

# Descriptive Study on Sources of Stress [Stressors] and the Effective Stress Management Amongst Youngsters

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**Abstract:** *Stress is a state of mental strain for a specific person experiencing issues with their social and environmental well-being, which can result in a variety of illnesses. Young age is a crucial stage since it is a time when youth experience many changes in their lives. They are anticipated to be the social elite. Therefore, students should improve their stress-management skills in order to lead a healthy life after they join society. When a child reaches adolescence, they must not only get used to a new lifestyle and setting, but also become acquainted with a wide range of unfamiliar people, occasions, and objects. They are under a great deal of life stress. Therefore, it is crucial to recognise the sources of stress among them as well as coping mechanisms. According to the study, stress is primarily caused by academic assessments, interpersonal interactions, marital issues, life changes, and job exploration. Typically, such stress can result in behavioural, bodily, and psychological issues. This study identifies the factors that lead to youth stress. The researcher then advises that, after identifying the causes, more attention be focused on the child's growth as they approach adolescence. They should be raised in a nurturing environment. The importance of outdoor activities should be increased, and by reducing the negative effects of stresses, a hostile learning environment should be created. The research results will benefit individual students, academics, lecturers, career centres, and counselling services.*

**Keywords:** Youngsters, Stress, Stressor, and stress management.

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