

心理學師生同獲 美國心理學會獎項

Psychology student and teacher win American psychology awards



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香港城市大學（城大）2007年社會科學榮譽學士—心理學畢業生嚴英傑憑其有關「年齡與寬恕」的研究，奪得美國心理學會屬下第20號學會—成人發展和老化現象學會學生研究比賽（本科生組別）大獎，成為首名獲得該獎項的香港學生。此外，他的導師，城大應用社會科學系副教授鄭相德博士近日也獲該會選為傑出國際心理學家。

這次獲獎，再次印證城大師生的卓越成就獲得國際肯定。

嚴英傑的獲獎研究，是探討年齡對個人考慮是否原諒別人的影響。這次研究在大學和老人院舍進行，透過問卷形式分別訪問了89名18至23歲的青年和91名61至92歲的長者。嚴英傑先把研究對象隨機分成三個組別，邀請受訪者根據所屬組別的假設身分選出在被人傷害時的感受和反應。第一個組別是假設受訪者壽命會延長20年；第二個組別是假設自己在數週內將要獨自移民外國，即與親友相聚的時間會被縮短；第三個組別則假設一切維持現狀。

研究結果顯示，年長者較年輕人容易寬恕別人，而與親友相聚時間被縮短的組別則較壽命延長和保持現狀兩個組別的受訪者較易寬恕別人。

該學生研究比賽今年首次接受美國以外的學生參加，成為全球性的心理學學生研究比賽。嚴英傑說：「我希望透過這次獲獎，讓更多人知道香港學生的能力達至國際水平。」現於香港警察學院受訓的嚴英傑表示，心理學知識讓他較容易明白和分析別人的行為和背後動機，對他未來的工作有一定幫助。他也希望將來能繼續進修，並加入警察心理服務科工作。

「我十分感激鄭博士的鼓勵和指導。我是讀了鄭博士一些有關年齡和老人心理的報告，才決定進行這項研究的，」嚴英傑說。

鄭相德博士多年來致力研究人口老化問題。「這次研究結果有效引證以往心理學有關時間概念影響長者身心健康的理論，對全球處理老化現象具有正面的作用，」他說。

此外，鄭博士近日也獲美國心理學會屬下第52號學會—國際心理學會選為傑出國際心理學家（美國以外地方），以表揚他對跨學科心理學方面作出的貢獻。

美國心理學會是心理學的科學及專業組織，現擁有15萬名會員，乃全球最大的心理學家組織。

(Published on 14 September 2007)

A graduate and a teacher from City University of Hong Kong (CityU) have won major international awards through the American Psychological Association (APA).

Jeff Yim Ying-kit won the Student Award for Completed Research (Undergraduate) from the Division 20 (Adult Development and Aging) for his research on "Age and Forgiveness". Jeff, a 2007 graduate of the BSocSc (Hons) Psychology degree programme, is the first Hong Kong student to receive such honour.

Further to the good news, his teacher Dr Cheng Sheung-tak, Associate Professor in CityU's Department of Applied Social Studies, won the Outstanding International Psychologist Award.

Their awards testify again the level of international recognition for the achievements by CityU students and academic staff.

Jeff's winning research is about the implication of age on forgiving others. Using a questionnaire, he interviewed 89 young people aged between 18 and 23, and 91 elderly people between the ages of 61 and 92. He conducted the interviews in universities and elderly homes, respectively. The interviewees were randomly divided into three groups and they were asked how they felt when they were hurt by others.

To answer the survey questions, the first group of interviewees had to assume they would live 20 years longer than their natural life span; the second group that they would migrate alone to another country within a few weeks and would have only a very short time to see relatives and friends; and the third group that everything stayed the same.

The survey results showed that elderly people were more forgiving than young people. In addition, compared with the group with a longer life and the group with the status quo, the group who had a shorter time to see relatives and friends was more inclined to forgive others.

This was the first time the APA accepted entries from students from countries outside the US, making it a truly international contest. "I hope that by winning this award I can show more people the strengths of Hong Kong students," Jeff said.

Jeff, now receiving training at the Police College, said his psychology knowledge helped him to understand more easily human behaviour and motivation, a great help for his future career. He said he hoped to join the police psychology service unit.

"I am very grateful to Dr Cheng for his encouragement and supervision," Jeff said. "I was inspired to do my research



after reading his reports on age and the psychology of elderly people."

Dr Cheng has been studying ageing issues for many years. "The research results have proved the psychological theory about the impact of time on the physical and mental health of elderly people. It is hoped that the results can contribute to dealing with the global ageing problem," he said.

Furthermore, in recognition of his outstanding contributions to psychology in the area of interdisciplinary studies, Dr Cheng has been named the Non-US Outstanding International Psychologist by Division 52 (International Psychology) of the APA.

APA, a US-based scientific and professional organization with 150,000 members, is the largest association of psychologists worldwide.

Other media coverage :

Newspapers

17-9-2007 *Ming Pao Daily News* 《明報》, *Sing Tao Daily* 《星島日報》, *Ta Kung Pao* 《大公報》, *Metro Daily HK* 《都市日報》, *South China Morning Post* 《南華早報》

Website

17-9-2007 *News.cri.cn* 《國際在線》

Other works (or related links):

CityU Institutional Repository
<http://dspace.cityu.edu.hk/handle/2031/4721>