

Youngsters Stress: Causes and Tips to Deal with It

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Abstract: *Stress is how we respond when we feel under pressure or threatened. It usually happens when we are in such a situation that we are not able to manage or control the situation. The teenage years are ripe with new experiences, opportunities and challenges. Also, during this time, youngster brains are in developing stage and they want more independence and autonomy. But there are various factors which increases the stress among youngsters. At present stress is very common in youngsters. Pressure on students by parents and teachers in competitive world leads to mental health issues sometimes severe health problems. In the present paper there is an attempt to discuss stress as well as stress management tips so that youngsters can deal with the problems related with various health issues.*

Keywords: Stress, Mental Health, Stress Management

I. INTRODUCTION

Stress among students is a significant and widespread issue that can have a profound impact on their physical and mental health, academic performance, and overall well-being. Stress can be defined as any situation that evokes negative thoughts and feelings in a person (Omar et al., 2019). The same situation is not stressful for all individuals, and all individuals do not experience the same negative thoughts and feelings during stress (Mamun et al., 2019).

Stress affects numerous systems within us, including our metabolism, memory, and immune system. Under normal circumstances, our mental, emotional, and physical state should return to normal once a stressful event has passed. This is where mental fitness comes into play, helping us maintain our wellness levels even when dealing with stress.

Sometimes small amounts of positive stress can help us perform better; the key is that this stress is brief. Acute and prolonged stress may lead to long-term health problems and affects the existing conditions.

There are several factors contributing to stress among students:

- **ACADEMIC PRESSURE:** Academic pressure among students is a substantial and pervasive problem that may have long-lasting effects on their general development, mental health, and well-being. This pressure frequently results from a variety of institutional and social pressures. Parents, instructors, and even they frequently hold students to high academic standards. To please one's family or to ensure a bright future, one may feel under pressure. The emphasis on grades and academic performance as success indicators can put a lot of strain on people. Some students may believe that their worth is completely based on their academic performance. In many highly competitive educational institutions, students feel pressure to perform better than their colleagues in order to get into a preferred college or programme. These conditions can further hinder academic performance.
- **FINANCIAL BURDEN:** Financial burden is a significant source of stress among many students, particularly those pursuing higher education. The rising costs of tuition, textbooks, living expenses, and other educational-related expenses can lead to financial stress that negatively impacts a student's overall well-being and academic performance. Here are some key factors contributing to financial burden-related stress among students.
- **SOCIAL PRESSURE:** The term "social pressure" among students describes the expectations and pressure that peers, cultural standards, and social media place on students' attitudes, actions, and decisions. For students, this kind of strain can result in a variety of difficulties and pressures. Students frequently experience peer pressure to adopt particular views, behaviors, or lifestyles. This can involve pressure to partake in dangerous activities, try with drugs or alcohol, or follow certain fashion trends. Impact: When students make decisions that are at odds with their own values or preferences, peer pressure may lead to stress and internal

conflict. The use of social networking sites can expose pupils to unattainable ideals of success, pleasure, and attractiveness. It can feel impossible to create the ideal online persona. Due to internal conflict and stress, this may cause students to make decisions that aren't in line with their genuine interests and values. Even when it conflicts with their own interests and objectives, students frequently feel compelled to pursue a particular job route or follow in their family' footsteps. Stress and apprehension about the future might be brought on by the worry that one would disappoint one's parents or fall short of social expectations. Adolescent students, in particular, may experience pressure to meet idealized body norms, which can cause anxiety about one's appearance. Low self-esteem, eating disorders, and other mental health problems can all be impacted by body image pressure. It's critical to create a welcoming, accepting environment that values diversity, self-worth, and individuality for pupils in order to assist them deal with societal pressure.

- **HEALTH CONCERNS:** Students' health difficulties might include a variety of physical and mental health conditions that may have an impact on their general well-being, academic performance, and quality of life. These worries frequently result from the particular difficulties and lifestyle elements that students encounter while pursuing their education.

Mental Health Issues:

- **Stress and Anxiety:** Academic pressure, social expectations, and other stressors can lead to high levels of stress and anxiety.
- **Depression:** Feelings of sadness, hopelessness, and loss of interest in activities can result in depression.
- **Eating Disorders:** Students may struggle with conditions like anorexia nervosa, bulimia, or binge-eating disorders due to body image pressures or stress.
- **Suicidal Thoughts:** The pressure and challenges of student life can sometimes lead to thoughts of self-harm or suicide.

Substance Abuse:

- **Alcohol and Drug Abuse:** Many students experiment with or abuse substances like alcohol, marijuana, or prescription drugs, often due to peer pressure or stress relief.

Unhealthy Eating Habits:

- **Poor Nutrition:** Irregular eating patterns, excessive consumption of fast food, and skipping meals can lead to nutritional deficiencies.
- **Weight-Related Issues:** Weight gain or loss due to unhealthy eating habits can impact students' physical and mental health.

Sleep Problems:

- **Insomnia:** Irregular schedules, stress, and academic pressures can lead to sleep disturbances, affecting overall health and cognitive function.

Physical Health Issues:

- **Illnesses:** College campuses can be breeding grounds for contagious illnesses like the flu or common cold.
- **Chronic Health Conditions:** Students with chronic conditions, such as diabetes or asthma, may face challenges managing their health independently.

Uncertain Future: Many students experience stress about the future, which is a typical and legitimate worry. There are many unknowns involved in the move from school to adulthood, such as professional options, financial security, and personal growth. Many students aren't sure what career path they want to take. They might not be confident of what they want to do when they graduate, which can cause uncertainty. Rapid economic change can have an impact on financial stability and career opportunities. Students may worry that it will be difficult to obtain a job that is stable in a tough job market. Financial stress and worry about the capacity to repay loans while maintaining a decent living can result from the weight of student loan debt. The work market is dynamic, and occupations and sectors are always changing. Limited work experience and exposure to the real world can make it challenging to envision a successful

future career or life outside of academia. The transition to financial independence and the responsibilities that come with it can be overwhelming and lead to uncertainty about managing finances and making sound financial decisions.

Tips To Deal with stress

Stress management is crucial for students to maintain their well-being and excel academically. The demands of coursework, exams, social pressures, and other responsibilities can create stress, but there are effective strategies students can use to manage and reduce stress. Here are some stress management techniques for students:

1. **Time Management:**
 - Create a schedule or to-do list to prioritize tasks.
 - Break larger projects into smaller, manageable steps.
 - Use time management tools and apps to stay organized.
2. **Healthy Lifestyle Choices:**
 - Prioritize regular exercise, which can reduce stress and improve mood.
 - Eat a balanced diet with plenty of fruits, vegetables, and whole grains.
 - Get adequate sleep to support cognitive function and emotional well-being.
3. **Mindfulness and Relaxation:**
 - Practice deep breathing exercises to calm the nervous system.
 - Try mindfulness meditation to stay present and reduce anxiety.
 - Engage in progressive muscle relaxation to release tension.
4. **Stress-Relief Activities:**
 - Engage in hobbies and activities you enjoy to unwind and de-stress.
 - Listen to soothing music or nature sounds.
 - Spend time in nature, which has a calming effect on the mind.
5. **Social Support:**
 - Talk to friends, family, or a counselor about your stressors.
 - Build a support network and share your feelings and experiences.
 - Join clubs or groups that align with your interests to connect with like-minded individuals.
6. **Set Realistic Goals:**
 - Establish achievable academic and personal goals.
 - Avoid overloading your schedule with too many commitments.
7. **Positive Self-Talk:**
 - Challenge negative thoughts and replace them with positive ones.
 - Practice self-compassion and avoid self-criticism.
8. **Limit Procrastination:**
 - Recognize procrastination patterns and implement strategies to stay on track.
 - Break tasks into smaller, more manageable chunks to reduce feelings of overwhelm.
9. **Time for Relaxation and Self-Care:**
 - Set aside regular periods for self-care activities like reading, taking baths, or practicing hobbies.
 - Give yourself permission to rest without feeling guilty.
10. **Healthy Boundaries:**
 - Learn to say no to additional commitments when you feel overwhelmed.
 - Communicate your limits to friends, family, and colleagues.

Stress Statistics

A study by the American Psychological Association (APA) found out that over 31% of teenagers feel depressed or sad because of stress.

- 59% of teens said that time management was a significant stressor.
- 40% of teens reported feeling irritable and angry because of stress.

- 35% of them could not sleep at night, while 23% had lost their appetite because of stress.
- Many teenagers also experienced physical changes – 36% felt tired or fatigued, while 32% had headaches, and 21% had an upset stomach or indigestion.
- For girls, appearance was a significant source of stress, with 68% of girls feeling that way. Only 55% of boys surveyed thought their appearance was a stressor.
- Video games (48%) were the number one activity for beating stress, and browsing the internet (43%) was the second.
- 28% of teens played sports, and 37% exercised to manage stress better.

While these numbers may seem like teens are under a lot of pressure, some experts disagree. Michael Bradley, a Pennsylvania psychologist, says that teenagers get stressed when someone demands them to do something they do not want to do.

II. CONCLUSION

Stress is an inescapable part of student life, but it can be managed effectively through proactive strategies and a support system. Although stress is an unavoidable aspect of student life, it can be effectively managed with the help of proactive measures and a solid support network. Students must identify the causes of their stress, accept its effects, and adopt stress reduction strategies that are effective for them. Students can successfully traverse their academic journey by putting their emotional and physical well-being first. In order for pupils to thrive, it is critical for educational institutions, families, and communities to play a part in fostering a healthier, less stressful environment.

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