9%)	33 (15.9%)
△4個或以上	14 (3.1%)	2 (3.0%)	5 (2.4%)
	446 (100%)	67 (100%)	208 (100%)

從下表可見，受訪者父母大部份為在職人士(父：74.4%，母：68.7%)，在家照顧家庭的母親佔大約兩成左右(18%)。

2021	父親		母親	
	人數	百份比	人數	百份比
在職	546	74.4%	507	68.7%
打理家務	3	0.4%	133	18.0%
退休	25	3.4%	13	1.8%
失業	14	1.9%	13	1.8%
不清楚/ 不作答	145	19.8%	72	9.8%
	733	100.0%	738	100.0%

從下表可見，受訪者家長工作以公務員、文職人員及服務業人員為主。家長從事跟博彩投注相關的行業，分別為18.6%和31.1%。

2021	父親		母親	
	人數	百份比	人數	百份比
專業人員	47	8.0%	46	8.3%
服務業人員	51	8.7%	98	17.8%
文職人員	57	9.7%	112	20.3%
公務員	117	20.0%	54	9.8%
自僱人士	61	10.4%	33	6.0%
技術人員	117	20.0%	18	3.3%
非技術工人	26	4.4%	18	3.3%
直接博彩投注相關的從業員	109	18.6%	173	31.1%
	585	100.0%	552	100.0%



## 受訪家庭的婚姻狀況

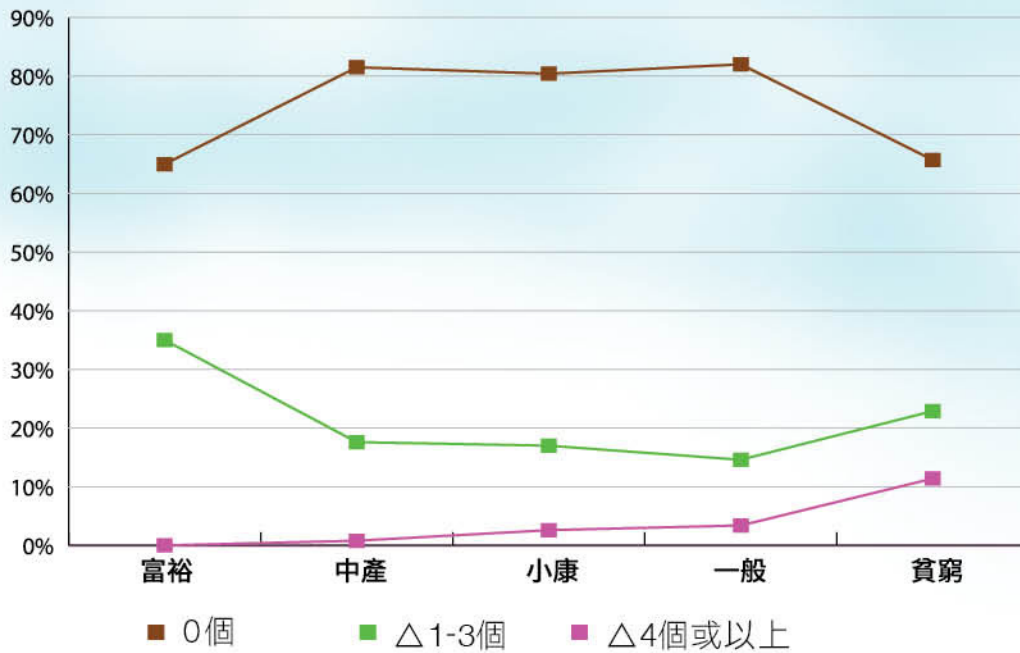
從下表可見，大約八成受訪者父母仍處於婚姻中(同住)，分居及已離婚的家庭佔大約一成七。

2021	人數	百份比
婚姻中(同住)	569	77.6%
分居	49	6.7%
離婚	79	10.8%
其他	36	4.9%
	733	100.0%

## 6.2 家庭經濟和婚姻狀況跟賭博的關係

覺得家庭較“一般”、“小康”和較“中產”的情況相若。而覺得家庭較“富裕”的受訪者初步受賭博問題影響( $\Delta$  1-3個)，比例較其餘三組為高。而覺得家庭較“貧窮”的受訪者受賭博問題影響( $\Delta$  1-3個)和有賭博失調問題( $\Delta$  4個或以上)的比例，均較其餘三組為高。

	富裕	中產	小康	一般	貧窮
$\Delta$ 0個	13 (65.0%)	97(81.5%)	374 (80.4%)	73 (82.0%)	23 (65.7%)
$\Delta$ 1-3個	7 (35.0%)	21(17.6%)	79 (17.0%)	13 (14.6%)	8 (22.9%)
$\Delta$ 4個或以上	0 (0.0%)	1 (0.8%)	12 (2.6%)	3 (3.4%)	4 (11.4%)
	20 (100%)	119 (100%)	465 (100%)	89 (100%)	35 (100%)



從下表可見，家長的婚姻狀況對賭博失調的影響並不顯著。沒有賭博問題的百分比，在74.4%-80.5%之間。

	婚姻中	分居	離婚	其他
$\Delta$ 0個	458 (80.5%)	39 (79.6%)	59 (74.4%)	27 (75.0%)
$\Delta$ 1-3個	96 (16.9%)	10 (20.4%)	17 (21.5%)	6 (16.7%)
$\Delta$ 4個或以上	15 (2.6%)	0 (0.0%)	3 (3.8%)	3 (8.3%)
	569 (100%)	49 (100%)	79 (100%)	36 (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(多選)

從下表可見，家人對受訪者參與賭博的反應差異很大。有接近三成五的受訪者表示家人大多沒有太大反應(34.6%)，只有約一成家長會勸他少賭(9.4%)。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。家人不知道受訪者賭佔大約一成(8.4%)，情況值得關注。

	2020		2021	
	人數	百份比	人數	百份比
要我戒賭	25	2.5%	12	1.6%
勸我少賭	112	11.4%	70	9.4%
鼓勵參與	17	1.7%	12	1.6%
沒太大反應	375	38.1%	258	34.6%
擔心我輸錢	39	4.0%	17	2.3%
參入賭本	13	1.3%	7	0.9%
避而不談	10	1.0%	10	1.3%
不知道我賭	109	11.1%	63	8.4%

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。

2020	父母沒太大反應	沒選父母沒太大反應
△0個	294 (78.4%)	501 (82.4%)
△1-3個	71 (18.9%)	94 (15.5%)
△4個或以上	10 (2.7%)	13 (2.1%)
	375 (100.0%)	608 (100.0%)

2021	父母沒太大反應	沒選父母沒太大反應
△0個	200 (77.5%)	396 (81.1%)
△1-3個	51 (19.8%)	78 (16.0%)
△4個或以上	7 (2.7%)	14 (2.9%)
	258 (100.0%)	488 (100.0%)

有大約一成受訪者表示家人並不知道自己參與賭博(8.4%)。在他們當中，有9.5%的DSM-V分數為4分以上，而1-3分的受訪者亦佔30.2%。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。

2020	父母不知道我賭	沒選父母不知道我賭
△0個	68 (62.4%)	727 (83.2%)
△1-3個	37 (33.9%)	128 (14.6%)
△4個或以上	4 (3.7%)	19 (2.2%)
	109 (100.0%)	874 (100.0%)

2021	父母不知道我賭	沒選父母不知道我賭
△0個	38 (60.3%)	558 (81.7%)
△1-3個	19 (30.2%)	110 (16.1%)
△4個或以上	6 (9.5%)	15 (2.2%)
	63 (100.0%)	683 (100.0%)

### 你認為家人的賭博情況是否嚴重？

由同學自己判別家人賭博的情況，從結果可見，有13.9%同學覺得家人賭博問題嚴重(12.8%)和非常嚴重(1.1%)，較去年為少。不知道家人賭博情況佔0.9%。

	2020		2021	
	人數	百份比	人數	百份比
完全不嚴重	316	32.5%	279	37.7%
不嚴重	309	31.8%	237	32.0%
一般	171	17.6%	114	15.4%
嚴重	150	15.5%	95	12.8%
非常嚴重	24	2.5%	8	1.1%
不知道	1	0.1%	7	0.9%
	971	100%	740	100%

## 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(平均數分高於2.5)。其中得分最高是在「從事新的活動或發展時，家人都能接受且給予支持」(2.98)及「很滿意家人與我共度時光的方式」(2.96)。

	平均數	SD
當我遇到困難時，可以從家人得到滿意的幫助。	2.84	0.925
我很滿意家人與我討論各種事情以及分擔問題的方式。	2.65	0.963
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。	2.98	0.914
我很滿意家人對我表達情感的方式及對我情緒的反映。	2.53	0.967
我很滿意家人與我共度時光的方式。	2.96	0.896

(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	58	207	262	205	732
百分比	7.9%	28.3%	35.8%	28.0%	100.0%

### 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	95	229	247	160	731
百分比	13.0%	31.3%	33.8%	21.9%	100.0%

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	50	164	271	246	731
百分比	6.8%	22.4%	37.1%	33.7%	100.0%

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	115	251	230	135	731
百分比	15.7%	34.3%	31.5%	18.5%	100.0%

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	55	145	309	224	733
百分比	7.5%	19.8%	42.2%	30.6%	100.0%

綜合上述各表可見：

- 六成以上受訪者(63.8%)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7.9%受訪者表示幾乎從來沒有這情況。
- 有超過一半受訪者(55.7%)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13%受訪者表示幾乎從來沒有這情況。
- 有七成受訪者(70.8%)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6.8%受訪者表示幾乎從來沒有這情況。
- 有一半受訪者(50%)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15.7%受訪者表示幾乎從來沒有這情況。
- 有七成以上受訪者(72.8%)表示有時或經常很滿意家人與我共度時光的方式。但有7.5%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分顯示家庭功能有較為嚴重障礙，4-6分為家庭功能中度障礙，7分以上家庭功能運作良好。下表顯示有一成在家庭功能上有較嚴重障礙。

	2021	
	人數	百分比
家庭功能有較嚴重障礙(0-3分)	84	11.2%
家庭功能有中度障礙(4-6分)	402	54.0%
家庭功能運作良好(7分以上)	259	34.8%

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。

### APGAR Index跟DSM-V的關係

	0-3分	4-6分	7-10分
△0個	60 (71.4%)	320 (79.6%)	215 (83.0%)
△1-3個	19 (22.6%)	71 (17.7%)	39 (15.1%)
△4個或以上	5 (6.0%)	11 (2.7%)	5 (1.9%)
	84 (100.0%)	402 (100.0%)	259 (100.0%)



## 6.6 家長從事跟博彩投注相關的行業，會否令子女更易出現賭博失調？

以下兩表總結了父親和母親從事博彩投注相關行業，跟DSM-V分數的關係。從下表可見，無論父親或母親是否從事博彩投注相關行業，同學的問題賭博情況並沒有顯著分別。

父親從事博彩投注相關行業	是	否
△0個	90 (82.6%)	506 (79.4%)
△1-3個	19 (17.4%)	110 (17.3%)
△4個或以上	0 (0.0%)	21 (3.3%)
	152 (100.0%)	637 (100.0%)

母親從事博彩投注相關行業	是	否
△0個	136 (78.6%)	460 (80.3%)
△1-3個	32 (18.5%)	97 (16.9%)
△4個或以上	5 (2.9%)	16 (2.8%)
	173 (100.0%)	573 (100.0%)

## 6.7 父母輪更工作的影響

以下兩表分析父母輪更工作對問題賭博的影響。從兩表可見，無論父母是否從事需要輪更的工作，對問題賭博的情況，在統計上並沒有顯著的影響。

父親從事輪更工作	是	否
△0個	181 (78.4%)	316 (78.4%)
△1-3個	44 (19.0%)	75 (18.6%)
△4個或以上	6 (2.6%)	12 (3.0%)
	231 (100.0%)	403 (100.0%)

母親從事輪更工作	是	否
△0個	171 (78.1 %)	250 (80.9%)
△1-3個	43 (19.6%)	52 (16.8%)
△4個或以上	5 (2.3%)	7 (2.3%)
	219 (100.0%)	309 (100.0%)

## 7. 結果討論

### 青少年的問題賭博情況

本年青少年在對賭博的自控力和依賴性方面，除了「當嘗試減少賭博會引致煩躁不安」和「當賭輸錢後，常於另一日折返再賭，期望追回輸掉的錢」兩項跟去年相約外，其他項目包括「腦海裡經常充滿關於賭博的事情」和「曾多次控制、減少或停止賭博但都未能成功」也略高於去年。而升幅較多的是「需增加金錢來下注，才可以達到所渴望的刺激」由8.5%升至9.3%；「經常於不愉快時，便會賭博」由1.4%升至2.7%。

在賭博造成的影響上，本年整體的結果略高於去年。7.2%受訪者曾因為賭博而對家人、朋友等說謊(2020年是6.1%)。6.2%受訪者曾未經批准挪用金錢去賭博，情況跟去年相約(2020年是4.5%)，兩方面也比去年為高。而2.6%受訪者表示因賭博對自己重視的關係和學習造成影響，跟去年相約。

本年度DSM-V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79.9%。1-3分(賭博行為可能嚴重影響學業、家庭和人際關係)佔17.3%，跟去年16.9%相約。然而，4分或以上(可能有賭博失調情況)為2.8%(2020年為2.2%)，略為回升。整體而言，有賭博失調危機的青少年有所增加。

從2009年至今，1-3分的人數由13%(2009)升至20%左右。今年情況亦達17.3%。而4分以上的情況亦由2.2%稍微上升至2.8%。這些數字都顯示青少年賭博失調情況在疫情期間有所回升，潛在風險仍然不容忽視。

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。有近兩成男性DSM-V分數達1-3分，4分以上佔2.9%。而女性受訪者則分別為14.6%和2.8%。男同學的賭博問題，相較女同學嚴重。從2013年至今，這情況都一直持續。但值得關注的是本年兩性有4分或以上的情況十分接近，跟過往男性比例普遍遠多於女性不同，而女生有 $\Delta$ 4個以上的由2020年的0.9%增加至本年的2.8%，情況值得關注。

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9.7%男受訪者需要增加金錢來下注才可以達到所渴望的刺激、7.9%男受訪者挪用膳食費或家中金錢來賭博，有2.3%男同學和3.5%女同學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，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，病態賭徒很多時都是在兒童階段參與賭博，加上參與賭博機會愈來愈多，導致病態賭徒年輕化(Griffiths & Wood, 2000)。也就是說，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500元以下在賭博上，但值得留意是有2.1%受訪者表示每月會花費1,000元以上在賭博上。

跟去年相同，最多青少年參與的博彩活動為撲克牌(24.8%)和麻雀(21.3%)等社交賭博活動，其次為捕魚機(4.8%)。第四及第五位分別是六合彩(4.7%)和網上賭博(3.2%)。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社群來說影響力不容忽視。去年新加入的夾公仔機，就有超過三成受訪者曾經參與。由於這些活動較傳統賭博有著明顯差異，青少年更少機會把它視為賭博活動，從而更容易對此掉以輕心。

受訪者初次參與賭博的原因，主要是作為娛樂(40.1%)和朋輩間的社交活動(19.8%)，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。

## 家庭經濟背景跟子女問題賭博的相關性

在國際間有多個研究表明，社會經濟地位較低家庭的子女，一般在問題賭博上的風險，會比社會經濟地位較高家庭的子女為高。在這次研究中同樣出現此情況，認為家庭屬貧窮的受訪者，相對其他組別有較多賭博失調的情況(11.4%)。認為家庭較富裕的受訪者，初步受賭博問題影響，比例較高(35%)。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。

家長的教育程度方面，本年度的結果顯示對子女的賭博情況相關性不太明顯。相對而言，父母為大學教育程度的子女，賭博失調的情況略低於其餘兩組，但情況並不顯著。無論如何，要更有效地預防賭博問題，家長亦需要得到足夠的支援。例如教育程度較低的家長可能未必懂得有效地處理子女的賭博問題。故此，協助家長學習正確的理財知識和財務管理技巧，教導子女如何管理財務，會有助家長提升教導子女和監管子女賭博行為的技巧，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。

從結果可見，家長最多參與的項目分別為麻雀、六合彩和撲克牌。進入賭場參與賭博的家長人數可能受到疫情影響持續下跌。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，有接近五成子女都有參與。而沒有打麻雀的家庭中，子女的參與度只有一成左右。家長參與賭博活動，有12.7%的子女也有參與。相反，如家長沒有賭博，參與賭博的青少年只有1.9%。由此可見，家人參與賭博活動會增加青少年參與這些活動的可能性。如要減少賭博對青少年的影響，家長必須要以身作則減少賭博，並不要以賭博作為家庭娛樂。否則只會事倍功半。

有部分家庭對青少年參與賭博並沒有適當地教導。例如有超過一成半青少年賭博的金錢都是由家人提供(16.6%)。而會作出勸喻或訓斥的家長只有一成(11.0%)。大部分家長都不會有太大反應(34.6%)。這顯示不少父母對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。如父母對青少年參與賭博有較正面的態度，青少年會有較大機會參與賭博和出現賭博失調。所以，積極推動家庭教育，鼓勵父母向子女灌輸正確理財觀念等，都是預防青少年賭博問題的重要工作。

本年度再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，家庭功能有較嚴重障礙的組別，佔受訪者11.2%；家庭功能運作良好組別有34.8%。家庭功能運作嚴重障礙的一組受訪者，在賭博失調的問題比例上較其餘兩組為高，統計上具有顯著的差異。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。

本年度再次探討家長從事跟博彩投注相關的行業，以及輪班工作對子女賭博失調是否有影響。研究結果未有太大定論，父母親從事博彩相關行業與否，及是否從事需要輪更的工作，對子女的賭博失調並沒有明顯的影響。需要繼續收集相關數據作進一步的分析。

## 結論

總結而言，本年度的調查顯示青少年賭博問題情況略高於去年。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，部份人甚至以賭博作為賺錢的途徑。

基本工作包括要打破「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，例如家長需要加強教導和監管，並以身作則去減少賭博。政府亦應研究堵塞網上賭博的問題，以減少青少年在網上參與賭博的機會。最後，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。

這次研究亦進一步肯定，在青少年賭博失調問題上，家庭扮演著極為重要的角色。父母跟子女的溝通關懷，能有效地減低子女出現賭博失調的風險。而父母從事輪班和賭業相關工作，並未有太確切的證據，肯定跟子女的賭博情況有關，未來值得進一步分析，以釐清當中有沒有關係。

## 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 2021" sponsored by the Macau Social Welfare Bureau, 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 19 day-camps from January to December 2021, from which 522 questionnaires were collected. In addition, we distributed a standardized questionnaire to 224 students in one middle school, with a total of 746 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 APGAR<sup>1</sup> index to examine the participants' family function.

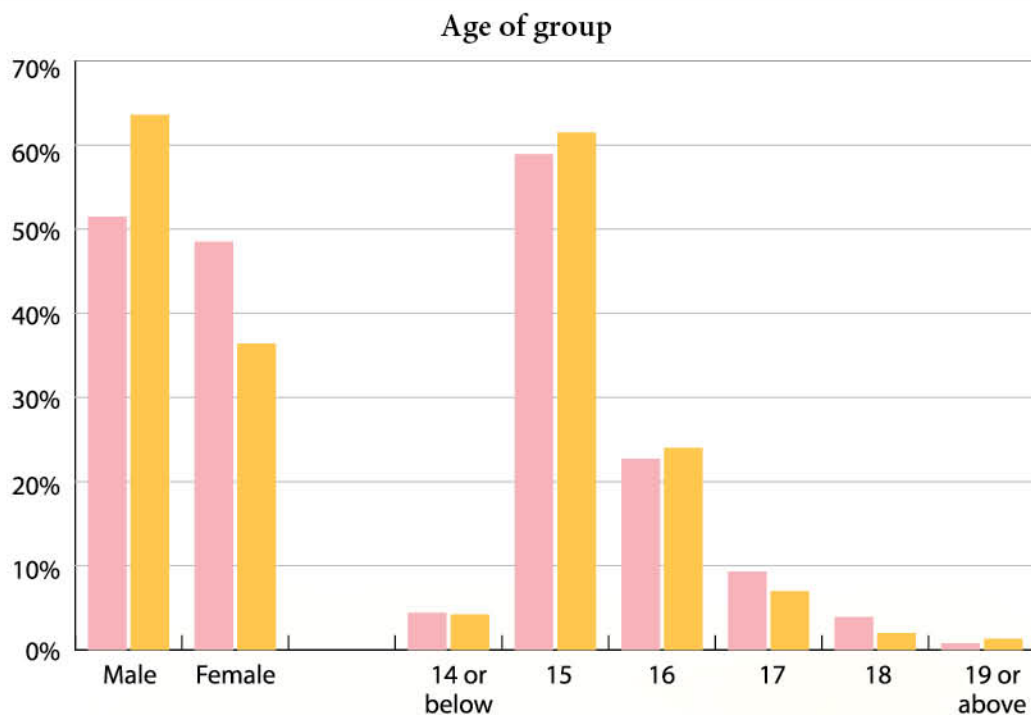
3. The Diagnostic and Statistical Manual – 5th Edition (DSM-V) – Multiple Responses Format assessed participants' severity of gambling problems. Students with an endorsement of more than four categories of the criteria can be diagnosed as gambling disorder, and an identification of one to three categories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

<sup>1</sup> APGAR – Adaptation, Partnership, Growth, Affection, Resolve

### 3. Participants

We collected 746 questionnaires from the day camps. All survey participants were students from different schools in Macau. They were aged from 14 to 21 years: 444 (63.6%) were boys, and 254 (36.4%)<sup>2</sup> were girls. The following table shows that most of them were 15 years old (61.5%). The second group of respondents contained students aged 16-17 (31.0%). Only 3.3% of them were aged 18 or above.

	2020		2021	
	Frequency	%	Frequency	%
Male	492	51.5%	444	63.6%
Female	464	48.5%	254	36.4%
14 or below	43	4.4%	31	4.2%
15	579	58.9%	457	61.5%
16	223	22.7%	178	24.0%
17	91	9.3%	52	7.0%
18	38	3.9%	15	2.0%
19 or above	8	0.8%	10	1.3%
	982 <sup>3</sup>	100%	743 <sup>4</sup>	100%



<sup>2</sup> 48 respondents did not report their gender

<sup>3</sup> 1 respondent did not report their age

<sup>4</sup> 3 respondents did not report their age



#### 4. Problematic Gambling Behaviors of Youngsters

We assessed the respondent's gambling disorder by the symptoms identified in DSMV, 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 gambling disorder.

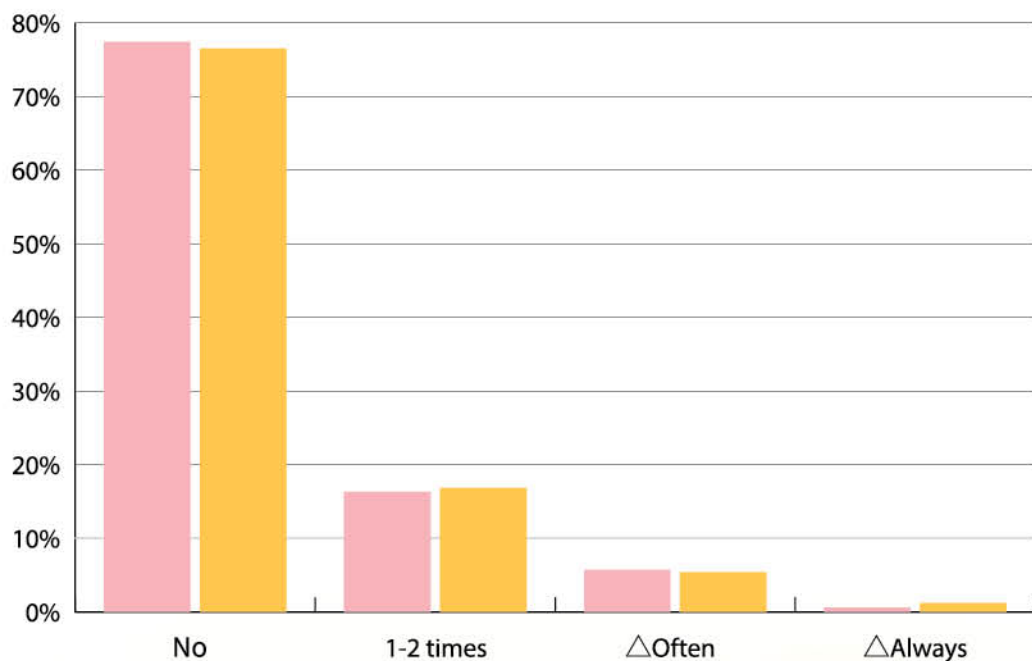
## 4.1 Descriptive Statistics

### 4.1.1 Self-Control and Reliance 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 16.8% of respondents have this experience (1-2 times), 5.4% often have this preoccupation, and 1.2% of respondents are always preoccupied with gambling. The figures are slightly higher than those of last year.

	2020		2021	
	Frequency	%	Frequency	%
No	759	77.4%	563	76.5%
1-2 times	160	16.3%	124	16.8%
△ Often	56	5.7%	40	5.4%
△ Always	6	0.6%	9	1.2%
	981 <sup>5</sup>	100.0%	736 <sup>6</sup>	100.0%



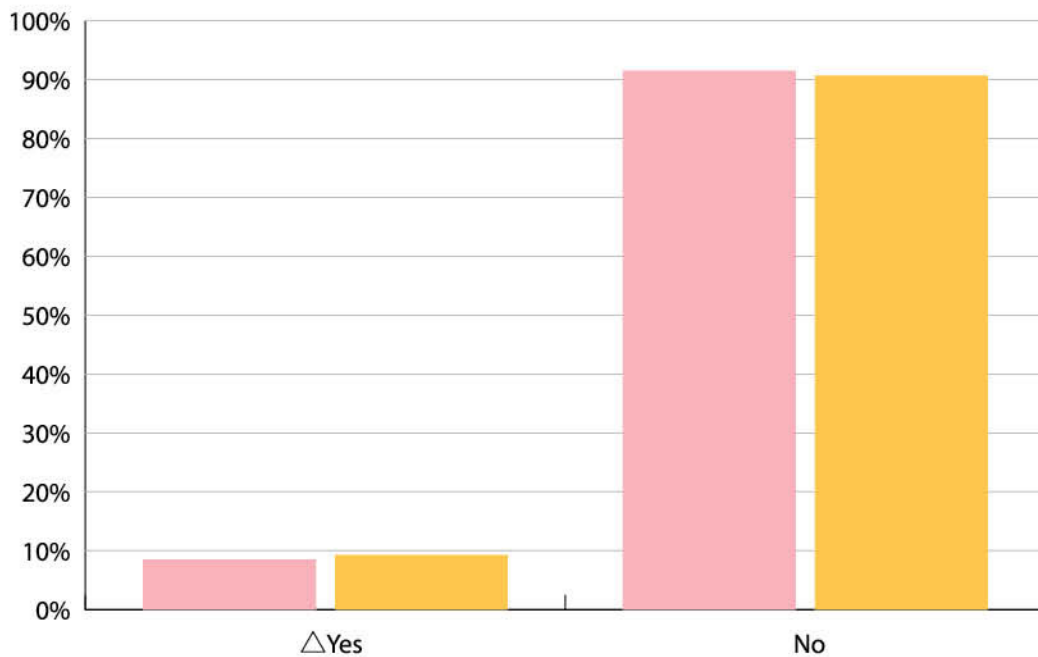
<sup>5</sup> 2 respondents did not answer this question.

<sup>6</sup> 10 respondents did not answer this question.

### Increases amounts of money to achieve the desired excitement

The following table shows that 9.3% of respondents need to gamble with increasing amounts of money to achieve the desired excitement. This situation reflects that about 10% of respondents have problems controlling their gambling behavior. The figure of 2021 is slightly higher than that of 2020.

	2020		2021	
	Frequency	%	Frequency	%
△ Yes	83	8.5%	68	9.3%
No	899	91.5%	667	90.7%
	982 <sup>7</sup>	100.0%	735 <sup>8</sup>	100.0%



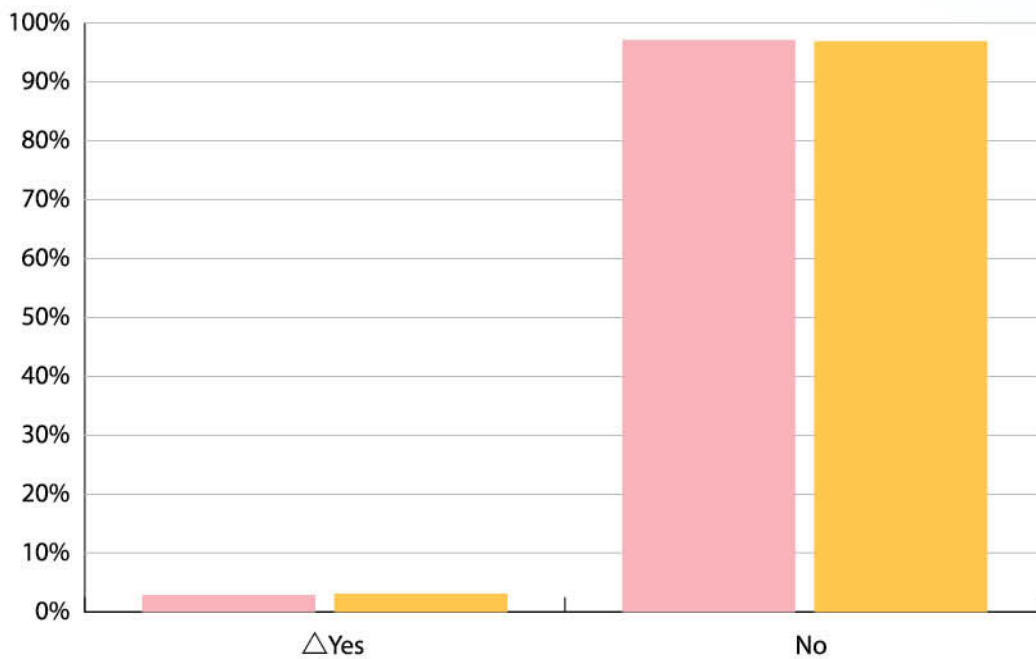
<sup>7</sup> 1 respondents did not answer this question.

<sup>8</sup> 11 respondents did not answer this question.

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

As shown in the upcoming table, 3.1% of respondents have made repeated unsuccessful efforts to control, cut back on, or stop gambling. The figures are similar to those in 2020.

	2020		2021	
	Frequency	%	Frequency	%
△ Yes	28	2.9%	23	3.1%
No	953	97.1%	711	96.9%
	981 <sup>9</sup>	100.0%	734 <sup>10</sup>	100.0%



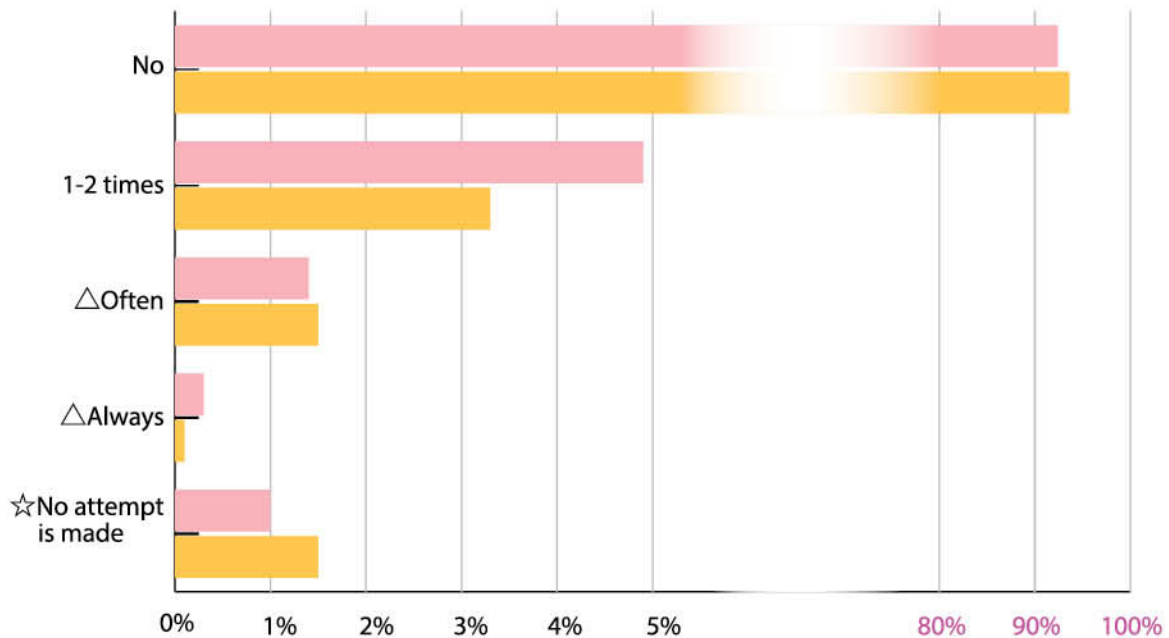
<sup>9</sup> 2 respondents did not answer this question.

<sup>10</sup> 12 respondents did not answer this question.

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

93.6% of respondents said they did not feel restless or irritable when attempting to cut back on or stop gambling. 1.6% of respondents feel restless or irritable when attempting to cut back on or stop gambling (1.5% 'often' and 0.1% 'always'). The percentage is similar to that of 2020.

	2020		2021	
	Frequency	%	Frequency	%
No	905	92.4%	687	93.6%
1-2 times	48	4.9%	24	3.3%
△ Often	14	1.4%	11	1.5%
△ Always	3	0.3%	1	0.1%
☆ No attempt is made	10	1.0%	11	1.5%
	980 <sup>11</sup>	100.0%	734 <sup>12</sup>	100%



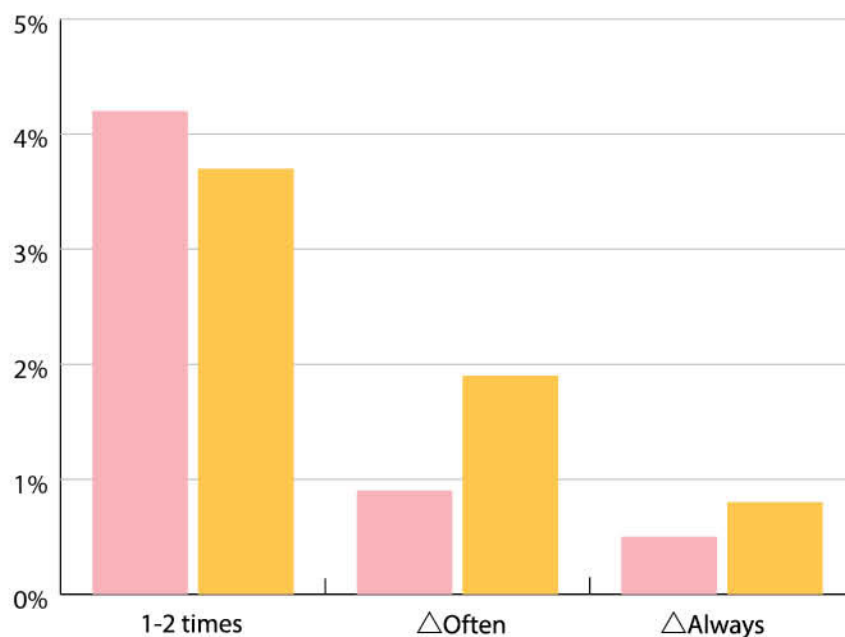
<sup>11</sup> 3 respondents did not answer this question.

<sup>12</sup> 12 respondents did not answer this question.

### Gambles when feeling distressed

Most respondents will not use gambling as a way to reduce feelings of distress or other negative feelings such as helplessness, guilt, and anxiety (93.6%). 2.7% of respondents said they often or always gamble when feeling distressed. The figures are higher than those of last year.

	2020		2021	
	Frequency	%	Frequency	%
No	927	94.4%	689	93.6%
1-2 times	41	4.2%	27	3.7%
△ Often	9	0.9%	14	1.9%
△ Always	5	0.5%	6	0.8%
	982 <sup>13</sup>	100.0%	736 <sup>14</sup>	100.0%



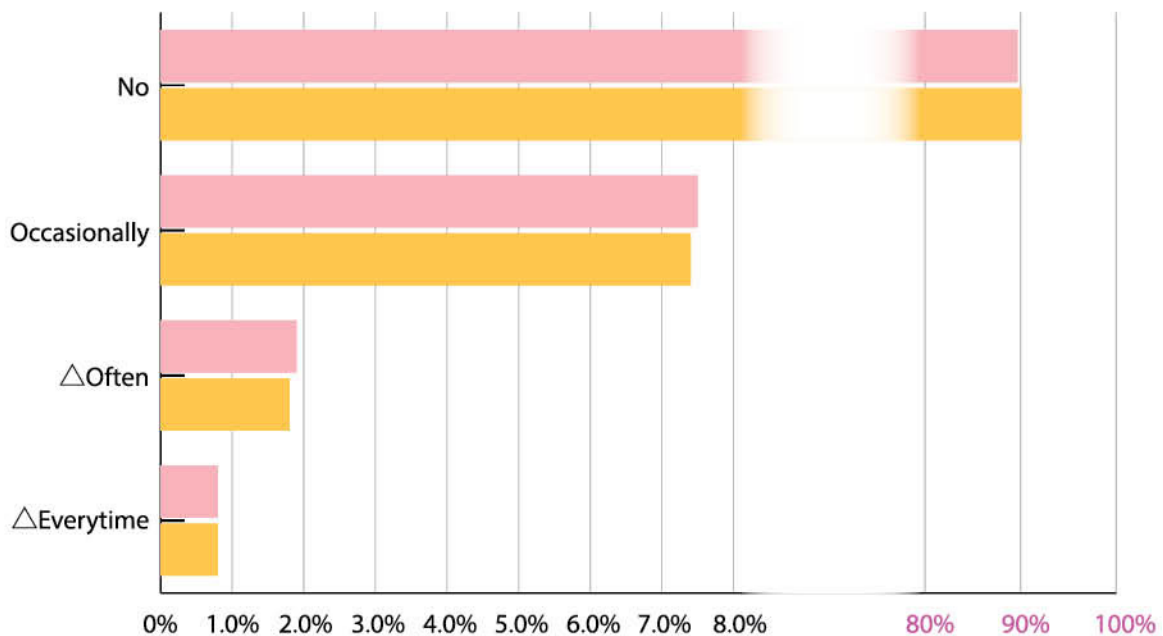
<sup>13</sup> 1 respondents did not answer this question.

<sup>14</sup> 10 respondents did not answer this question.

### Chases one's losses

After losing money gambling, most students will not return another day to get even (90.1%). 7.4% of respondents said they occasionally return another day to get even. 1.8% of respondents admitted they often return another day to get even, and 0.8% of respondents said they do so every time. These figures are similar to those in the last year.

	2020		2021	
	Frequency	%	Frequency	%
No	880	89.7%	661	90.1%
Occasionally	74	7.5%	54	7.4%
△ Often	19	1.9%	13	1.8%
△ Everytime	8	0.8%	6	0.8%
	981 <sup>15</sup>	100.0%	734 <sup>16</sup>	100.0%



<sup>15</sup> 2 respondents did not answer this question.

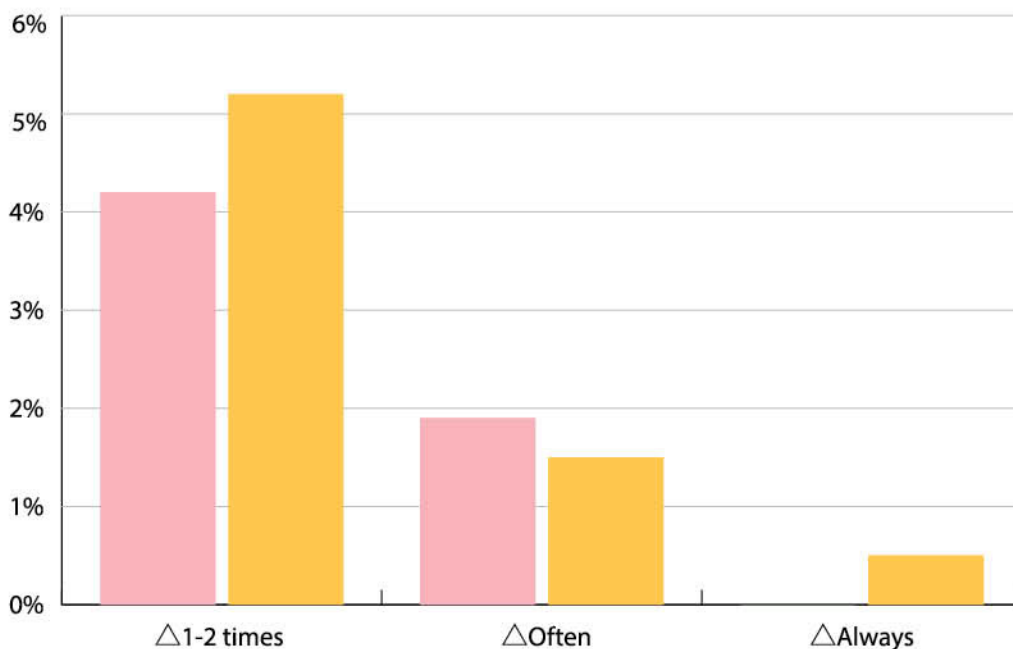
<sup>16</sup> 12 respondents did not answer this question.

#### 4.1.2 Influence on self and 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 (92.8%). In 2020, 5.2% of respondents have lied one to two times, and this is higher than the 4.2% of last year. Some students have often and always lied (2%) to conceal the extent of their involvement in gambling. The results are slighter higher than those of last year.

	2020		2021	
	Frequency	%	Frequency	%
No	922	93.9%	683	92.8%
△ 1-2 times	41	4.2%	38	5.2%
△ Often	19	1.9%	11	1.5%
△ Always	0	0.0%	4	0.5%
	982 <sup>17</sup>	100.0%	735 <sup>18</sup>	100.0%



<sup>17</sup> 1 respondent did not answer this question.

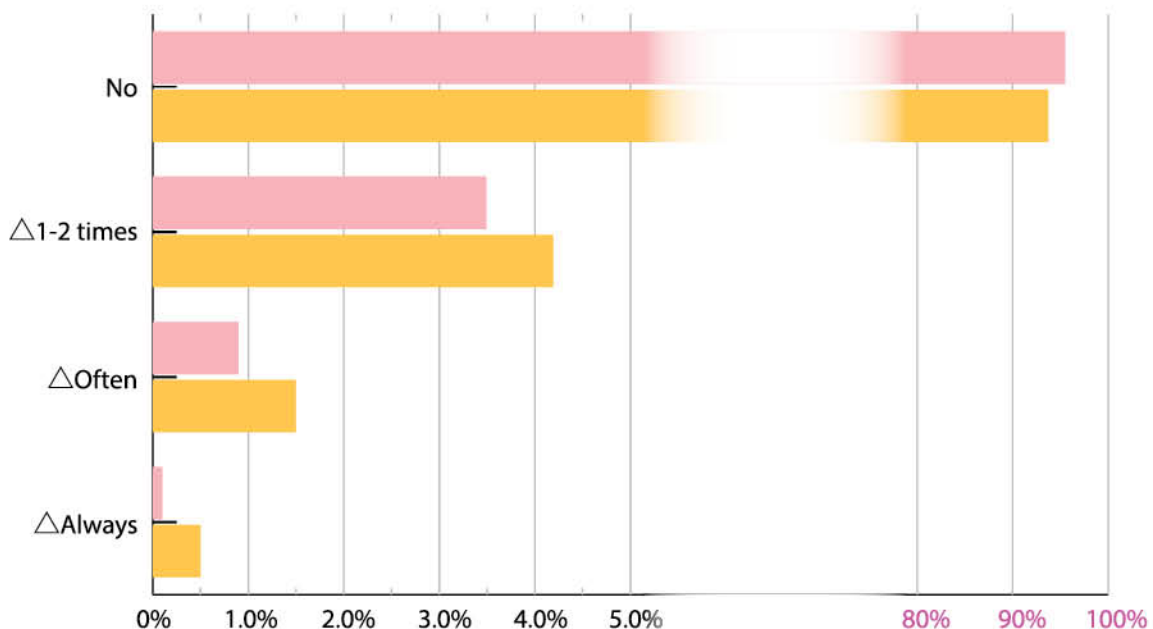
<sup>18</sup> 11 respondents did not answer this question.



### 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 (93.7%). 4.2% of respondents have done this misbehavior one to two times. The number of students who “often take money to spend on gambling without permission” and “always take money to spend on gambling without permission” is 1.5% and 0.5%, respectively. The results are slightly higher than those of last year.

	2020		2021	
	Frequency	%	Frequency	%
No	938	95.5%	689	93.7%
△ 1-2 times	34	3.5%	31	4.2%
△ Often	9	0.9%	11	1.5%
△ Always	1	0.1%	4	0.5%
	982 <sup>19</sup>	100.0%	735 <sup>20</sup>	100.0%



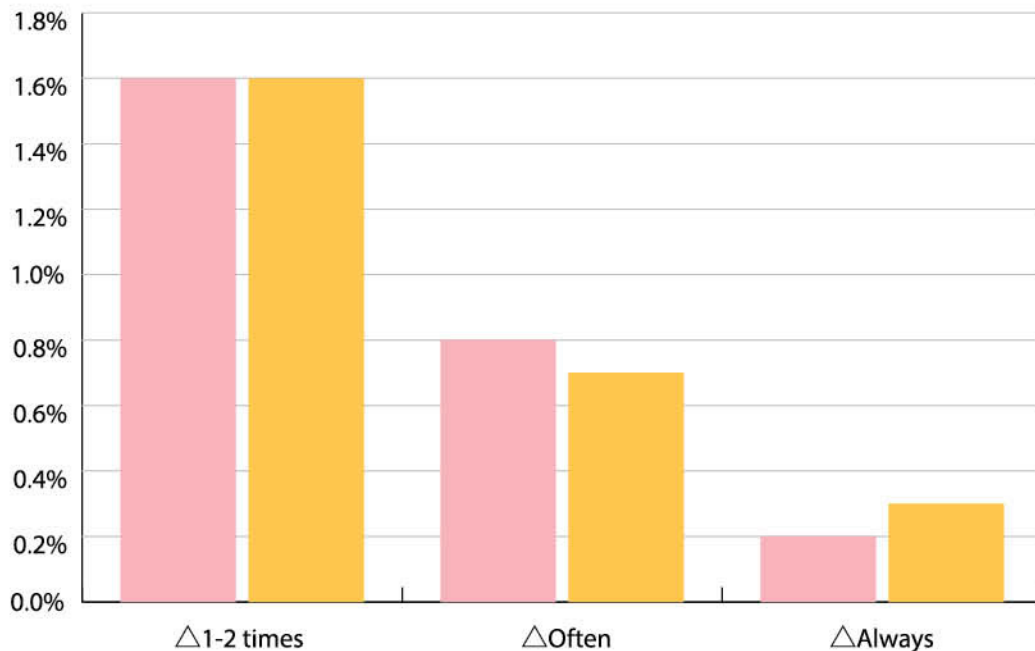
<sup>19</sup> 1 respondent did not answer this question.

<sup>20</sup> 11 respondents did not answer this question.

### Risks relationships and studies

Most respondents (97.4%) 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 (1.6%). 1% of respondents expressed that gambling often or always affects their relationships and studies. The situation is similar to last year.

	2020		2021	
	Frequency	%	Frequency	%
No	956	97.4%	716	97.4%
△ 1-2 times	16	1.6%	12	1.6%
△ Often	8	0.8%	5	0.7%
△ Always	2	0.2%	2	0.3%
	982 <sup>21</sup>	100.0%	735 <sup>22</sup>	100.0%



<sup>21</sup> 6 respondent did not answer this question.

<sup>22</sup> 11 respondents did not answer this question.

#### 4.2 Problematic Gambling Behaviors

The following table summarizes the number of respondents with different scores. nine respondents (1.1%) have 6 to 9 marks, which display moderate or serious problematic behaviors.

2021	△ Frequency	%
0	596	79.9%
1	76	10.2%
2	42	5.6%
3	11	1.5%
4	7	0.9%
5	5	0.7%
6	3	0.4%
7	4	0.5%
8	1	0.1%
9	1	0.1%
Total	746	100%

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

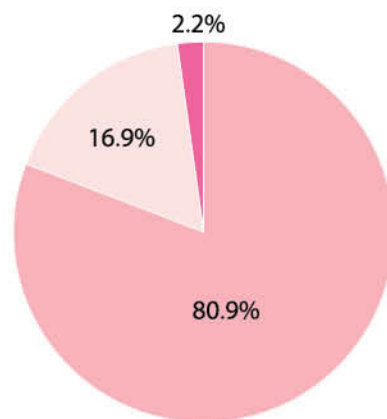
- 0 mark : Gambling behavior did not have any influence on the respondent's significant relationship or education.
- 1-3 marks : Gambling behavior may have an influence on the respondent's significant relationship or education.
- 4 marks or above : The respondent may have gambling disorder.

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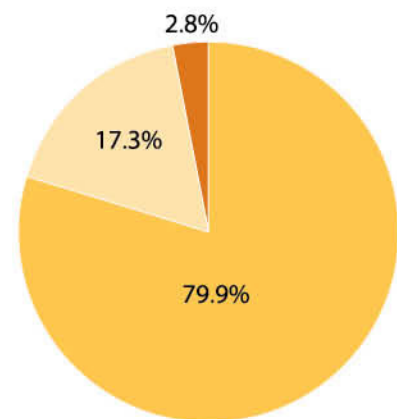
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596 respondents scored 0 (79.9%), which shows that gambling has no influence on their daily life and behavior. 129 respondents scored 1 to 3 marks (17.3%), thus showing that they may have suffered from their gambling behaviors. 2.8% of respondents scored 4 marks or above, which showed that they may have suffered from gambling disorder. The overall situation slightly worse than that of last year.

	2020		2021	
	Frequency	%	Frequency	%
△0	795	80.9%	596	79.9%
△1-3	165	16.9%	129	17.3%
△4 or more	23	2.2%	21	2.8%
	983	100%	746	100%



- △0
- △1-3
- △4 or more



- △0
- △1-3
- △4 or more

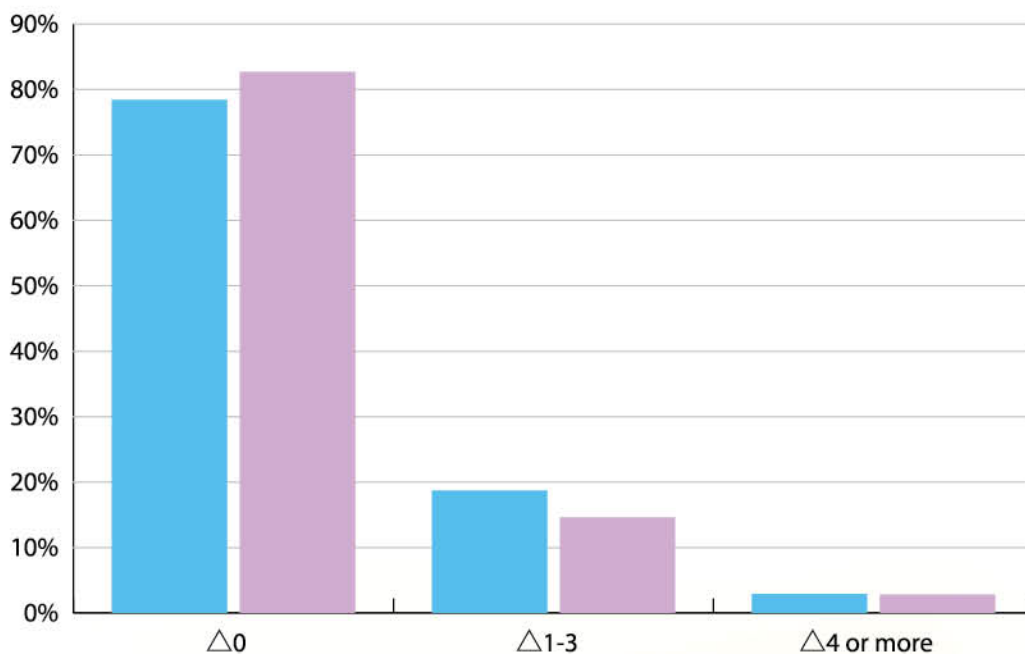
### 4.3 Gender Differences on Problematic Gambling

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. In this study, male respondents displayed more problematic behaviors than female respondents: 18.7% of boys with 1 to 3 marks compared to 14.6% of girls. 2.9% of boys and 2.8% of girls have four or more gambling disorder symptoms. Although male still showed higher risk of gambling disorder, the percentage of having 4△ are similar in both sex this year.

The following tables summarize the DSM V score of male and female respondents, respectively.

2021	Male	Female
△0	348 (78.4%)	210 (82.7%)
△1-3	83 (18.7%)	37 (14.6%)
△4 or more	13 (2.9%)	7 (2.8%)
	444 (100%)	254 (100%)

DSMV Scores - Gender Differences



### DSM-V Scores of Male Respondents

In this year, 348 boy respondents scored 0 marks (78.4%), 83 boy respondents scored 1 to 3 marks (18.7%), and 13 boy respondents scored 4 marks or above (2.9%), and this is a slight improvement compared with 2020.

	2020	2021
△0	374 (76.0%)	348 (78.4%)
△1-3	99 (20.1%)	83 (18.7%)
△4 or more	19 (3.9%)	13 (2.9%)
	492 (100%)	444 (100%)

### DSM-V Scores of Female Respondents

In this year, 210 girl respondents scored 0 marks (82.7%), 37 girl respondents scored 1 to 3 marks (14.6%), and 7 girl respondents scored 4 marks or above (2.8%). These figures are worse than 2020 and the percentage of girl respondents with 4 marks are similar to that of boy respondents.

	2020	2021
△0	398 (85.7%)	210 (82.7%)
△1-3	62 (13.4%)	37 (14.6%)
△4 or more	4 (0.9%)	7 (2.8%)
	464 (100%)	254 (100%)

The following table shows the differences between male and female gamblers regarding their gambling disorder behaviors. For male respondents, the major gambling problem is “increasing amounts of money to achieve the desired excitement” (9.7%). In addition, 7.9% 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 “increasing amounts of money to achieve the desired excitement” (8.3%) and “lies to conceal the extent of involvement with gambling” (5.9%). In general, problematic gambling is less serious among female respondents.

Self-control over Gambling	Male	Female
• Preoccupied with gambling	32 (7.2%)	12 (4.7%)
• Increases amounts of money to achieve the desired excitement	43 (9.7%)	21 (8.3%)
• Repeats unsuccessful efforts to control	10 (2.3%)	12 (4.7%)
• Expresses restlessness or irritability in cutting back on or stopping gambling	5 (1.1%)	6 (2.4%)
• Gambles when feeling distressed	12 (2.7%)	8 (3.1%)
• Chases one’s losses	12 (4.3%)	6 (2.4%)
Influence of Gambling	Male	Female
• Lies to conceal the extent of involvement with gambling	34 (7.7%)	15 (5.9%)
• Takes money to spend on gambling without permission	35 (7.9%)	9 (3.5%)
• Risks relationships and studies	10 (2.3%)	9 (3.5%)

## 5. Adolescent Gambling Behaviors

### 5.1 Gambling Preferences

For the entire sample of participants, 24.8% wagered on card games, and 21.3% wagered on Mahjong, and this shows that many of them are participating in social gambling activities. The third, fourth, and fifth participant preferred gambling activities are: fishing machine (4.8%), Mark Six (4.7%), and Online gambling (3.2%). There were 31.2% of respondents participated in claw machine game in 2021, which is similar as last year.

#### Gambling Preferences of Participants

Gambling Activities	2020	2021
Horse races/greyhound races	5 (0.5%)	4 (0.5%)
Instant lottery	20 (2.0%)	14 (1.9%)
Sports betting	28 (2.8%)	22 (2.9%)
Macau casino gambling	4 (0.4%)	9 (1.2%)
Pacapio (Chinese lottery)	2 (0.2%)	3 (0.4%)
Slot machines	6 (0.6%)	3 (0.4%)
Mark Six	30 (3.1%)	35 (4.7%)
Mahjong	169 (17.2%)	159 (21.3%)
Card games	215 (21.9%)	185 (24.8%)
Online gambling	43 (4.4%)	24 (3.2%)
Fishing machine	60 (6.1%)	36 (4.8%)
Claw machine	327 (33.3%)	233 (31.2%)



The parents mainly wagered on mahjong (27.9%) and Mark Six (22.0%), and this is similar to their preference in 2020. The third and fourth preferred gambling activities are Card games (18.2%) and Sports betting (9.5%). The number of parents participated in casino gambling continued to decline from 19% in 2019 to 7.8% this year. One of the reasons might be the impact of the COVID-19 pandemic. 8% of the parents played Claw machine in 2021.

### Gambling preference of parents

Gambling Activities	2020	2021
Horse races/ greyhound races	42 (4.3%)	22 (2.9%)
Instant lottery	63 (6.4%)	36 (4.8%)
Sports betting	87 (8.9%)	71 (9.5%)
Macau casino gambling	126 (12.8%)	58 (7.8%)
Pacapio (Chinese lottery)	16 (1.6%)	10 (1.3%)
Slot machines	55 (5.6%)	23 (3.1%)
Mark Six	257 (26.1%)	164 (22.0%)
Mahjong	316 (32.1%)	208 (27.9%)
Card games	174 (17.7%)	136 (18.2%)
Online gambling	32 (3.3%)	23 (3.1%)
Fishing machine	18 (1.8%)	16 (2.1%)
Claw machine	108 (11.0%)	60 (8.0%)

### 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 betting, 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, about 49.5% of students have experience playing mahjong (only 10.4% of students have played mahjong if their parents did not). In families with parents playing card games, 68.4% of students have participated in card games, while only 15.1% of students have played card games if their parents did not.

2021	Parents wagered in Mahjong	Parents did not wager in Mahjong
Student wagered in Mahjong	103 (49.5%)	56 (10.4%)
Student did not wager in Mahjong	105 (50.5%)	482 (89.6%)
Total	208 (100.0%)	538 (100.0%)

2021	Parents wagered in Card Games	Parents did not wager in Card Games
Student wagered in Card Games	93 (68.4%)	92 (15.1%)
Student did not wager in Card Games	43 (31.6%)	518 (84.9%)
Total	136 (100.0%)	610 (100.0%)

Even for nonsocial gambling such as sports betting, 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.

2021	Parents wagered in Sport Gambling	Parents did not wager in Sport Gambling
Student wagered in Sport Gambling	9 (12.7%)	13 (1.9%)
Student did not wager in Sport Gambling	62 (87.3%)	662 (98.1%)
Total	71 (100.0%)	675 (100.0%)

2021	Parents wagered in Mark Six	Parents did not wager in Mark Six
Students wagered in Mark Six	27 (16.5%)	8 (1.4%)
Students did not wager in Mark Six	137 (83.5%)	574 (98.6%)
Total	164 (100.0%)	582 (100.0%)

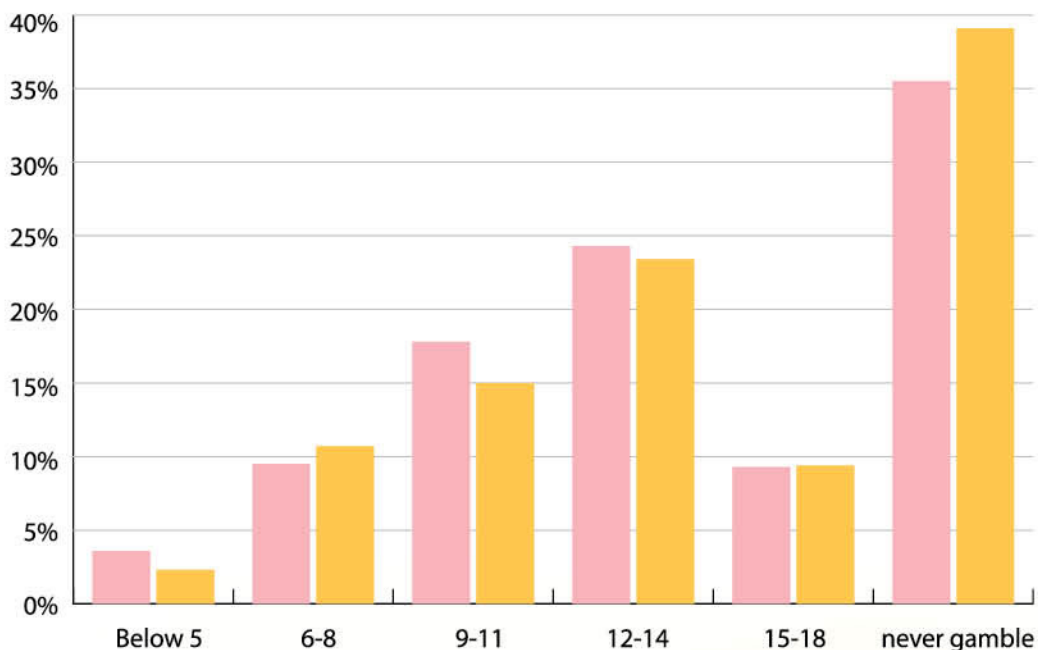
2021	Parents wagered in Online Gambling	Parents did not wager in Online Gambling
Students wagered in Online Gambling	7 (30.4%)	17 (2.4%)
Students did not wager in Online Gambling	16 (69.6%)	706 (97.6%)
Total	23 (100.0%)	723 (100.0%)

## 5.2 Gambling Pattern and Partners

### Age at Which Gambling Started

For the entire sample of gamblers, 23.4% made their first bet at ages 12-14, 15.0% at ages 9-11, and 9.4% at ages 15-18. 13.0% made their first bet before the age of 8, and this is similar to last year. The statistics show that most gamblers made their first bet in senior primary or junior high. In this year, the number of participants never gamble increased from 35.5% to 39.1%. The result has been improved in 2021.

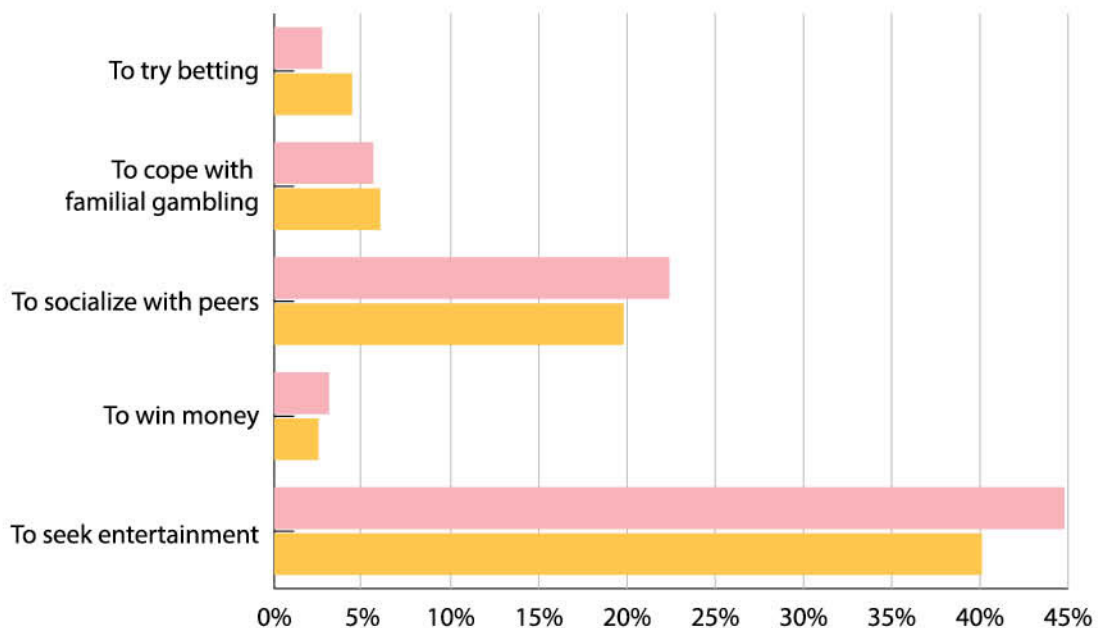
	2020		2021	
	Frequency	%	Frequency	%
Below 5	35	3.6%	17	2.3%
6-8	93	9.5%	78	10.7%
9-11	174	17.8%	110	15.0%
12-14	237	24.3%	171	23.4%
15-18	91	9.3%	69	9.4%
Never gamble	347	35.5%	286	39.1%
	977	100%	731	100%



### Reasons for Starting Gambling

Respondents gambled to seek entertainment (40.1%) and to socialize with peers (19.8%). This result shows that the peers and family members play a major role in influencing youngsters' participation in gambling.

	2020		2021	
	Frequency	%	Frequency	%
To try betting	27	2.7%	33	4.4%
To cope with familial gambling	55	5.6%	45	6.0%
To socialize with peers	220	22.4%	148	19.8%
To win money	30	3.1%	19	2.5%
To seek entertainment	440	44.8%	299	40.1%



### 5.3 Gambling Habits in the Past Year

#### 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 (35.7%), family members (27.5%), and classmates (18.9%). 13.7% of respondents gambled alone.

	2020		2021	
	Frequency	%	Frequency	%
Family members	284	28.9%	205	27.5%
Friends	404	41.1%	266	35.7%
Classmates	142	14.4%	141	18.9%
Alone	138	14.0%	102	13.7%

#### Gambling Frequency

54.7% of respondents did not gamble last year. Many gamblers were infrequent players who bet less than 1 hour per month (29.3%). 12.4% on average played 1-5 hours per month, and 2.2% played 6-10 hours per month. 1.3% gamblers spent more than 11 hours in gambling activities. These figures are lower than those of last year.

	2020		2021	
	Frequency	%	Frequency	%
1 hour or below	285	29.0%	217	29.3%
1-5 hours	132	13.4%	92	12.4%
6-10 hours	16	1.6%	16	2.2%
11-15 hours	3	0.3%	4	0.5%
15 hours or above	16	1.6%	6	0.8%
No gambling last year	531	54.0%	405	54.7%
	983	100%	740	100%

### Spending in Gambling Activities

In 2021, 56.7% of respondents did not wager in gambling activities. 38.9% of youngsters on average spent less than \$500 on gambling activities, while 4.5% spent more than \$500 on gambling activities. We should also pay more attention to the fact that 0.8% of respondents spent more than \$10000 in gambling activities.

	2020		2021	
	Frequency	%	Frequency	%
No gambling last year	546	55.6%	420	56.7%
\$1-\$500	385	39.2%	288	38.9%
\$501-\$1,000	28	2.8%	18	2.4%
\$1,001-\$3,000	15	1.5%	7	0.9%
\$3,001-\$10,000	6	0.6%	3	0.4%
\$10,000 or above	3	0.3%	5	0.8%
	983	100%	741	100%

### Finances for Gambling

Respondents mainly finance their gambling activities using pocket money (34.6%), money from personal savings (18.1%), and family members (16.6%).

	2020		2021	
	Frequency	%	Frequency	%
Pocket money	404	41.1%	258	34.6%
From family members	183	18.6%	124	16.6%
Personal savings	179	18.2%	135	18.1%
Salary from part-time job	29	3.0%	23	3.1%
Borrow from others	3	0.3%	2	0.3%
Money owned by others	4	0.4%	1	0.1%

## 6. Family Status and Relationship with Gambling Disorder

### 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, 19.0% of them perceive their family as upper middle class or wealthy, while 17% of them perceive themselves as working class or poor.

2021	Frequency	%
Wealthy	20	2.7%
Middle-class	119	16.3%
Well-off	465	63.9%
Working class	89	12.2%
Poor	35	4.8%
	728	100%

47.8% of respondents did not have a clear idea about their family's economic status. 18.3% of them believed that their monthly family income is higher than \$40,000.

2021	Frequency	%
<\$10,000	7	1.0%
\$10,000-\$19,999	35	4.7%
\$20,000-\$29,999	40	5.4%
\$30,000-\$39,999	54	7.3%
>\$40,000	135	18.3%
Not know	353	47.8%
Refused to answer	114	15.4%
	738	100%



### 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: 46.0%, mother: 52.7%) and university education (father: 30.5%, mother: 28.8%).

2021	Father		Mother	
	Frequency	%	Frequency	%
Primary school or below	103	14.6%	66	9.2%
Secondary school	324	46%	380	52.7%
Tertiary education	63	8.9%	67	9.3%
University or above	215	30.5%	208	28.8%
	705	100%	721	100%

The results of this study suggest that parents' educational background is one of the predictors for students' gambling behaviors. Data from the past few years have shown that students whose parents have lower educational attainment tend to have more problematic gambling behaviors. But this year's results were less clear. It can be seen from the table below that, relatively speaking, students whose parents' education level is 'university or above' have a slightly lower gambling disorder condition than the other two groups, but the result is not significant.

Father's education level	Primary/Secondary School	Tertiary Education	University or above
△ 0	341 (79.9%)	51 (81.0%)	172 (80.0%)
△ 1-3	72 (16.9%)	9 (14.3%)	39 (18.1%)
△ 4 or above	14 (3.3%)	3(4.8%)	4(1.9%)
	427 (100%)	63 (100%)	215 (100%)

Mother's education level	Primary/Secondary School	Tertiary Education	University or above
△ 0	353 (79.1%)	53 (79.1%)	170 (81.7%)
△ 1-3	79 (17.7%)	12 (17.9%)	33 (15.9%)
△ 4 or above	14 (3.1%)	2(3.0%)	5 (2.4%)
	446 (100%)	67(100%)	208 (100%)

The following table shows that most parents are working (father: 74.4%, mother: 68.7%). 18% of mothers are housewives.

2021	Father		Mother	
	Frequency	%	Frequency	%
In work	546	74.4%	507	68.7%
Housework	3	0.4%	133	18.0%
Retired	25	3.4%	13	1.8%
Unemployed	14	1.9%	13	1.8%
Not know/ Refused to answer	145	19.8%	72	9.8%
	733	100%	738	100%

The major occupation types for respondents' parents include clerical and service personnel. 18.6% of father and 31.1% of mother worked in companies associated with gambling industries.

2021	Father		Mother	
	Frequency	%	Frequency	%
Professionals	47	8.0%	46	8.3%
Service Personnel	51	8.7%	98	17.8%
Clerical	57	9.7%	112	20.3%
Civil servants	117	20.0%	54	9.8%
Self-employed	61	10.4%	33	6.0%
Technical	117	20.0%	18	3.3%
Unskilled	26	4.4%	18	3.3%
Worked in gambling related industries	109	18.6%	173	31.1%
	585	100%	552	100%

### Parents' Marital Status

This table shows that about 80% of respondents' parents are still married. A total 17.5% of respondents' parents are separated and divorced.

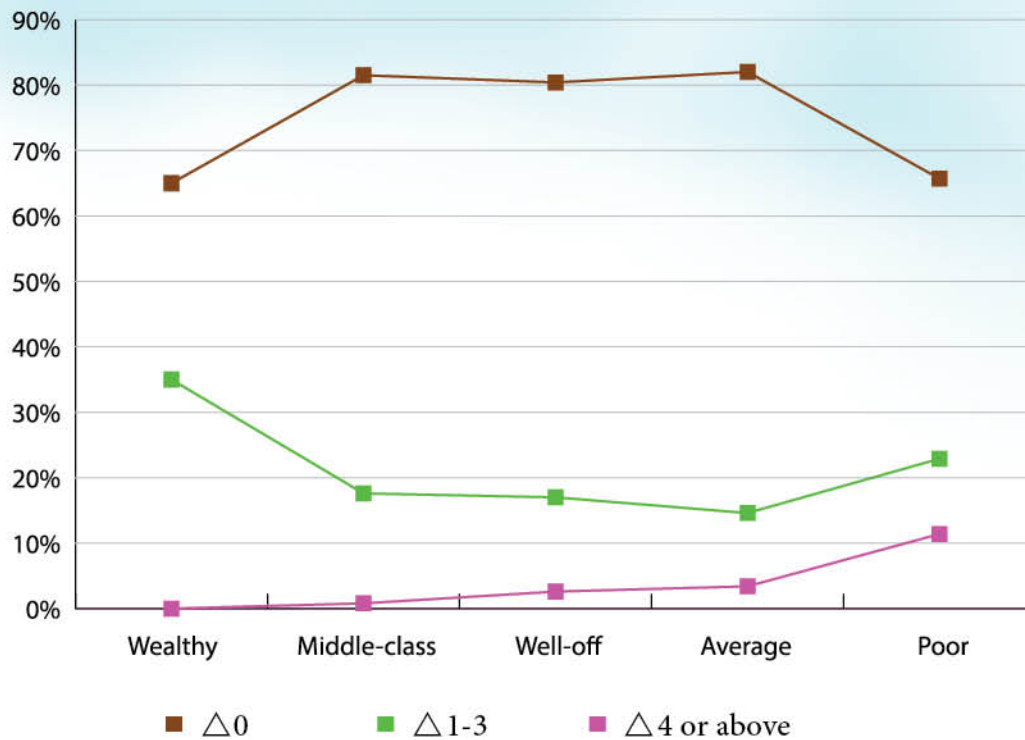
2021	Frequency	%
Married	569	77.6%
Separated	49	6.7%
Divorced	79	10.8%
Other	36	4.9%
	733	100%

### 6.2 Family Economic Situation and Gambling Behaviors

The following table shows that respondents who perceive their family to be 'Wealthy' display the highest proportion of 'at risk' (35.0%) of gambling disorder than the other three groups. Respondents who perceive their family to be 'Poor' display the highest proportion of gambling disorder (11.4%). Further investigation may be required to investigate the reasons for this relationship.

	Wealthy	Middle-class	Well-off	Average	Poor
△0	13 (65.0%)	97 (81.5%)	374 (80.4%)	73 (82.0%)	23 (65.7%)
△1-3	7 (35.0%)	21 (17.6%)	79 (17%)	13 (14.6%)	8 (22.9%)
△4 or above	0 (0.0%)	1 (0.8%)	12 (2.6%)	3 (3.4%)	4 (11.4%)
	20 (100%)	119 (100%)	465 (100%)	89 (100%)	35 (100%)

### Perceived Economic Status and DSM-V Scores



The following table shows the relationship between parents' marital status and gambling disorder 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 significance difference.

	Married	Separated	Divorced	Others
Δ0	458 (80.5%)	39 (79.6%)	59 (74.4%)	27 (75.0%)
Δ1-3	96 (16.9%)	10 (20.4%)	17 (21.5%)	6 (16.7%)
Δ4 or above	15 (2.6%)	0 (0.0%)	3 (3.8%)	3 (8.3%)
	569 (100%)	49 (100%)	79 (100%)	36 (100%)

### 6.3 Parents' Attitudes toward Gambling

#### Parents' Responses

The parents' responses vary. 34.6% of respondents reported that their parents do not have much of a response to their gambling behaviors. Only 9.4% of parents ask them to reduce gambling. The table shows that many parents do not provide clear guidance to their children regarding gambling activities. Also, 8.4% of parents do not know about their children's gambling behaviors.

	2020		2021	
	Frequency	%	Frequency	%
Ask them to stop gambling	25	2.5%	12	1.6%
Ask them to reduce gambling	112	11.4%	70	9.4%
Encourage them to win	17	1.7%	12	1.6%
Not much response	375	38.1%	258	34.6%
Worry them lose money	39	4.0%	17	2.3%
Encourage by providing money	13	1.3%	7	0.9%
Avoid discussing this topic	10	1.0%	10	1.3%
Not know about their gambling behaviors	109	11.1%	63	8.4%

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 gambling disorder symptoms displayed.

2020	Parent not much response	Not select this option
△ 0	294 (78.4%)	501 (82.4%)
△ 1-3	71 (18.9%)	94 (15.5%)
△ 4 or above	10 (2.7%)	13 (2.1%)
	375 (100%)	608 (100%)

2021	Parent not much response	Not select this option
△ 0	200 (77.5%)	396 (81.1%)
△ 1-3	51 (19.8%)	78 (16%)
△ 4 or above	7 (2.7%)	14 (2.9)
	258 (100%)	488 (100%)

8.4% 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 gambling disorder. 9.5% of them scored 4 marks or above, and 30.2% scored 1 to 3 marks. In other words, some students are being affected by gambling even though their parents are unaware.

2020	Parents do not know	Not select this option
△ 0	68 (62.4%)	727 (83.2%)
△ 1-3	37 (33.9%)	128 (14.6%)
△ 4 or above	4 (3.7%)	19 (2.2%)
	109 (100%)	874 (100%)

2021	Parents do not know	Not select this option
△ 0	38 (60.3%)	558 (81.7%)
△ 1-3	19 (30.2%)	110 (16.1%)
△ 4 or above	6 (9.5%)	15 (2.2%)
	63 (100%)	683 (100%)

### Do Your Parents Gamble Too Much?

13.9% of students said their parents have serious gambling problems (12.8% agree and 1.1% strongly agree). 0.9% of students reported that they are unaware about their parents' gambling behaviors.

	2020		2021	
	Frequency	%	Frequency	%
Strongly disagree	316	32.5%	279	37.7%
Disagree	309	31.8%	237	32%
Neutral	171	17.6%	114	15.4%
Agree	150	15.5%	95	12.8%
Strongly agree	24	2.5%	8	1.1%
Not know	1	0.1%	7	0.9%
	971	100%	740	100%

#### 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 their family's acceptance and support of their directions (2.98), as well as how their family share time together (2.96).

	Mean	SD
I am satisfied that I can turn to my family for help when something is troubling me.	2.84	0.925
I am satisfied with the way my family talks over things with me and shares problems with me.	2.65	0.963
I am satisfied that my family accepts and supports my wishes to take on new activities and directions.	2.98	0.914
I am satisfied with the way my family express affections, and responds to my emotions such as anger, sad, and love.	2.53	0.967
I am satisfied with the way my family and I share time together.	2.96	0.896

(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	58	207	262	205	732
%	7.9%	28.3%	35.8%	28%	100%

I am satisfied with the way my family talks over things with me and shares problems with me.

	Almost never	Occasionally	Sometimes	Always	
Frequency	95	229	247	160	731
%	13%	31.3%	33.8%	21.9%	100%

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

	Almost never	Occasionally	Sometimes	Always	
Frequency	50	164	271	246	731
%	6.8%	22.4%	37.1%	33.7%	100%

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	115	251	230	135	731
%	15.7%	34.3%	31.5%	18.5%	100%

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

	Almost never	Occasionally	Sometimes	Always	
Frequency	55	145	309	224	733
%	7.5%	19.8%	42.2%	30.6%	100%

According to these tables:

- 63.8% of respondents reported they can turn to their family for help when something is troubling them. However, 7.9% of respondents said they are almost never satisfied with their family's support.
- 55.7% of respondents are satisfied with the way their family talks about things with them and shares problems with them. 13% of respondents are not satisfied with their family's communication.
- 70.8% of respondents reported that their family accepts and supports their wishes to take on new activities and directions. 6.8% of respondents are not satisfied with their family's support of their directions.
- 50.0% of respondents are satisfied with the way their family expresses affections and responds to their emotions. 15.7% of respondents are dissatisfied with the way their family expresses and responds to emotions.
- 72.8% of respondents are satisfied with the way their family shares time together. 7.5% 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 marks) or dysfunctional family (6 marks or below). A dysfunctional family can still be classified as mild (4 to 6 marks) and severely dysfunctional (3 marks or below). The following table shows that 34.8% of respondents perceive that their family functions well, and 11.2% of respondents perceive that their family is severely dysfunctional.

	2021	
	Frequency	%
Severely Dysfunctional (0-3points)	84	11.2%
Mild Dysfunctional (4-6points)	402	54.0%
Functional(7-10points)	259	34.8%

The following table shows that respondents from a functional family display significantly less gambling disorder 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.

### Relationship between APGAR Index and Gambling Disorder

DSM V	APGAR Index		
	0-3marks	4-6 marks	7-10 marks
△0	60 (71.4%)	320 (79.6%)	215 (83.0%)
△1-3	19 (22.6%)	71 (17.7%)	39 (15.1%)
△4 or above	5 (6.0%)	11 (2.7%)	5 (1.9%)
	84 (100%)	402 (100%)	259 (100%)

## 6.6 Parent's Working in Gambling Industry

The following tables examine the relationship between parent's working in gambling related industry and the scores of DSMV. The tables shows that both father's and mother's working in gambling industry has no significant differences on the distribution of DSMV scores.

Father work in gambling industry	Yes	No
△0	90 (82.6%)	506 (79.4%)
△1-3	19 (17.4%)	110 (17.3%)
△4 or above	0 (0%)	21 (3.3%)
	152 (100%)	637 (100%)

Mother work in gambling industry	Yes	No
△0	136 (78.6%)	460 (80.3%)
△1-3	32 (18.5%)	97 (16.9%)
△4 or above	5 (2.9%)	16 (2.8%)
	173 (100%)	573 (100%)

### 6.7 Work-shift and Problematic Gambling Behaviors

The following tables examine the relationship between parent's working in position with work-shift and the scores of DSM-V. The results suggested that there is no significant relationship between work-shift arrangement and student's problematic gambling behaviors.

Father working on shift	Yes	No
△0	181 (78.4%)	316 (78.4%)
△1-3	44 (19.0%)	75 (18.6%)
△4 or above	6 (2.6%)	12 (3.0%)
	231 (100%)	403 (100%)

Mother working on shift	Yes	No
△0	171 (78.1%)	250 (80.9%)
△1-3	43 (19.6%)	52 (16.8%)
△4 or above	5 (2.3%)	7 (2.3%)
	219 (100%)	309 (100%)

## 7. Discussion and Conclusion

### Youngsters' Problem Gambling

Youngsters' self-control and reliance over their gambling is slightly weaker than that of last year. These two items: "Feeling restless or irritable when attempting to cut back on or stop gambling" and "Often return another day to get even after losing money gambling" have similar results as last year. Other items including "Often preoccupied with gambling" and "Made repeated unsuccessful efforts to control, cut back on, or stop gambling" are slightly higher than last year. Items with bigger increase include: "Need to gamble with increasing amounts of money in order to achieve the desired excitement" increased from 8.5% to 9.3%; and "Often gamble when feeling distressed" increased from 1.4 to 2.7%. The results suggest that more youngsters use gambling as a way to reduce their negative emotions and that their self-control over gambling is lower than that of last year.

In general, gambling's influence on students' behaviors is slightly higher than last year. Students who lie to conceal the extent of their involvement with gambling increased from 6.1% in 2020 to 7.2% in 2021. 6.2% of students have experience taking money to spend on gambling without permission (4.5% in 2020), and 2.6% of students found that gambling has some negative impacts on their relationships and studies, which is same as last year.

596 respondents scored 0 (79.9%), which shows that gambling has no influence on their daily life and behavior. 165 respondents scored 1 to 3 marks (17.3%); thus, they may be at risk of gambling disorder. 2.8% of respondents scored 4 marks or above, and this showed that they may have suffered from gambling disorder. The overall situation is slightly higher than that of last year. These figures suggest that the percentage of youngsters with gambling disorder has picked up during the pandemic and that the potential threats cannot be ignored.

For the gender difference, similar to last year's result, male respondents display more problematic behaviors than female respondents. 20% of boys had 1 to 3 marks, while only 14.6% female respondents had 1 to 3 marks. 2.9% of boys have gambling disorder symptoms, while 2.8% girls have four or more symptoms. Our results have shown that a higher percentage of boys have been involved in problem gambling since 2013. But, the percentage of girls with four or more symptoms increased from 0.9% in 2020 to 2.8% in 2021, and the result showed no difference between boys and girls this year. The situation deserves our attention.

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, 9.7% of male respondents need to gamble with increasing amounts of money to achieve the desired excitement, 7.9% of them have taken money to spend on gambling

without permission, and 2.3% male respondents and 3.5% female respondents reported that gambling has negative impacts on their relationships and studies. These figures show that some youngsters 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 problem gambling. This survey found that most young gamblers start their gambling activities from 9 to 14 years old. Although most of them spent less than \$500 on gambling per month, 2.1% of respondents reported that they would spend more than \$1,000 on gambling.

Similar to the results of previous surveys, the most popular gambling activities among youngsters include social gambling such as card games (24.8%) and mahjong (21.3%), followed by Fishing machine (4.8%). The fourth and fifth position are Mark Six (4.7%) and Online gambling (3.2%). Fishing machine continued to be top five popular gambling activities among young people. It can be seen that the influence of emerging gambling activities among young people cannot be ignored. In 2020, we added one item "Claw machine" to the questionnaire. 31.2% students said that they have played claw machine in the past year. In general, students perceived claw machines as a kind of entertainment rather than gambling activities.

Entertainment (40.1%) and social activities (19.8%) 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 Problem Gambling

Many studies have suggested that students from families with lower socioeconomic status have higher risks of problem gambling than those from families with higher socioeconomic status. Respondents who considered their family to be poor had more gambling disorders than other groups (11.4%). In this study, one interesting finding is that respondents who believe that their families are wealthy display the highest proportion of 'at risk' (35.0%) of gambling disorder 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.

Sufficient support from parents is a key factor related to preventing gambling disorder. In terms of parental education, this year's results showed less significant relationship with children's gambling. Relatively speaking, children of higher educated parents were slightly less likely to have gambling disorders than the other two groups, but not significantly. In any case, to be more effective in preventing gambling disorder, parents also need adequate support. 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 influence on Students' Gambling Behaviour

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, 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.

The three most popular gambling activities among parents included mahjong, Mark Six and card games. Gambling in casinos dropped further, which might be the result of COVID-19 pandemic. The above analysis shows there is a direct relationship between parents' gambling activities and students' gambling activities. For example, more than half of students played mahjong in families with parents playing the game, while about 10% of students played mahjong if their parents did not. 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, 16.6% of youngsters' gambling bets came from their parents. Only 11% of parents required their children to reduce or cease gambling, while 34.6% of parents did not have serious responses to their children's participation in gambling. 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 continue to use the APGAR index to investigate the relationship between family function and adolescent gambling behaviors. The result shows that 34.8% of respondents perceive that their family functions well, and 11.2% of respondents perceive that their family is severely dysfunctional. 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.

We have also investigated the effects of parent's working in gambling related industry and work-shifts since 2020. The results were mixed. Father's working in gambling industry has no significant effects on students' participation in gambling activities. However, mother's participation in gambling industry displayed more direct relationship with students' participation of gambling activities. Further studies should be conducted to investigate this phenomenon.

Whether or not the parents worked in gambling-related industries and whether they need to work on shift had no significant effect on their children's gambling disorders. It is necessary to continue to collect relevant data for further analysis.

## Conclusion

In general, the proportion of adolescent problematic gambling behaviors slightly increased in 2021. Government and nongovernment organizations should 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.

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. Besides, parents should act as role models for their children. Government should put more focus on online gambling prevention, so as to reduce the opportunities for young people to participate in online gambling. Finally, 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 addicted to gambling in the future.

This study also further affirmed that family plays an extremely important role in young people's gambling disorders. Positive communications and care between parents and children can effectively reduce the risk of gambling disorders in their children. As for the relationship between parents' work on shifts and parents working in gambling-related industries, with their children's gambling condition, the results are inconclusive. There is insufficient evidence to derive a relationship between the parents' working environment or occupation and their children's problematic gambling behavior. Further study and analysis are recommended to clarify the existence of the relationship.

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# 防範青少年沉迷賭博問卷調查研究報告2021

## The Research on the Participation of Teenagers in Gambling 2021

### Research Report

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#### 研究人員 Research Institute

伍志豪博士 (香港樹仁大學工商管理學系助理教授)

Mark Ng, Assistant Professor, Hong Kong Shue Yan University

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#### 地址 Address

澳門媽閣街22-22F海安大廈地庫A

#### 電話 Tel.

2855 3430

#### 傳真 Fax.

2896 7093

#### 電郵 Email

bysfreeland@gmail.com

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