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| (36) | 學習應對 |

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|  | 學習應對(Learning to cope) | | | |  |  |
|  | 請選出你在過去半年的情況 | 沒有 | 頗少 | 一般 | 頗多 | 很多 |
|  | 專家教你如何克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 朋友教你如何克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 其他長者教你如何克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 宗教人士教你如何克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 透過閱讀去學習如何克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 家人教你如何克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 為了家人而去克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 社工教你如何克服逆境 | 1 | 2 | 3 | 4 | 5 |
|  | 傳媒出現的人物教你如何克服逆境 | 1 | 2 | 3 | 4 | 5 |