

Abstract

The age of Macau secondary students lies between twelve to nineteen. Since they are at the age of adolescence, they have to face and adapt the changes of growth, as a result there would be lots of stress. The stress of the adolescence is mainly from the family, the school, the peer group and their personal values. If the stressful life events continue to accumulate, there would be bad effects on the adolescence. Therefore guiding and counseling are essential for the growth

This study attempts to probe into what kind of the stressful life events would distress the Macau students, the efficacy of defense mechanism to the corresponding aspects, so as to find out students' need of counseling. The study is done in the form of questionnaire, samples are Form 3 and Form 5 students from four secondary schools in Macau, including one government school, one professional technical school and two grammar schools. All of them are co-educated schools. There are two hundred and forty-three Form 3 students, one hundred and eighty-six Form 5 students, among them there are 217 boys and 212 girls.

Three instruments are used in this study: the Life Events Checklist (Johnson & McCutcheon 1980), Defensive Style Questionnaire, simplified form (Andrew, 1989) and the need of counseling. There are 46 questions in the Life Events Checklist, including events concerning family, school, peer group and self values. The Defensive Style Questionnaire is for surveying how students would react to the stressful life events. There are 36

questions. The need of counseling questionnaire is for finding out the need of identification, cognition and actual assistance of the interviewees when they come across stress. There are thirteen questions.

The data is analysed by SPSS 7.5 version. Two way ANOVA is used to analyse the high and low stress, mature and immature defensive styles and the effect of sex and class on the demand of counseling. The group of high and low stress is classified by the median of the accumulating stressful life events. Mature and immature defensive styles are classified according to Andrew (1989).

The most stressful life event for the interviewees is the problems in studying. Over 70 percent of the interviewees have failed subjects in the report card, which would lead to not achieving the expectation of their parents. The result of the study indicates that students in high stress have a greater demand of counseling than those who are in low stress.

We could learn the stressful life events which distress the Macau students through this study. Preventive counseling could be arranged to a certain extent so as to avoid or to minimize the stress or bad effect caused by the events.