
















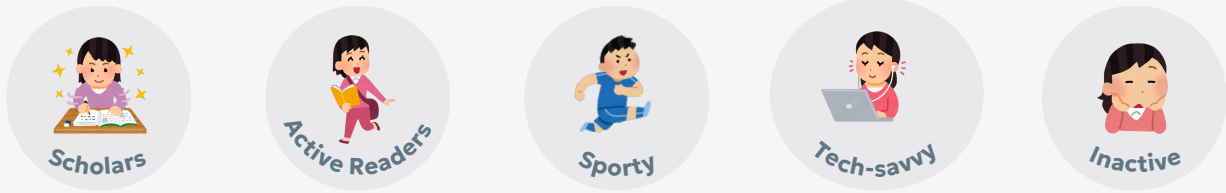
HOW DOES YOUR CHILD SPEND THEIR TIME AND HOW DOES IT RELATE TO THEIR PSYCHOSOCIAL DEVELOPMENT?

WHICH PROFILE FITS YOUR CHILD?

Our research found that Secondary 1 students can be grouped into **5 profiles** based on how they spend their time.

Red text = percentage of participants

					
	Scholars 16.6%	Active Readers 12.2%	Sporty 28.6%	Tech-savvy 31.5%	Inactive 11.1%
GENDER DIFFERENCES	More females ♀	More females ♀	More males ♂	More females ♀ <small>* interesting as we'd expect males to be the majority in this category</small>	More females ♀
MOST TIME	 Homework, studying	 Reading	 Physical activity	 Gaming, phone use, listening to music	
A LOT OF TIME	 Listening to music, physical activity, reading	 Physical activity		 Chatting with friends	
NOT MUCH TIME		 Gaming	 Listening to music, reading		 Physical activity, phone use, music listening, chatting, homework, studying



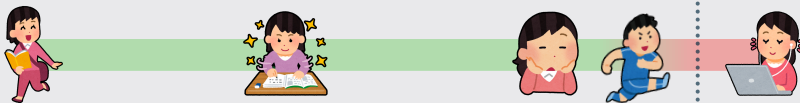
HOW DOES YOUR CHILD'S PROFILE RELATE TO PSYCHOSOCIAL DEVELOPMENT?



Parent Support
Emotional & informational support



Social Media Usage



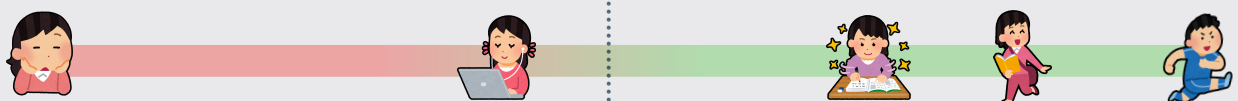
Wellbeing
Physical & Psychological



Test Anxiety



General Self-Efficacy
Confidence in handling challenges and achieving goals



WHAT CAN I DO AS A PARENT?



Our Findings

Parents Can:



Scholars

- Above-average well-being and perceived parent support.
- Highest self-efficacy among all profiles.
- **Highest test anxiety compared to other profiles.**

- Help your child manage test anxiety by guiding them on stress management techniques.
- Reassure them and provide strategies for staying calm during exams.



Active Readers

- Highest level of perceived parent support.
- Higher well-being and self-efficacy compared to Inactive and Gamers.

- Encourage your child to maintain their reading habits and foster a supportive environment that strengthens their confidence and overall well-being.



Sporty

- Higher well-being and self-efficacy compared to Inactive and Gamers.

- Continue to support your child's interest in sports and physical activities to help maintain their well-being and confidence.



Tech-Savvy

- Spent the most time on social media and gaming.
- **Lower well-being and self-efficacy compared to other profiles (Scholars, Readers, Sporty).**

- Encourage less screen time for gaming and phone use.
- Motivate them to spend time on reading, sports, or physical activities to improve well-being.



Inactive

- **Lowest well-being and general confidence in handling challenges (self-efficacy).**
- **Lowest level of perceived parent support.**

- Engage your child more by chatting about their interests and school activities.
- Encourage them to pick up hobbies like reading or physical activities, such as sports.