

# LIFE AT SCHOOL IN SCOTLAND

HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN 2018 SURVEY



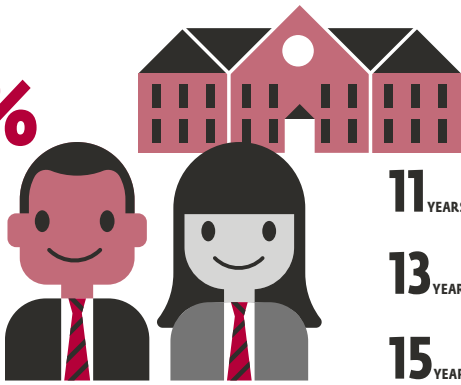
**School is a significant part of a young person's life.** A positive school experience can bring many benefits for health and education. Young people who feel able to manage their schoolwork, have good teacher support and are happy at school are more likely to report high life satisfaction.

Why do you think younger adolescents tend to like school more than older adolescents?

Do you think this is due to school life changing or the adolescents changing or both?

**75%**

of young people say they like school a lot or a bit.



**11** YEARS

**85%**

**13** YEARS

**75%**

**15** YEARS

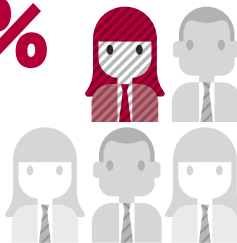
**65%**

## Support at school is important.

Feeling accepted by other pupils is linked to higher levels of liking school and greater involvement in school. Having good relationships with school staff and classmates is associated with more positive wellbeing.

**22%**

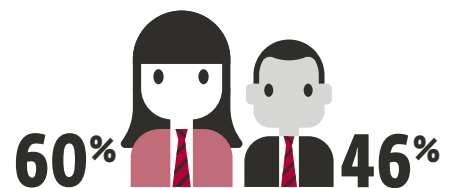
report **high support** from classmates



Younger adolescents are more likely to report this than older adolescents. **34%** of 11-year-olds, **19%** of 13-year-olds and **13%** of 15-year-olds

**53%**

report **high support** from friends



**60%**

**46%**

At all ages **girls are more likely** than boys to report high support from friends

What can you do to make your school a more supportive place for others?

**38%**

report **high support** from teachers



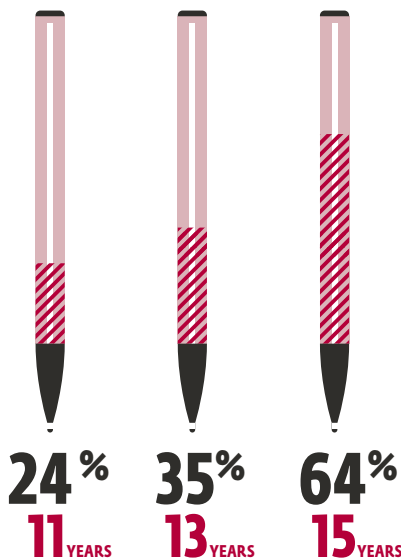
This varies by age – **61%** of 11-year-olds, **31%** of 13-year-olds and **23%** of 15-year-olds

## Pressure from schoolwork

**41%**

of adolescents experience **a lot or some pressure** from schoolwork

This proportion increases with age:

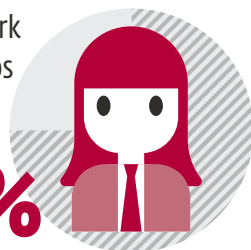


What advice do you have for someone who is feeling under pressure from schoolwork?

Fifteen-year-old girls feel the **most pressure** from schoolwork out of all groups

**75%**

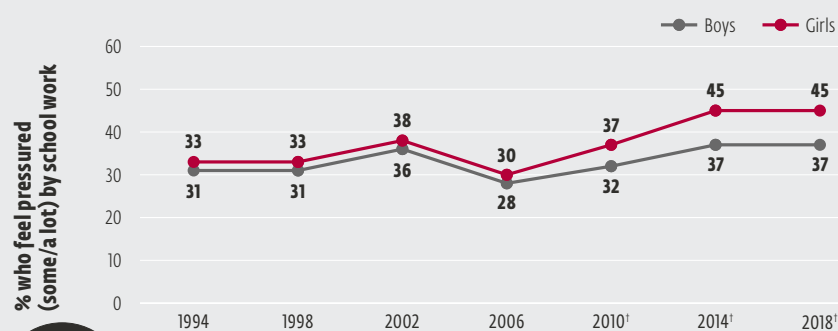
of **15-year-old girls** feel **a lot or some pressure** from schoolwork



HBSC Scotland has been monitoring feelings of pressure from schoolwork since 1994. It remained relatively stable until 2006 but has increased over the past ten years, particularly for girls.

### Feel pressured by schoolwork 1994–2018

Source: HBSC Scotland 1994–2018 Surveys



<sup>1</sup> Significant gender difference ( $p < 0.01$ )



**60%** of adolescents who said they felt some or a lot of pressure also said they liked school a lot or a bit.

## About the Health Behaviour in School-Aged Children (HBSC) survey

HBSC is a school-based survey that is run every four years in Scotland. It asks young people aged 11-, 13- and 15-years old questions about their health and health behaviours. In 2018, 5,286 young people from 208 schools took part in the survey.

The study has been running since 1990 in Scotland and is also run internationally. We are therefore able to compare the experiences of young people today with young people over the past 30 years and to other young people in different countries. For more information, visit: [gla.ac.uk/hbscscotland](http://gla.ac.uk/hbscscotland)

This is the second in a series of "At a Glance" research briefings to summarise findings from the 2018 HBSC Scotland survey. It was written by Judith Mabelis, Dorothy Currie, Malachi Willis and Jo Inchley. The HBSC Scotland team is based at the Universities of Glasgow and St Andrews.

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