

Abstract

Nowadays, Hong Kong parents tend to arrange more and more extra-curricular activities (ECA) for their children. However, over-scheduling children's life may lead to a negative outcome. David Elkind (2001) suggested that "the hurried child" who experiences extreme pressure by being pushed to learn is prone to suffering stress. In this study, 250 primary 4 to primary 6 students (aged 9 to 12) and their parents were invited to join the study by answering a questionnaire. Children's Manifest Anxiety Scale (Taylor, 1953) was used to assess the stress level of the participated primary students. The results confirmed that children with high activity time had significantly higher level of anxiety than the low activity time counterpart. Besides, Schaefer and Edgerton's (1985) Parental Modernity Scale and Jackson et al.'s (1998) Authoritative Parenting Index (API) were adopted in the study to find out the moderating effect on the influence of activity time on children's anxiety level. Only Authoritative Parenting Style was found to have the moderation effect on female participants. Findings of this study give reference to the parents to adjust their parenting style in order to favor children's mental health under long activity time. Lastly, an extra study, Appearance Measure was conducted to look at the association between children's anxiety level and the maturity of their appearance. However, the result did not show a significant correlation between the two.