Information Technology Application in Promoting Positive Education, Resilience, and Mental Wellness Among Hong Kong Primary Students: A Gamification Approach

資訊科技之應用以推動香港小學生的正向教育、抗逆力和心理健康：遊戲化方法之使用

by Cecilia CHENG, PhD

Faculty of Social Sciences, Department of Psychology

Project No.: KE-SI-2022/23-80

Strategic Theme: Use of IT in Education
港大正向健康打機上網計劃2.0

DNA
好網神聯盟

psydna.psychology.hku.hk
This project contributes towards United Nations’ Sustainable Development Goals:

3. Good Health and Well-being
4. Quality Education
9. Industry, Innovation and Infrastructure
Overview

• Development of “D.N.A.: Digital Netizen Alliance (好網神聯盟)” Program
• Our lab’s response to the serious mental health and gaming addiction problems among Hong Kong children
• Target audience: Primary school students in Hong Kong
• The D.N.A. program is being implemented in our network schools from December 2022 to June 2023.
Program Aims

The D.N.A. program aims to:

- Bolster mental and physical health among HK primary students
- Establish healthy Internet habits and responsible Internet use
- Promote a balanced digital lifestyle
- Cultivate warm family environment
- Prevent mental health and gaming addiction problems in Hong Kong
Program Framework

Digital Detox Camp

Student/Parent/Family Workshops

Online Gamified Educational Platform, Student/Parent/Teacher Seminars
好網神聯盟冒險之旅
Adventures of the Digital Netizen Alliance

抗壓積極！
成長LEVEL UP!

「港大正向健康打機上網計劃2.0：D.N.A.好網神聯盟」，
旨在建立學生正向身心特質及健康上網習慣，以及促進親子／
家庭關係，致力研究預防香港兒童情緒問題和打機成癮之
方針，於小學校園實踐。

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Promotion Trailer of D.N.A. Program
攜手共創數碼抗逆力：家校承諾共證典禮
Building Digital Resilience Together:
School-family Pledge Ceremony
數碼排毒夏令營
Digital Detox Summer Camp
靜觀藝術齊共創：心靈藝術工作坊
Mindful Art Jam
歡樂家庭齊瑜珈：身心鬆弛工作坊
Fun Fun Family Yoga
Connecting with Your Kids: Enhancing Communication for Stronger Bonds
走出屏幕：開心小孩健康成長 家長工作坊/網上講座
Beyond the Screen: Building Healthy Habits For Happy Kids
培養科技智慧好兒童：家長網上講座
Raising Screen-smart Kids: Tips and Tools for Parents
培養科技智慧好學生：教師專業網上講座
Promoting Digital Wellness in Classroom: Tips and Tools for Teachers
KE Outcomes and Impact

1. Enhanced mental wellness: D.N.A. program improved overall mental well-being of primary students, reducing negative emotions.

2. Prevention and mitigation of gaming disorder: D.N.A. program fosters healthy gaming habits by teaching responsibility and providing tools to manage gaming habits, effectively preventing and mitigating gaming disorder.

3. Positive societal impact: D.N.A. program promotes better mental health and healthy gaming habits among primary students, leading to a significant positive impact on society.
The HKU Social and Health Psychology Lab has designed the ‘D.N.A.: Digital Notion Alliance’ program in response to the prevalent mental health and gaming disorder problems among Hong Kong primary students. This program aims to equip students with the skills to manage their emotions and handle stress effectively. The program also encourages students to participate in offline activities and manage their online time, aiming to reduce the risks of facing problems related to problematic Internet use and excessive gaming.

Research has shown that the D.N.A. program was effective in improving mental wellness among the primary students who had taken part. The program was found to be particularly effective in reducing their negative feelings over time, while also preventing and mitigating gaming disorder by fostering healthy gaming habits.

Apart from students, parents who participated in this program also considered that the parent workshops were effective in improving parent-child communication skills, providing professional advice on parenting, and promoting healthy and balanced lifestyle habits. Parents appreciated the real-life case analyses and examples in the workshops, which helped them identify areas for improvement and create a caring and warm family environment.

Overall, research evidence indicates that the D.N.A. program is a promising intervention for improving the mental health and digital well-being of Hong Kong children, and for strengthening parents’ communication skills with their children and promoting healthy lifestyle habits for the whole family.

Hong Kong University of Science and Technology (HKUST) launched the ‘D.N.A.: Digital Notion Alliance’ (D.N.A.) program in response to the prevalent mental health and gaming disorder problems among Hong Kong primary students. The program aims to equip students with the skills to manage their emotions and handle stress effectively. The program also encourages students to participate in offline activities and manage their online time, aiming to reduce the risks of facing problems related to problematic Internet use and excessive gaming.

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