

A Study Of Causes Of Stress And Stress Management Among Youth

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ABSTRACT

Stress is a condition marked by mental or emotional strain brought on by difficult circumstances. Stress may influence every aspect of your life, including your thoughts, behaviors, emotions, and physical health. This study sought to quantify the level of stress that kids were experiencing. Excessive stress may lead to depression and anxiety. The purpose of the study is to assess different Young People's stress and how it relates to different coping techniques. On the subject of stress management and how it might help young people control their stress and live differently, healthily, and happily, a total of 100 questionnaires from various children have been gathered. Primary data were used to analyses the data. The results indicate that the reason causes severe stress in the youth.

Keywords: Emotional Strain, Stress Management, Youth.

1. INTRODUCTION

The Latin word "stringi" which means "to be drawn tight" is the origin of the English word "stress." The "father of stress" is renowned professor and researcher Hans Selye, who defined stress as "the body's non-specific response to any demand made of it." Young people today deal with a wide range of common stressors, including societal, psychological, and social pressures. More choices and responsibilities are presented to people as they grow older, which can both be freeing and create a great deal of anxiety. According to youth.gov, one in five young people suffer from a serious mental health problem. According to 11% of teenagers, at least one significant depressive episode, involving suicidal thoughts, occurred in the previous year. Youngsters may struggle to deal with the stress and anxiety connected with academics. Teens may be anxious that a poor academic record would lead to them being chastised by their peers, blamed by their parents, or rejected by colleges. Even pupils who perform well face stress from competition or the pressure to get into the best universities. Students, in particular, risk becoming demotivated and performing below their potential if they are not taught how to deal with failure constructively. Taking all of these aspects into account, an effort is made to understand the core causes of stress and how to manage it in young people.

2. IMPORTANCE OF STUDY CAUSES OF STRESS

Stress is our bodies' and minds' reaction to circumstances that upset our personal balance. There are numerous probable causes of stress. It could be linked to external variables such as the state of the globe, the environment in which one lives or works, or one's family. It might be caused by one's own risky behaviors, negative attitudes or feelings, or unrealistic expectations. Stress can occur for a variety of causes. It is determined by the individual's personality, overall outlook on life, problem-solving ability, and social support network. A multitude of physical and emotional factors contribute to stress. The first step in dealing with stress knows what is causing it.

PARENTAL PRESSUERE: Even if parents have the best of intentions, the pressure they place on their children to achieve in all parts of life can be detrimental to their development. Children raised by parents who can't distinguish the difference between constructive criticism and healthy praise may struggle with self-esteem difficulties for the rest of their lives.

UNCERTAINTY ABOUT THE FUTURE: Confusion and a lack of direction are common feelings among today's adolescents. This can occasionally lead to an identity crisis or a loss of motivation. Youths are mostly in the transition period between childhood and maturity; they are acquiring independence and making their own decisions.

TECHNOLOGY: Because of the rapid growth of technology over the last several decades, social media platforms such as Facebook, Instagram, and Snapchat have had a tremendous impact on the lives of young people. According to studies, social media, although making individuals feel more connected, also makes them feel more alone and depressed, particularly among young people. When people's "popularity" is assessed in likes and shares, it might make them feel envious and insecure, adding to their stress.

TIME MANAGEMENT: Youth are stressed as a result of poor time management. Time management skills are vital for balancing all academic, social, and part-time duties, as well as difficult tasks.

3. RESEARCH METHODOLOGY

This is a descriptive and analytical study based on both primary and secondary data. There were 100 surveys collected from various Youngsters.

OBJECTIVES OF THE STUDY

1. To analyses the causes of stress among the Youth.
2. To find out the factors that influences the stress among the Youth.
3. To find out the coping strategies among the Youth

Period of study

The study was conducted during 2023 by contacting respondents in Chennai city

Method of data collection

The primary data was collected from 100 respondents through well- structured questionnaire. The secondary data was collected from journals, books, research articles, websites, newspapers, magazines etc.

Sample design

Simple random sampling

Size of sample

Sample size was 100 respondents.

Questionnaire structure and design

A well- structured questionnaire was used to collect the primary data.

Framework of analysis

Using the proper techniques, obtained primary data have been statistically analyzed, categorized, and tabulated. SPSS [Statistical packages for social science] is a piece of computer software that was used to create the tables, figures, and statistical data. The tools used are

- Percentage analysis
- Friedman ranking Test
- Weighted average Method

ANALYSIS AND INTERPRETATION OF DATA PERCENTAGE ANALYSIS

The concept of "percentage analysis" refers to a specific sort of comparison of two or more data sets. The percentage is calculated using a descriptive relationship. It compares the comparable items. Because the % reduces everything to a single base, it allows for meaning comparison. It is used to compute the percentage of respondents among all respondents.

REASONS FOR STRESS AMONG YOUNGSTERS

Particulars	No of respondents	Percentage
Academic pressure	29	29%
Peer pressure	7	7%
Parents pressure	7	7%
Future plan pressure	57	57%
Total	100	100%

Source: Primary Data Questionnaire

Table shows that 29% of the respondents suffer from academic pressure, 7% of the respondents suffer from peer pressure, 7% of the respondents suffer from parents' pressure and remaining 57% of the suffer from future plan pressure.

MEASURES TO GET RID OF STRESS

Particulars	No of respondents	Percentage
Talk to counselor /friend	27	27%
Take time for yoga & meditation	23	23%
Get organized	15	15%
Focus on positive	35	35%
Total	100	100%

Source: Primary Data Questionnaire

Table suggests that 27% of the respondents talk to counselor/friend to get rid of stress, 23% of respondents take time for yoga & meditation, 15% of the respondents get organized and remaining 35% of respondents focus on positivity to get rid of stress.

FRIEDMAN RANKING TEST

Milton Friedman developed the Friedman test, a non-parametric statistical test. It is similar to the parametric repeated measures ANOVA in that it is used to discover differences in treatments across multiple test runs. The technique begins by ranking each row (or block) generally, then takes into account the values of ranks by columns. The Friedman test is used for one-way repeated measurements analysis of variance by ranks. It employs rankings similarly to the Kruskal-Wallis one-way analysis of variance by ranks. The Friedman test is supported by a wide range of statistical software packages.

REASONS TO OVERCOME STRESS

Preferences	Mean value	Ranks
Spending quality time with friends/family	2.22	5
Spending quality time alone	2.85	4
Practicing your hobby	3.05	3
Going for a outing or trip	3.41	2
Yoga and Meditation/exercise	3.47	1

INTERPRETATION

By applying Friedman Ranking test it was inferred that Rank 1 was given to Yoga and Meditation/exercise, rank 2 was given to going for an outing or trip, Rank 3 was given to Practicing hobby, Rank 4 was preferred for Spending quality time alone and finally Rank 5 was given for Spending quality time with friends/family.

WEIGHTED AVERAGE METHOD

MOST PRESSING STRESS FACTORS IN CURRENT LIFE CONTEXT OF THE RESPONDENTS

STATEMENT	STRONGLY AGREE	AGREE	NETURAL	DISAGREE	STRONGLY DISAGREE	AVERAGE SCORE	RANK
Study workload	37	64	78	16	5	13.33	1
Financial pressure	20	94	57	32	30	15.53	2

Relationship with other students	9	68	117	56	20	18	9
Campus social life	14	72	93	60	20	17.26	5
Memory problems	16	68	84	56	40	17.6	7
Difficulty in communication	11	66	93	76	30	18.4	10
Difficulty in listening	16	54	108	64	25	17.8	8
Criticism from others	17	76	84	44	30	16.73	4
Disorientation	19	56	105	44	35	17.26	6
10.Others	24	58	102	24	35	16.2	3

INTERPRETATION

By applying Weighted Average method, it was found that Rank 1 was given to Study workload, Rank 2 was given to Financial pressure, Rank 3 was given for Others, Rank 4 was for Criticism from others, Rank 5 was given for Campus social life, Rank 6 was given for Disorientation, Rank 7 was given for Memory problems, Rank 8 was given for Difficulty in listening, Rank 9 was allotted for Relationship with other students and Rank 10 was given for Difficulty in communicating.

4. FINDINGS, SUGGESTIONS AND CONCLUSION

SPECIFIC FINDINGS

Friedman Ranking Test

By applying Friedman Ranking test it was inferred that Rank 1 was given to Yoga and Meditation/exercise, Rank 2 was given to going for a outing or trip, Rank 3 was given to Practicing hobby, Rank 4 was preferred for Spending quality time alone and finally Rank 5 was given for Spending quality time with friends/family.

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SUGGESTIONS

Youth are essential to the future of our country. Understanding the origins, symptoms, and effects of stress that young people experience is crucial. A few suggestions for reducing youth stress include

- Time Management
- Up-to-date the course work
- Positive Thinking
- Spending time with family
- Maintain Communication with Family.

5. CONCLUSION

The statistics clearly show that young people are under a lot of stress. The stress of daily life is common. Stress can be a motivator if one does not learn how to deal with it. Setting priorities for chores may assist young people in feeling less stressed. Maintaining healthy health and eating habits will boost children's energy levels as they go about their everyday

activities. Youth suffer from stress because they are stressed and do not focus on coping techniques. Adults must assist adolescents in assessing their level of stress and teaching them coping mechanisms in order for them to live a healthy and fulfilled life.

Statistics suggest that young people are under a great deal of stress. The stress of everyday life is very common. If one does not learn how to deal with stress, it might be a motivator. Setting chore priorities can help young people feel less overwhelmed. Maintaining good health and eating habits will provide youngsters more energy as they go about their daily activities. Stress affects youth because they are anxious and do not focus on coping strategies. In order for teenagers to enjoy a healthy and full life, adults must aid them in assessing their level of stress and teaching them coping techniques.

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