

A Descriptive Study on Sources of Stress and Effective Stress Management Techniques among Youth

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Abstract: *Stress is the condition of psychological tension that arises in an individual due to challenges in their social and environmental welfare, leading to a range of potential ailments. Adolescence is a pivotal period since it encompasses significant transformations in the lives of young individuals. They are expected to belong to the upper echelon of society. Consequently, it is imperative for students to enhance their stress-management abilities in order to maintain a healthy lifestyle once entering society. During adolescence, a child must adapt to a new way of life and environment, while also familiarizing themselves with various unknown individuals, events, and items. They are experiencing significant life stress. Hence, it is vital to identify the origins of stress among individuals, as well as the strategies they employ to manage it. The study indicates that stress is predominantly triggered by academic evaluations, social interactions, marital conflicts, significant life transitions, and career exploration. Generally, this kind of stress can lead to behavioural, physiological, and psychological problems. This study aims to determine the causative elements of adolescent stress. Subsequently, the researcher recommends that once the causes have been identified, greater emphasis should be placed on monitoring the child's development as they enter adolescence. They ought to be brought up in a supportive and caring setting. There is a need to enhance the significance of outdoor activities and establish a supportive learning environment by mitigating the adverse impacts of stress. The research findings will provide advantages to individual students, academics, lecturers, career centers, and counseling services.*

Keywords: Adolescents, Psychological stress, Stressor, and Stress management