

Public Opinion Towards Teenagers and Their Stress in Modern Era

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Abstract: *Stress is the way the body reacts. It's an unavoidable consequence of life. Teen stress may be a big issue in today's society. Recent studies have shown that teens may develop more stress when compared to the adults. People don't remember those problems because they need to forget them. Stress may be a significant problem for teens. There are many factors that lead into teen stress, like school, drugs, peer pressure etc. Stress is the way the most of the humans react both physically and mentally affected due to the situations, changes and events in their lives. It is associated with the feeling of physical or emotional tension and accompanied by psychological process. It is based on the perception of the situation or circumstances. Stress issues are basic with numerous individuals announcing encountering extraordinary degrees of negative stress. Stress is a response to a changing, requesting condition. Appropriately considered, stress is extremely more about our ability to deal with change than it is about whether that change causes us to feel positive or negative. So here we are going to discover procedures that can help you securely and adequately decrease your weakness to encountering extreme negative pressure. Stress is a response to a changing, requesting condition. Appropriately considered, stress is extremely more about our ability to deal with change than it is about whether that change causes us to feel positive or negative. The research method followed here is the empirical research. A total of 200 samples have been taken out of which is taken through a convenient sampling method. The sample frame taken by the researcher is through online mode. The independent variable taken here is age, education, occupation, gender, marital status. The dependent variables are the causes that leads to teenage stress, the personal methods to relieve your stress and frequency of feeling stressed.*

Keywords: Stress, consequences, Adolescence, Responsibilities, Anguish, Anxiety