

## **Management of Stress in Adolescence**

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### **Abstract.**

Stress is a state of mental strain that many diseases are brought on by for a specific person dealing with issues related to their social and environmental well-being. The formative years are crucial since they bring about a lot of changes in a young person's life. It is anticipated that they will be the social elites. In order to have healthy lives once they are integrated into society, individuals need therefore improve their stress management skills. As a youngster grows into a young adult, they have to familiarize themselves with a multitude of new individuals, occasions, and objects in addition to adjusting to a new life and surroundings. They are under a lot of stress in their lives. Therefore, it is crucial to comprehend where their tension comes from and how they manage it. The study discovered that the primary causes of stress are job exploration, life transitions, interpersonal interactions, relationship issues, and academic exams. Usually, this kind of stress results in behavioral, bodily, and psychological issues. This study determines the reasons behind youth stress. Thus, the researcher proposes that after determining the causes, the child's developmental stage into puberty should receive greater attention. They ought to grow up in a happy atmosphere. By reducing the detrimental effects of stressors, a hostile learning environment should be created and outside activities should receive more attention. The results will benefit individual students, academics, instructors, career centers, and counseling services.

**Keywords:** Youth, Stress, Symptoms, and Stressor.

### **1. Introduction**

"Any external event or any internal drive which threaten to upset the organism's equilibrium is stress," according to Selye (1956), is how stress is defined. Stress is a state or emotion that someone experiences when they believe that demands are greater than their capacity to mobilize social and personal resources. It has been reported that younger generations are

more stressed in this competitive age. We learned about sadness, suicide attempts, and a few psychiatric signs that affect young people.

We occasionally receive information about teenage suicide, attempted suicide, depression, dropout rates, and a host of other psychological disorders. The current situation has been evolving, and most of us are aware of the stressors that impact college students and the need to preserve an atmosphere that encourages optimistic thinking in young people.

Individuals and other organizations have also taken action by conducting various stress-reduction programs.

Adolescent period is a risky stage of life when adolescents struggle with identity confusion and self-organization. For them, the biggest sources of stress are financial difficulties, career exploration, interpersonal interactions, relationship issues, and academic exams. Usually, this kind of stress results in behavioural, bodily, and psychological issues. An attempt is made to comprehend the stress and emotional adjustments of today's adolescents by taking all of these issues into consideration. The study's conclusions may help pupils adjust better and achieve better academically.

## CAUSES OF STRESS ON ADOLESCENTS

Events that cause stress are referred to as stressors, and they can include everything from direct physical threat to giving a presentation in class or enrolling in your hardest course for the entire semester. Among the primary causes of stress for students are:

**Academics:** Stress symptoms including anxiety, insomnia, changes in appetite, and mood swings can all be brought on by worries over one's academic achievement. Youth have bad study habits and cram last-minute material the night before exams, claims More House State University. Stress among students is a result of their workload and worry of tests. An excessive amount of homework is the main source of stress for college students.

**Finances:** Financial stress has an impact on all young people! Most young people do not have jobs or their current jobs do not pay as much as they would want. They want to maintain their lifestyle and satisfy customer demand for products like cell phones, bikes, and cars, among other things. If they are unable to fulfill the demand, stress sets in.

**Relationships:** Another significant source of stress is relationships. Whether they are casual acquaintances or close buddies, everyone desires to have friends. Stress also exists

when someone discovers that making friends is a little more difficult than they had anticipated.

**Career-**job stress is a chronic illness that today's youth are prone to, which can have a severe impact on an individual's performance and/or general physical and mental health. There are numerous factors that contribute to workplace stress, such as intense competition, careless co-workers, and a lack of job security. Students worry about competing in the job market and losing out on opportunities.

**Time management:** Secondary or tertiary stress is also caused by a lack of time management skills in young people. Managing your studies, social life, and family can be challenging. Add a part-time work, and the difficulty multiplies.

## 2. Design/Methods/Modelling

Randomly selected young men and women from the Guntur, Vijayawada, and Tirupati regions of India are included in the sample. After being given out to 300 youth, the questionnaire received 225 responses.

A questionnaire-based poll of young applicants, some of whom are students and others who work for different organizations, was used as the mechanism to generate results. The data was gathered from primary as well as secondary sources.

### **Tools used to gather the data**

The three sections make up the design of a questionnaire. The stressor is highlighted in the second section, the signs of stress are highlighted in the first, and the youth's coping mechanisms are highlighted in the third. Both main and secondary sources of information are used in order to accomplish the goal. Aside from conversations with students, formal questionnaires were used to gather the primary data.

### **Data Gathering and Sources of Data:**

- (i) Secondary Data from books, periodicals, magazines, journals, and the internet
- (ii) Primary Information Obtained by Survey
- (iii) Mode of Contact (iv) Direct Communication

The questionnaire is divided into three main sections: the first covers the various symptoms using a seven-point rating system; the second portion covers the sources of stress using 25 statements on a five-point rating system; and the third piece covers ten coping mechanisms.

### 3. Results and Discussion

The respondents come from various parts of northern India; some are employed, while others are pursuing education. The desk indicates that there were 225 respondents in all. The majority of respondents—39.11%—belong to the age range of 21–23 years, followed by 23–24 years (51%), up to 20 years (20%), and over 23 years (18.18%). There are 135 male responders and 90 percent female. The majority of respondents have incomes between Rs10, 000 and Rs 20,000. Respondents originate in the setting in which a single parent works.

**Table 1: Age wise distribution**

Age	No	%
<= 20 years	56	24.89
21-22 years	88	39.11
23-24 years	51	11.11
Above 25 years	25	22.67
No Response	5	2.22
<b>Total</b>	<b>225</b>	<b>100.00</b>

**Table 2: Gender wise distribution**

Category	No	%
Male	56	24.89
Female	88	39.11
<b>Total</b>	<b>225</b>	<b>100.00</b>

**Table 3: wise Distribution according to Monthly Income (Family)**

Income	N	%
Up to Rs. 10000	37	16.44
Rs. 10,0001 - Rs. 20,000	51	22.67
Rs. 20,0001 - Rs. 30,000	39	17.33
Rs. 30,0001 - Rs. 40,000	26	11.56
Rs. 50000 and Above	29	12.89
No Response	43	19.11
<b>Total</b>	<b>225</b>	<b>100.00</b>

The table displays the parents' occupations: 85.78 respondents had a single working parent, whereas 14.22 respondents' parents are employed.

**Table 4: Working Status of Mother**

Working Position of Parents	No	%
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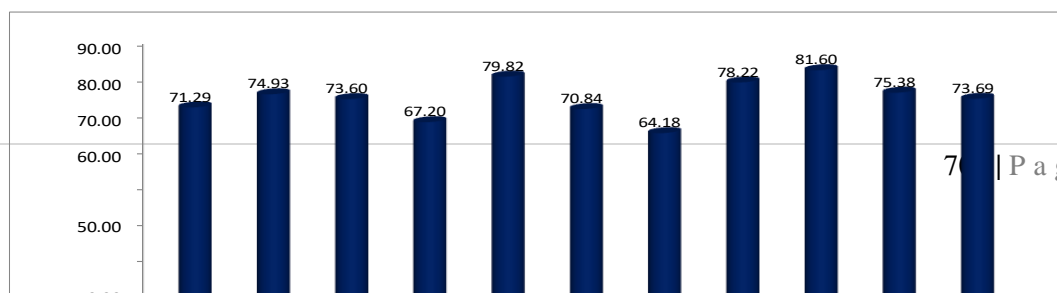
Both Mother & Father Working	32	14.22
Working Father	193	85.78
<b>Total</b>	<b>225</b>	<b>100.00</b>

### Stress Symptoms among Adolescents

As can be seen in Table 3 below, the outcome shows that stress and related symptoms are experienced by students. Depression accounts for the largest percentage of cases (81.60%), which is followed by insomnia (79.82%) and unhealthy eating patterns (78.22%). It has been noted that the majority of young people experience stress, despair, etc. Young people live lives full of desires, which they try to achieve. If they are unable to do so, they experience some level of stress. The degree of symptoms is on the higher end. Kids might not be able to focus on sports and school. They withdraw from social interactions and family events. Teenagers might be dabbling in drug and alcohol use. They might not eat well and have weak immune systems.

**Table 5: Stress Symptoms**

Symptoms	%	Rank
Headaches	71.29	8
Tense muscles, sore neck and back	74.93	5
Fatigue	73.60	7
Anxiety, worry, phobias	67.20	10
<b>Insomnia</b>	<b>79.82</b>	<b>2</b>
Irritability	70.84	9
Bouts of anger	64.18	11
<b>Boredom, Depression</b>	<b>78.22</b>	<b>3</b>
<b>Binge eating</b>	<b>81.60</b>	<b>1</b>
Constipation	75.38	4
Restlessness	73.69	6

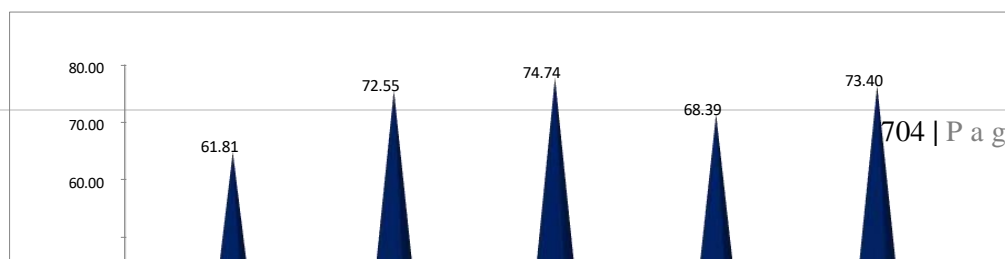


**Causes for Stress**

The first section of the questionnaire looks at academic factors, which show a stress level of 61.81%, with relationships generating the highest amount of stress. It has been noted that relationship stress is rising as a result of social media use. The young generation experiences 72.55% financial stress and 68.395 career stress, among other psychological stressors, which account for 73.40% of the total.

**Table 6: Level of Stress of each kind**

Kind of Stress	Level of Stress (%)	Rank
Academics	61.81	5
Financial or Economic Stress	72.55	3
Relationship Stress	74.74	1
Future / Career Growth Stress	68.39	4
Psychological Stress	73.40	2
<b>Overall Stress</b>	<b>70.18</b>	



### *Strategies for Coping*

**According to the students, they employ many tactics to regulate their stress levels.**

- Firstly, the majority of them (80.89%) desire to create acquaintances.
- As a stress-reduction strategy, students wish to dwell on internets (76.00%).
- Students desire to communicate with members of family in order to deal with them (74.67%).
- Other tactics include using the internet, playing games, and watching movies, table 7:

Activity to Reduce Stress

Action	N	%	Rank
Watch movie with friends	150	66.67	4
Play Games	139	61.78	5
Talk with friend(s)	182	80.89	1
Talk to family member(s)	168	74.67	3
Go to picnic/excursions	75	33.33	10
Use Internet (Social networking sites - Facebook, Google+ etc.) or other sites	171	76.00	2
Listen Music	137	60.89	6
Do exercise / yoga	92	40.89	7
Read self help books	77	34.22	9
Attend cultural programmes	83	36.89	8

**Table 7: Age and Stress**

Age	N	Mean	SD	F	df	Result
Up to 20 years	56	3.57	0.66	0.518	3, 216	NS (p > 0.05)
21-22 years	88	3.47	0.58			
23-24 years	51	3.54	0.65			
Above 25 years	25	3.43	0.51			

F test is used to determine whether income level and stress level are significantly correlated. There is a notable difference in the outcome between the various income groups. Therefore, stress levels are influenced by money. Overall, there is a strong correlation between the various income classes.

**Table 8: Income and Stress**

Income	N	Mean	SD	F	df	Result
Up to Rs. 10000	37	3.55	0.47	8.611	4, 177	*** (p < 0.001)
Rs. 10,0001 - Rs. 20,000	51	3.10	0.41			
Rs. 20,0001 - Rs. 30,000	39	3.41	0.47			
Rs. 30,0001 - Rs. 40,000	26	3.82	1.00			
Rs. 50000 and Above	29	3.50	0.37			

The F test is used to determine whether the working form of the parents and stress and strain are significantly correlated. The parents' job patterns produced a noteworthy outcome. This results from children did not have enough time to talk about their difficulties with their



parents while both parents work, which causes stress. Overall, there is a strong correlation between the various income classes.

#### **4. Conclusions**

The data unequivocally demonstrate that young people are under a lot of stress. Among students, eating disorders, depression, and headaches are more common symptoms. Relationship, financial, and psychological stress are found to be the primary causes of stress in young people among all other factors. They are using technology to increase networking in order to preserve the social network. Their careers are the source of their next source of stress. They are afraid of losing their jobs and worried about how they would do in a cutthroat workplace. Young responders were able to name a few coping mechanisms for stress, including therapy, going out with friends, getting enough sleep, and practicing meditation.

It has been noted that as use of social media among young people has been increased, they have developed a conceit and exclusively interact with technology. It lessens one's physical activity and social interactions with friends and family. All of these lead to stress, which raises the risk of suicide and depression. It is imperative that adolescents set goals and follow a methodical strategy, utilize technology responsibly, and communicate their feelings to those closest to them.

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*Research paper*

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