

## 第四章 對濫用藥物的態度及相關因素

### 4.1 對濫用藥物的態度

濫用藥物是眾多青少年問題的其中一環。這通常與其他行爲、家庭、人際關係和在校的問題有關。本調查收集學生對濫用藥物的態度、自我形象、在校表現和與家人的關係等資料。這些資料將有助分析與學生濫藥行爲可能相關的特性，和及早找出那些組別的學生有較大濫用藥物的風險。

就本調查結果而言，本章把學生分爲“濫用海洛英者”、“濫用精神藥物者”、“不曾濫用藥物學生”和“所有學生”幾大類。不過，正如第二章所述，“濫用海洛英者”和“濫用精神藥物者”兩個組別其實有某程度的重疊，讀者在比較兩組數據時，應緊記這一點。

#### 4.1.1 是否贊成別人濫用藥物 (表 4.1 及 4.2)

絕大部分(超過 98%)不曾濫用藥物的學生不贊成(或十分不贊成)別人濫用海洛英或精神藥物。

頗大比例(71.5% - 74.5%)的濫用藥物的學生不贊成別人濫用藥物，儘管他們本身亦曾經或仍然濫藥。有關數字雖然已算相當高，但仍顯著低於不曾濫用藥物的學生的數字。

## Chapter 4 Attitudes towards drug abuse and associated factors

### 4.1 Attitudes towards drug use

Drug taking is one of the facets of youth problems. It is usually associated with other behavioural, family, relationship and school problems. The Survey collected information regarding students' attitudes towards drug abuse, self-perception, school performance and relationship with family etc. Such information would shed light on characteristics that may associate with drug abuse behaviours of students and early identification of sub-groups that may be subject to higher risk of drug use.

For findings of the Survey, students were categorized into “heroin users”, “psychotropic substance users”, “non-drug taking students” and “all students” in this Chapter. However, as discussed in Chapter 2, the groups of “heroin users” and “psychotropic substance users” actually overlapped to a certain extent. Readers should bear this point in mind when comparing data between groups.

#### 4.1.1 Approval of people who used drugs (Tables 4.1 and 4.2)

The great majority (or over 98%) of non-drug-taking students disapproved (or strongly disapproved) of people using heroin or psychotropic substances.

There was a large proportion (or 71.5% - 74.5%) of drug-taking students who disapproved of people using drugs, despite their own drug use experience. Although the figures were considered quite high, they were notably lower than that for non-drug-taking students.

#### 4.1.2 對濫用藥物禍害的看法 (表 4.3)

關於對藥物的看法，絕大部分不曾濫用藥物的學生(超過 93%)同意(或十分同意)濫用海洛英或精神藥物會危害健康。再者，92.1% 同意“如果濫用藥物，健康會越來越差”；87.9% 認為“如果濫用藥物，工作或學業會有麻煩”。

濫用藥物的學生持上述看法的比例，較不曾濫用藥物的學生少 20 個百分點以上。根據統計，70.1%的濫用海洛英者和 76.0%的濫用精神藥物者認為濫用藥物(海洛英或精神藥物)會危害健康；67.4% - 73.8% 同意“如果濫用藥物，健康會越來越差”；約 60%濫用藥物的學生認為“如果濫用藥物，工作或學業會有麻煩”。

比較上一次調查的分布模式，和四年前相比，現在較多學生對濫用藥物持正確的態度。從數字上來說，中學生(不論曾否濫用藥物)不贊成別人濫用藥物的比例，在二零零零至零四年間，增加了 1.6 - 2.0 個百分點；認為濫用藥物會危害健康的學生，也增加了 5.3 - 8.0 個百分點。

#### 4.1.3 濫用藥物的傾向(表 4.4)

總的來說，絕大部分不曾濫用藥物的學生對濫用藥物持正確態度。他們當中，超過 90% 不同意“服用藥物可以令自己更有自信”、“服用藥物後可以玩得更開心”、“遇到不如意的事情

#### 4.1.2 Perception of harmful effects of drug abuse (Table 4.3)

As regards the perception of drugs, the great majority (or over 93%) of non-drug-taking students agreed (or strongly agreed) that abusing heroin or psychotropic substances was harmful to health. Moreover, 92.1% of them agreed that “their health would deteriorate if they abused drugs”; and 87.9% considered that “they would have trouble in their work or study if they abused drugs”.

Similar to attitudes on approval of drug use, there were proportionately less, by over twenty percentage points, drug-taking students holding the above belief. Statistically, 70.1% of heroin users and 76.0% of psychotropic substance users considered that abusing drugs (heroin or psychotropic substances) was harmful to health; 67.4% - 73.8% agreed that “their health would deteriorate if they abused drugs”; about 60% of drug-taking students considered that “they would have trouble in their work or study if they abused drugs”.

Comparing the distribution patterns against the last round of the survey, the general attitudes towards drug abuse has improved over the past four years. Figure-wise, the proportion of all secondary school students (regardless of whether they had ever used drugs) who disapproved of people using drugs increased by 1.6 - 2.0 percentage points from 2000 to 2004; and that for students who considered abusing drugs harmful to health increased by 5.3 - 8.0 percentage points.

#### 4.1.3 Inclination to drug use (Table 4.4)

On the whole, the great majority of non-drug-taking students held positive attitudes against drug use. Over 90% of them disagreed that “using drugs would make them more confident”; that “they would have a good time

會服用藥物”和“服用藥物後可以和朋友更容易相處”；86.6% - 90.5% 明確表示“已向自己承諾不會濫用藥物”，及“他們的好朋友認為濫用藥物是愚蠢的”。

一如所料，濫用藥物的學生對藥物持上述正確看法的比例相對較低。相對於不會濫用藥物的學生，相應的比例少 20 至超過 30 個百分點以上。

值得一提的是，逾半數(52.8%)濫用精神藥物者同意“服用藥物後可以玩得更開心”。研究還注意到，這一組濫藥者報稱，他們首次濫用藥物是為“尋求刺激”和“消愁解悶／逃避不開心或不愛的感覺”。有鑑於此，我們應以適當的方法，向易受毒品危害的一群灌輸正確的概念，使他們知道濫用精神藥物無助解決個人、學校、家庭或任何其他問題，而只不過是暫時逃避的消極方法，最終會毀掉自己的前途。

此外，過半(52.7%)濫用精神藥物者同意“好朋友會覺得服用藥物是很平常的事情”，半數不同意“好朋友認為濫用藥物是愚蠢的”。這些結果一再顯示，朋輩的影響和渴望跟同輩朋友打成一片，與首次濫用藥物息息相關。

表 4.3 及 4.4 的問題取材自《中文版濫藥程度測量表》(Lam et al., 2002)。這是個綜合的測量表，經已在本港驗證可用。通過評估接受調查者的實際經驗、對濫藥後果的看法、對戒除毒癮所展現的決心有多大、朋友是否大多有濫用藥物習慣等指標，從而測量他們濫藥的參與程度。

after taking drugs”; that “they would use drugs when they were unhappy”; and that “they could get along with their friends better after using drugs”. 86.6% - 90.5% of them positively said that “they promised themselves not to abuse drugs” and that “their close friends thought it was stupid to abuse drugs”.

The proportions of drug-taking students holding the above positive beliefs in drugs, as one would similarly expect, were comparatively lower. The corresponding proportions were lower than their non-drug-taking counterparts by over twenty to more than thirty percentage points.

It is worth pointing out that over half (or 52.8%) of psychotropic substance users agreed that “drugs would give them a good time”. It is also noted that this group of users reported that they first used drugs to seek euphoria / sensory satisfaction” and “relief of boredom / depression / anxiety”. The correct concept that taking psychotropic substances could not help root out personal, school, family nor any other problems, but was only a passive way to avoid facing the problem temporarily that would ultimately do harm to one’s future, should be properly conveyed to the vulnerable groups.

Moreover, over half (or 52.7%) of psychotropic substance users agreed that “their close friends would regard using drugs as very common” and half of them disagreed that “my close friends thought it was stupid to abuse drugs”. These again pointed to that peer influence and the desire of being identified amongst peers were strongly associated with first drug use.

Questions presented in Tables 4.3 and 4.4 were adopted from the *Chinese Drug Involvement Scale* (Lam et al., 2002). It is a global assessment scale, locally validated, for measuring respondents’ involvement in drugs through assessing such indicators as actual experiences, beliefs with regard to the consequences of drug-taking, the degree of

## 4.2 自我形象(表 4.5)

除與藥物有關的資料之外，這次調查還蒐集了一些內在和外在屬性，如學生的自我形象、與家人、學校和朋輩的關係，及其人口特徵等。透過比較曾濫用藥物與不曾濫用藥物的學生的特徵，調查觀察到一些現象，有助了解濫用藥物的學生的內心世界。

一般而言，濫用藥物的學生較沒有自信。舉例說，只有 71.7% 至 74.8% 濫用藥物的學生相信如果盡力去做，總能解決難題，比例略低於不曾濫用藥物的學生(85.2%)。同樣地，表示自信能應付任何突如其來的事情的濫用藥物的學生所佔比例(66.0% 至 69.2%)，也稍低於不曾濫用藥物的學生的比例(73.5%)。

在所有學生中，約有 77.6% 表示在好朋友之間常有自己的主意，51.8% 表示不易受好友影響。至於曾濫用藥物和不曾濫用藥物的學生的相應比例，大致相若。

總的來說，學生對自己感到滿意。在不曾濫用藥物的學生中，約有 79.4% 同意這點，而曾濫用藥物的學生則約有 66.9% 至 67.7% 表示同意。不過，在所有學生中，只有稍多過半數(51.1%)不同意有時會覺得自己一無是處；而曾濫用藥物和不曾濫用藥物的學生情況亦大致相若。

manifest commitment to abstinence from drugs and the extent to which friends have drug related habits.

## 4.2 Self-perception (Table 4.5)

Besides drug-related information, some internal and external attributes such as the students' self-perception, relationship with family, school and peers and their demographic characteristics, were also obtained. Comparison of these characteristics between students ever and never used drugs provided important insights which help understanding the inner world of drug-taking students.

In general, it was found that drug-taking students had lower confidence. For instance, only 71.7% to 74.8% of drug-taking students believed that they could always manage to solve problems if they tried hard enough. The figures were slightly lower than that of non-drug-taking students (85.2%). Likewise, the proportions of drug-taking students who stated that they were confident to deal with unexpected events efficiently (66.0% to 69.2%) were also slightly lower than non-drug-taking students (73.5%).

About 77.6% of all students indicated that they always had their own ideas amongst close friends, 51.8% indicated that they could not be influenced by close friends very easily. The corresponding proportions for students ever and never used drugs were largely similar.

On the whole, students were satisfied with themselves. About 79.4% of non-drug-taking students agreed with this point, whereas about 66.9% to 67.7% of drug-taking students agreed. However, only slightly more than half (or 51.1%) of all students disagreed that they sometimes thought they were no good at all. Students ever and never used drugs were largely similar.

表 4.5 的問題取材自 Rosenberg 的《自尊量表》(Rosenberg, 1989)和《自我效能量表》(Jerusalem & Schwarzer, 1992)。這些量表旨在評估個人對自己的觀感，以及對應付人生中種種艱難險阻有多樂觀自信。

### 4.3 行爲與學業問題 (表 4.6)

在所有學生中，約有四分之一表示在二零零四年的調查進行前六個月內，曾受同輩欺負、午夜在街上流連或被學校記缺點、小過、大過或收警告信；約有十分之一曾被流氓騷擾、逃學或與黑社會來往。就可作比較的問題而言，有關比率一般較二零零零年錄得的數字為高。這也許是一個早期訊號，提醒我們時下年青一代各種潛伏問題正不斷擴大，並需要及早處理。

濫用藥物的學生曾遇到上述問題的比例，一般高於不曾濫用藥物的學生。濫用精神藥物者曾在午夜流連街上、逃學和與黑社會來往的比例尤其偏高。這和 2.4 節所述，濫用精神藥物者較喜歡與朋輩一同濫藥，因此傾向與朋輩一致行動的發現呼應。

### 4.4 閒暇的運用 (表 4.7 及 4.8)

本調查亦蒐集了濫用藥物和不曾濫用藥物的學生消閒活動的資料。這些資料對籌劃可讓大部分學生參與，既吸引又能配合他們興趣的宣傳活

Questions presented in Table 4.5 were adopted from the *Rosenberg Self-Esteem Scale* (Rosenberg, 1989) and the *General Self-Efficacy Scale* (Jerusalem & Schwarzer, 1992). These scales were designed to assess an individual's thoughts and feelings with reference to himself and optimistic self-beliefs to cope with a variety of difficult demands in life.

### 4.3 Behavioural and school problems (Table 4.6)

About a quarter of all students reported that they had ever been bullied by peers, roaming around at night or reprimanded by schools in the past six months before survey enumeration in 2004. About one-tenth of them had been harassed by gangsters, played truant or involved in triad society. Where comparable, the rates were found in general higher than the figures recorded in 2000. This is perhaps an early sign of the growing need for tackling hidden problems of our young generation.

The proportions of drug-taking students who had ever experienced the above problems were in general higher than their non-drug-taking counterparts. Specifically, the proportions of psychotropic substance users who had ever experienced problems of roaming around at night, playing truant and involved in triads were exceptionally larger. This echoes the findings in Section 2.4 that psychotropic substance users usually preferred to use drugs with peers, hence they tended to act along with peers.

### 4.4 Use of leisure time (Tables 4.7 and 4.8)

The Survey also collected information on what drug-taking and non-drug-taking students would do in leisure time. Such information would be useful for planning of publicity programmes that

動，十分有用。

調查發現，不曾濫用藥物的學生獨處時大多會看電視／聽電台節目或音樂(75.7%)，其次是瀏覽互聯網／ICQ(74.2%)、睡覺(59.4%)和玩電子遊戲(44.5%)。不過，濫用藥物的學生卻較喜歡瀏覽互聯網／ICQ(52.5%至63.5%)，接著才是睡覺(45.5%至57.2%)和看電視／聽電台節目或音樂(49.6%至55.0%)。

至於在閒暇與好友一起的時間，不曾濫用藥物的學生大多(72.3%)會與朋友聊天，其次是購物／逛街(57.3%)、做運動／玩遊戲／戶外活動(55.6%)和看電影(45.6%)。濫用藥物和不曾濫用藥物的學生的分布模式大致相若。

#### 4.5 與家人的關係 (表 4.9 - 4.11)

大部分中學生(82.4%)認為自己與家人相處融洽，73.8%認為父母關注他們的感受，59.1%認為父母了解他們。兩組數字均尚算高，而且和四年前比較整體皆有所改善。就二零零四年調查而言，儘管在“父母關懷我”和“父母了解我”這兩項上仍相差14個百分點，但這差距已較二零零零年錄得的(約達15個百分點)小得多。

上述有關與家人／父母的關係的數字，於濫用海洛英者和濫用精神藥物者而言，普遍較不曾濫用藥物的學生為低，相差約為10-20個百分點。

could reach out, draw the attention of and match the interests of most students.

The Survey found that great majority (75.7%) of non-drug-taking students would watch TV/listen to radio/music when alone. This was followed by surfing the Internet/ICQ (74.2%), sleeping (59.4%) and playing video games (44.5%). However, drug-taking students preferred surfing the Internet/ICQ (52.5% to 63.5%), followed by sleeping (45.5% to 57.2%) and watching TV/listening to radio/music (49.6% to 55.0%) more than non-drug taking counterparts.

When they stayed with friends in leisure time, most non-drug-taking students would chat with friends (72.3%), shopping/wandering on streets (57.3%), playing sports/games/outdoor activities (55.6%) or watching movies (45.6%). The distribution patterns for drug-taking and non-drug-taking students were similar.

#### 4.5 Family relationship (Tables 4.9 - 4.11)

Most of the secondary school students (82.4%) felt that they got along well with their family members. 73.8% of them felt that their parents cared about their feelings, and 59.1% felt that their parents understood them. Both figures were on the high side, and had improved generally over the past four years. Though there continued to be a 14 percentage-point difference between “being cared by parents” and “being understood by parents” for 2004, the gap was much smaller than that recorded in 2000 (decreased by almost 15 percentage points).

The above figures on relationship with family members / parents for heroin and psychotropic substance users were in general lower than non-drug-taking students, by about 10 – 20 percentage points.

濫用藥物的學生與父母同住的比例，相對低於不曾濫用藥物的學生。不曾濫用藥物的學生約有 86.6% 與父母一起居住，而濫用海洛英者和濫用精神藥物者的相應數字為 73.7% - 77.1%。

與不曾濫用藥物的學生比較，來自經濟條件較差和經濟條件較佳家庭的濫用藥物的學生所佔比例均稍高。這點可從以下的數字反映出來：濫用藥物的學生中，家庭收入屬最低一組 (5,000 元以下) 的佔 6.3% - 8.7%，較不曾濫用藥物的學生中的 4.2% 為高。濫用藥物的學生中，家庭收入屬最高一組 (50,000 元或以上) 的佔 10%，亦較不曾濫用藥物的學生中的 5.4% 為高。

The proportions of drug-taking students living with parents were comparatively lower than those non-drug-taking students. About 86.6% of non-drug-taking students were living with their both parents, as compared with the corresponding figures of 73.7% - 77.1% for heroin and psychotropic substance users.

Comparing with non-drug-taking students, slightly larger proportions of drug-taking students came from worse-off and better-off families. This was reflected by the fact that there were proportionately more heroin and psychotropic substance users with the lowest family income group of less than \$5,000 (6.3% - 8.7% for drug-taking groups versus 4.2% for non-drug-taking students); and those from the highest family group of \$50,000 or above (about 10% for drug-taking groups as against 5.4% for non-drug-taking students).