



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

“A STUDY ON THE CAUSES OF STRESS AMONG ADOLESCENTS”

Senteinla Ao/ Research Scholar and Assistant professor/ Dept. of Education, St. Joseph University/ Chumoukedima, Nagaland, India.

Aorenla M Jamir/ Research Scholar and Assistant professor/ Dept. of Education, St. Joseph University/ Chumoukedima, Nagaland, India.

Prof Fr Sunny Joseph/ Supervisor/ Professor / Dept. of Education, St. Joseph University/ Chumoukedima, Nagaland, India.

Abstract: The term "adolescence" refers to a group of people who are between the ages of 12 and 19. This phase of human development is regarded as the most crucial. A person at this time needs appropriate direction because it might be the culmination of their development in all areas, and they also need to learn to embrace change. Stress is a state of stress, either emotionally or physically. Any circumstance or idea that gives you cause for dissatisfaction, rage, or anxiety can trigger it. Body's response to a demand or challenge is stress. Stress can occasionally be advantageous, such as when it keeps you safe or helps you reach a deadline. However, chronic stress can be bad for your health. Teenagers typically experience higher stress when they feel a situation is risky, challenging, or hurtful and they lack the tools to deal with it. Some adolescent people experience stress overload. When this occurs, it may trigger symptoms such as anxiety, withdrawal, anger, physical sickness, or inadequate coping mechanisms like drug and/or alcohol addiction. Therefore, the main aim of the present paper is to highlight the “A study on the causes of stress among Adolescence”. The major objective of the study is to identify causes of stress among adolescents. The secondary objective is to propose methods for inculcating coping skills for the adolescents. The present study will be of descriptive nature using secondary sources. As general conclusion, findings will be articulated and suggestions will be given in the conclusion so as to fulfil the objectives of the present paper.

Keywords: *stress, causes of stress, adolescence, coping skills, mechanisms*

INTRODUCTION

A person's mental, emotional, and bodily response to a demand in life is called stress. Stress interferes with the body's regular processes. Literally, stress refers to strain, anxiety, and worry about various life issues that are brought on by various conditions or occurrences.

Although life would not exist without stress, extreme or ongoing stress can be hazardous. Stress is also particular to each person, since a circumstance may be tough for one person while being stressful for another.

Hans Selye, one of the founder fathers of stress research defined “stress is not necessarily something bad, it depends on how you take it, the stress of creative successful work is beneficial, while that of failure, humiliation as affection is detrimental”.

Types of stress

There are three types of stress which can be discussed below:

Acute stress: Acute stress, which often lasts just a short while, can be caused by a variety of things, including pressure at work, deadline pressure, a minor accident, overexertion, or extreme physical activity when seeking for missing objects. Acute stress symptoms include, but are not limited to, headaches, backaches, stomach problems, racing heartbeat, muscle aches, and other types of pain. Stress like this is common in people who take on too many responsibilities, are overburdened, overworked, disorganized, constantly on the go, and never in the moment.

Episodic acute stress: When it happens repeatedly, acute stress is known as episodic acute stress. Acute episodic stress can make a person seem to be always in danger. They regularly become agitated, depressed, or have a propensity to see only the negative aspects of everything. They also likely to experience episodic acute stress.

Chronic stress: This sort of stress is the most extreme of the three. Chronic stress is a persistent state of high levels of stress that can linger for days, weeks, or even years. Chronic illness, difficulty or troubled partnerships, poverty, and frequent failure in life all contribute to stress. Their health is gravely endangered. Simply put, when acute stress doesn't get better and continues to get worse or continue for a long time, it develops into chronic stress.

Causes of stress

There are several causes of stress, for instance parents worrying about their children, students worried about their career etc. Some of the main causes of stress among adolescents are as follows:

Internal causes of stress: Humans occasionally have a tendency to worry without any justification, which results in internal stress. Internal stress is simply when people put themselves under stress. Some people have an addiction to being hurried, even seeking out difficult situations and experiencing tension about them. The stress is emerging from a person's attitude and approaches towards life. It includes concept of the self, thoughts about public opinion, what others think of, failure to face pain or no etc. it also can come from a person's personality traits in relating to others, managing the self and time, performance and anxiety for future, pressure for performance, health etc.

External causes of stress: these are stressors that originate from the immediate environment. They include elements such as the climate, the degree of air or noise pollution, often known as environmental stress, the surrounding population's behaviour, such as arrogance or stubbornness, as well as workplace policies or those of any company, and so on. It also includes income and financial strength, ability to live in the society with collaborative attitude, expectations from others, age and health demands.

Home-based stressors: Activities or situations that occur at home can also lead to stress. such as a loved one's passing, a family member's injury or illness, a parent's separation or divorce, sexual assault, an unhealthy relationship with family or friends, money troubles, a loss of money, a move to a new city or county, family occupation, size of the family, financial security of the family, social status, educational upbringing, religious affiliation, political believes, interference of extended family etc.

Workplace stress: In order to meet the demand for the job, a lot of money is needed, which can lead to stress in a number of areas, including your connection with coworkers, excessive work pressure, changing jobs, etc.

Ways to deal with stress

When stress is controlled or handled appropriately, it can have a lot of beneficial effects. It's critical to assess the current stress level and take appropriate action before it worsens or becomes chronic. I like to discuss below the fundamental techniques for managing stress.

It is found that managing the time effectively is crucial for reducing stress. Someone who carefully manages their time will experience less stress overall. The second technique is to balance Work and Home, having proper prioritization between work and lifestyle, make a conscious effort to schedule more time for fun alone or with friends. Third technique is to incorporate Daily Exercise, moving the body on a regular basis helps to flush out stress chemicals by balancing the neurological system and improving blood circulation. Fourth way is eating Healthily and Limit Alcohol and Stimulants, while alcohol, nicotine, and caffeine may temporarily reduce stress, they all have detrimental effects on one's health and may even make it worse over time. Healthy breakfasts are an excellent place to start, followed by more organic fruits and vegetables, fewer processed meals, less sugar, and more water. Well-nourished bodies function more effectively. Fifth technique is to establish Face-to-Face Contact with Positive Individuals, interacting with positive individuals generates hormones that lower stress. Lean on the supportive people in your life. Sixth technique is to make time for hobbies, according to research, doing things you enjoy can cut your stress levels in half and drop your heart rate. Seventh is to engage in relaxation exercises like yoga, meditation, or stress reduction to balance body's hormones that cause you to run or fight. To learn practical, long-lasting strategies, think about enrolling in a mindfulness-based stress reduction course. Eight is getting enough Sleep, body won't be able to withstand stress as effectively if you don't get seven to eight hours of sleep each night. Address the source of stress and add more meditation to your day to make up for the missed sleep if it keeps you up at night. Lastly one can also consult a Counselor, Coach, or Therapist, if the capacity to make beneficial changes is being stymied by unfavorable ideas, it's time to get professional assistance. Schedule a consultation right away; your life and health are worth it.

Coping skills for adolescents

If one likes to manage stress, it won't necessarily have a negative impact. One can try a few things, like: It is good to find strategies to avoid the situations that make one stressed out, whether at work or at home. Prioritizing the objectives and try not to take on too much. When one does not finish everything, give oneself a break and be a little more understanding. Stress levels can increase if one is self-critical. Negative thoughts should be replaced with optimistic ones. Instead of telling oneself "I know I can't," say "I hope I can." Establishing a support system of close friends and coworkers one can turn to when stress levels rise. Good outlets might be a pastime or a cause to volunteer for. Reducing drinking and smoking. Despite their reputations as relaxing agents, alcohol and smoke might actually increase anxiety. Eating sensibly. Body will be healthier and more equipped to handle stress if one eats a balanced diet. Stress hormones may be reduced by dark chocolate and vitamin C-rich meals like oranges and grapefruits. Make time for oneself and engage in some physical activity. Three times a week, take a 15-to-20-minute stroll to break up day and relieve tension. One can also calm one's mind with relaxation techniques like guided visualization, deep breathing, meditation, or deep breathing. Having a restful night's sleep. Caffeine intake throughout the day and screen time at night may need to be reduced. A to-do list can also organize the following day and promote deeper sleep. (Carol DerSarkissian, 2021)

OBJECTIVES

The objectives of the study are to identify causes of stress among adolescents and to propose methods for inculcating coping skills

METHODOLOGY

The researcher used descriptive methodology with the secondary sources as a source of data.

RELATED REVIEW

Studies done in India

Veena, K. P.; Noufal, P. in their article “Emotional Integration and Social Security of Adolescents at Higher Secondary Level” (2020) found that, A good education will be taken into account for the overall advancement of humanity. The most important factor in someone's success is their level of education.

Mala, V. in her article title “Adolescent Students' Problems and Yoga as a Preventive Measure” (2018) found that, the most critical stage of a person's development occurs during adolescence, which is the time between childhood and adulthood. Teenage years are a time of stress and turmoil. Students struggle to adapt to their novel responsibilities in life.

Prajapati, Ravindra K.; Sharma, Bosky; Sharma, Dharmendra, in their study title “Significance of Life Skills Education” (2017) found that, Adolescence is a time when all of a person's abilities—intellectual, physical, social, and emotional—are at their peak.

Singh, Raminder in his research title “Stress among School-Going Adolescents in Relation to Psychological Hardiness” (2016) examined the relationship between psychological toughness and stress among school-going teenagers as well as gender and geographic disparities in the various dimensions and components of stress.

Sumitha, S.; Jose, Rexlin, in their study title “Requisite for Honing the Problem-Solving Skill of Early Adolescents in the Digital Era” (2016) found that, Stress, tension, mental instability, and physical strain can all be brought on by problems. Adolescents, in particular, should be able to solve problems in order to fulfil their personal goals.

Studies done Abroad

Turel, Yalin Kiliç; Dokumaci, Özlem, in their research title “Use of Media and Technology, Academic Procrastination, and Academic Achievement in Adolescence” (2022) found that, the usage of media and technology by students at all educational levels has an impact in today's learning society.

Avcı, Dilek Erduran; Korur, Fikret, in their article title “Evaluation of the Life Skills of Students in Adolescence: Scale Development and Analysis” found that, In the past ten years, adolescents have been the main audience for life skills (LS) instruction. The main goal of this study was to create a reliable and valid tool for evaluating adolescents' general learning skills (LS).

Eliuk, Kendra; Chorney, David in their article title “Calming the Monkey Mind” (2017) found that, many adolescents today are dealing with more stress and anxiety at school. Students are under increasing stress

for a variety of reasons, including the necessity for competitive grades, the pressure to be ideal in a digital culture, and parental expectations.

Scales, Monica B.; Monahan, Jennifer L.; Rhodes, Nancy; Roskos-Ewoldsen, David; Johnson-Turbes, Ashani in their article title “Adolescents' Perceptions of Smoking and Stress Reduction” (2009) examined on how adolescents understand the connection between stress and smoking, as well as how and where they learn that smoking cigarettes might be a useful stress-reduction technique.

Grant, Kathryn E., Compas, Bruce E. in their research title “Stress and Anxious-Depressed Symptoms among Adolescents: Searching for Mechanisms of Risk” (1995) examined the potential risk factors in 55 teenagers who had experienced the stress of a parent's cancer diagnosis.

FINDINGS

The major findings of the study are related to the causes of stress and methods for coping. The causes are like, engaging in media weaken the academic performance as a result of academic procrastination; adolescents indulge in smoking to reduce stress from social anxiety, social acceptance and personal problems and issues. The methods for coping with stress as proposed are: understanding and practices of Yoga reduces stress and maintain calmness. It helps the pupils of adolescent age to relax mentally and physically which benefits them to divert aggression all kinds to emotional and mental stability; adolescents are unable to realize their potential for a variety of reasons. Life skills helps them to find stable in both economic and society.

DISCUSSION

The discussion of the findings can be summarized that many adolescents are engaged and exposed to mass media frequently. Their exposure to media is becoming a drawback for academic goals because media deteriorate the performance of the adolescents as it prolongs their task and responsibilities which leads to failure in life. It is found that adolescents indulge in smoking for various reasons. The stress is one factor that encourage them to skip from the reality of social anxiety, social acceptance and issues that in adolescent goes through in his personal life. The method of coping with stress is found as yoga. It can be a tool to be practiced by the adolescents to train to cope with both mental and physical stress. Yoga helps to relax both body and mind which brings calmness and stability in all aspects of life. It is also found that adolescents go through a lot of stressful experiences and one of the reasons of their stress is lack of adequate skills. Skilful adolescents find easier to adapt to the changes and are able to manage social, economic and personal challenges.

RECOMMENDATION

It is recommended to introduce the practice of yoga to adolescents as a means to relax and relief from both internal and external causes of stress.

Life skills education should be included in the curriculum from the early adolescent's education so that they are acquainted with all the essential skills required to deal with social, emotional, mental, economic challenges.

Proper guidance is needed to balance between media and academic responsibilities among the adolescents as in most cases media pave ways to procrastinate academic task which results in failure.

It is recommended to sensitize the harmful affects of smoking and addictions to substance abuse among the adolescent so that they don't take smoking as a way to escape from stress of social acceptance, social anxiety, personal problems and issues etc. and adapt healthy ways of managing stress.

CONCLUSION

With the purpose of exploring the causes of stress affecting the adolescence the article is written to assist the educators and those interested in order to identify the causes of stress and to enable the adolescents to find the best of it. It also offers as a place for educators to start when they are unsure of how to support their pupils in managing their stress and anxiety levels. The causes are from academic and relational areas basically for the adolescents.

The study recommended that there is a need to popularise yoga in order to overcome the problem of stress as well as to identify what is needed to make the adolescents to be capable of facing life in one way or the other. It is required that the educators and parents maintain regular interaction in order to evolve the strategy for assisting the adolescents and also to create a reservoir of resources to guide them. This study on the causes of stress among adolescence has resulted in understanding the different causes of stress and in bringing recommendations to reduce and manage stress among the adolescents.

REFERENCES

Veena, K. P., & Noufal, P. (2020). Emotional Integration and Social Security of Adolescents at Higher Secondary Level. *Shanlax International Journal of Education*, 9(1), 86-91.

Mala, V. (2018). Adolescent Students' Problems and Yoga as a Preventive Measure. *Journal on Educational Psychology*, 11(4), 1-7.

Prajapati, R., Sharma, B., & Sharma, D. (2017). Significance of life skills education. *Contemporary Issues in Education Research (CIER)*, 10(1), 1-6.

Singh, R. (2016). Stress among School-Going Adolescents in Relation to Psychological Hardiness. *Journal on Educational Psychology*, 9(4), 8-15.

Sumitha, S., & Jose, R. (2016). Requisite for Honing the Problem-Solving Skill of Early Adolescents in the Digital Era. *Journal on Educational Psychology*, 10(1), 36-43.

Türel, Y. K., & Dokumaci, O. (2022). Use of media and technology, academic procrastination, and academic achievement in adolescence. *Participatory Educational Research*, 9(2), 481-497.

Avcı, D. E., & Korur, F. (2022). Evaluation of the Life Skills of Students in Adolescence: Scale Development and Analysis. *Journal of Science Learning*, 5(2), 226-241.

Eliuk, K., & Chorney, D. (2017). Calming the Monkey Mind. *International Journal of Higher Education*, 6(2), 1-7.

Scales, M. B., Monahan, J. L., Rhodes, N., Roskos-Ewoldsen, D., & Johnson-Turbes, A. (2009). Adolescents' perceptions of smoking and stress reduction. *Health Education & Behavior*, 36(4), 746-758.

Grant, K. E., & Compas, B. E. (1995). Stress and anxious-depressed symptoms among adolescents: searching for mechanisms of risk. *Journal of consulting and clinical psychology*, 63(6), 1015.

<https://www.who.int/>

<http://www.mpia.in/adolescence-education-programme>

<https://www.unicef.org/education/skills-development>

<https://www.thenewlearn.com/2016/03/beyond-discipline-and-punishment-by-sharmilagovande>

<https://www.jbacademy.org/peda-JBA/pedagogy-adol>

<http://aeparc.org/upload/39.pdf>

<https://www.webmd.com/balance/stress-management/what-is-stress>

