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## RESEARCH ARTICLE

### CAUSES OF STRESS AMONG ADOLESCENTS, ITS PREVENTION AND MANAGEMENT

**\*Kiran Panthri**

Assistant Professor, Narayan Swami College of Nursing, Dehradun, Uttarakhand, India

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**\*Corresponding author:**  
**Kiran Panthri**

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#### ABSTRACT

Stress is a feeling that's created when we react to particular events. The way our body and mind react to life changes. It's the way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. These events are called stressors. Among various life stages Teenage stress is of great concern. It can cause more harm than just a few pimples. Teenage stress has been proven as an indirect cause of eating disorders, depression, physical, social emotional changes, and even sometimes as serious as suicide.

## INTRODUCTION

### What is stress?

Stress is a feeling that's created when we react to particular events. The way our body and mind react to life changes. It's the way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness. These events are called stressors. Webster's defines Stress as a physical, chemical, or emotional factor that causes bodily or mental tension and that may be a factor in causing disease.

### Definition of Stress

**Stress** is defined as "a state of psychological and physiological imbalance resulting from the disparity between situational demand and the individual's ability and motivation to meet those needs."

Dr. Hans Selye, defined Stress is one of the leading authorities on the concept of stress, described stress as "the rate of all wear and tear caused by life."

Stress can be positive or negative.

1. Stress is Positive or good when the situation offers an opportunity to a person to gain something. It acts as a motivator for peak performance.
2. Stress is negative or bad when a person faces social, physical, organizational and emotional problems.

Some factors that are responsible for causing stress are called stressors.

### What do you understand by teenage pressure or stress?

Among various life stages Teenage (immature) stress is of great concern. Teenage Stress implies that a Teenager is under beneath stress and pressure. Teenage Stress is a serious issue, it can cause more harm than just a couple of pimples. Teenage Stress has been proven as an indirect cause of eating disorders, depression, physical, social emotional changes, and even sometimes generally as serious as suicide. Most of them experience more stress In Teen age group when they perceive a situation as dangerous, difficult, or painful and they do not have the resources to cope. Example: Exams, Physical and chemical factors that can cause stress embrace trauma, infections, toxins, illnesses, and injuries of any sort. Emotional factors of stress are varied. The term stress with psychological stress scientists and physicians use this term to identify any force that impairs the stability and balance of bodily functions.

**The Different kinds of stress:** According to (American Psychological Association) stress can be different types.

**Lower stress:** How does stress affect the body? (American Heart Association)

**Childhood stress:** What is the causes stress in children and what parents can do about it. (Nemours Foundation)

**Teen stress:** What are the Causes, symptoms, and effects of stress in young adults and tips for keeping it under control? (Nemours Foundation)

**Understanding and dealing with stress:** What are the Course on the signs and symptoms of stress and how to effectively deal with it. (Mountain State Centers for Independent Living)

### Causes of stress

#### Main causes of stress in adolescents

- Peer pressure
- School pressure and career decisions.
- After-school or summer jobs.
- Pressure to wear certain types of clothing, jewelry or hairstyles.
- Pressure to experiment with drugs, alcohol or sex.
- Crammed schedules, juggling school, sports, after-school activities, social life and family obligations
- Having a boyfriend or a girlfriend
- Conflict within relationships
- Peer rejection
- Pressures of school Moving to a new home and school tests and homework
- Too-high expectations
- Sports and other extracurricular activities
- Social backwardness
- Pressure to be a particular size or body shape (with girls, the focus is often weight; with boys, it is usually a certain muscular or athletic physique).
- Dealing with the physical and cognitive changes of puberty.
- Being bullied or exposed to violence or sexual harassment
- Too fast or too slow physical development
- Family problems including abuse and alcohol
- Physical and emotional abuse
- Neglect Employment
- Money problems

#### The major causes of stress at work or in organization:



#### Sign and symptoms of stress in a teen

- Heart rate increased
- Rapid breathing
- Stammering
- Headaches
- Diarrhea
- Sweating
- Less attention
- Sleeplessness
- Alcohol and drug addiction
- Difficulty concentrating
- Increased intake of comfort foods
- Over Dose of Drugs and Alcohol
- Settling for lower grades
- Unwanted or racing thoughts
- Increased negative mood
- Lose control over emotions;
- Behavioral problems
- Difficulty to getting out of bed
- Give up on seeking solutions for problems
- Withdrawal from social participation
- Low energy and fatigue
- Less sleeping
- Feeling overwhelmed
- Mood swings

#### Stress management

Stress management refers to the practice of reducing stress. For example using many techniques and psychotherapies aimed at controlling a person's levels of stress. Stress Management helps a number of ways to manage anxiety and maintain overall well-being.

#### Stress management techniques

Stress management can help to:

- To remove the source of stress
- To alter the way of a stressful event
- To lower the impact that stress might have on your body
- To learn alternative ways of coping

#### Common stress busters

- Practice deep breathing Exercises.
- Visualize your dreams
- Feel proud of your accomplishments
- Don't dwell on mistakes or weaknesses
- Do some muscle relaxation exercises
- Exercise daily
- Punch a pillow, or kick a can
- Take one thing at a time
- Eat a nutritious meal
- Forgive yourself and others
- Set realistic goals
- Do something fun every day
- Do something nice for someone else.
- Read or watch something inspirational
- Talk to your loved one, parent, friend, minister, teacher, or counselor
- Eliminate all the negative thoughts.

## Main steps

**Improving your ability to handle stress:** Regular exercise can change your mood and serve as a distraction from worries, allowing you to break out of the cycle of negative thoughts that feed stress. For ex: Exercises such as walking, running, swimming, and dancing are particularly effective to handle the stress.

**Time:** In a day set some time for yourself. Use this time to organize your life, relax, fun activities and pursue your own interests.

**Talk to someone:** Even just a brief exchange of kind words or a friendly look from another human being can help calm and soothe your nervous system. Spend some time with the people you feel relax, and happy. If you don't have any close relationships, or the source of your stress is your relationship, make it a priority to stronger and more satisfying and happily connections.

**Engage your senses:** By engaging one or more of your senses sight, sound, taste, smell, touch, or movement these can reduce the stress in fast way. Be busy, listen good songs who makes you happy? Or smelling ground coffee? Everyone responds to a little differently, so experiment to find what works best for you.

**Learn to relax:** Relaxation techniques such as yoga, meditation, and deep breathing activate the body's relaxation response, a state of restfulness that is the polar opposite of the stress response. If practiced regularly, these activities can reduce your stress levels and boost feelings of joy. These techniques can increase your ability to stay calm and collected under pressure.

**Eat a healthy diet (NUTRITION):** A healthy, balanced diet with plenty of fruit and vegetables helps maintain the immune system at times of stress Eating a diet full of processed and convenience food, refined carbohydrates, and sugar can increase symptoms of stress, while a nutritious diet rich in fresh fruit and vegetables, high-quality protein, vitamins, can help you better cope with life's ups and downs.

**Get some sleep:** During homework, activities and hanging with friends, it can be hard to get enough sleep, especially during the school week. Ideally, adolescents should get nine hours a night. To increase your sleeping hours soundly, cut back on watching TV or engaging in a lot of screen time. Don't drink caffeine late in the day or bedtime.

**Focus on your strengths:** Plan your day activities. Spend some time really thinking about good things in you and find ways to do more of those things. If you're a math ace, you might tutor a younger neighbor who's having trouble with the subject. If you are a spiritual person, you might volunteer at spiritual work place. If you're artistic, take a photography class. Focusing on your strengths will help you to reduce the stress level.

**Do things that make you happy:** Instead of physical activities, find other hobbies or activities that bring you joy. It might be listening to music, going to the movies or drawing. Do these activities when you are facing stress.

**Stress management therapy pursues one or more of these approaches:** Stress management techniques can be gained

from self-help books, online resources, or by attending a stress management course. A counselor or psychotherapist can connect an individual to the Main Causes of Stress. Teens reported significant stress, they appear to be poor judges of the impact of stress has on their health and mental health. Stress can affects teen's health and well-being whether or not they know it states the APA survey. Despite teens reporting that stress has little or no impact on their mental health, the following symptoms were noted over the past month: irritability or anger (40 percent), feeling nervous or anxious (36 percent), feeling like crying (32 percent), and being depressed or sad (30 percent). According to the APA Stress in America report, forty-two percent of teens indicated not doing anything to cope with their stress or not knowing what to do to manage it. This is a concern given the impact stress can have on our lives. The Stress in America report also noted that physical activity is a great way to manage stress and "those teens who engaged in physical activity for stress management reported lower stress levels. Parents can also play a vital role in modeling healthy lifestyles and promoting physical activity by encouraging their kids to join sports teams, engaging in activities as a family such as dancing, or finding ways to exercise that don't cost money liking walking or going to the park.

Parents can help children and teens to manage stress?

- Be aware of your child's behaviors and emotions.
- Build trust with your child.
- Be available and open to talk with your child when he or she is ready.
- Encourage the expression of feelings.
- Teach and model good emotional responses.
- Encourage your child to tell you if he or she feels overwhelmed.
- Encourage healthy and diverse friendships.
- Encourage physical activity, good nutrition, and rest.
- Teach your child to problem solve.
- Remind your child of their ability to get through tough times, with the love and support of family and friends.
- Aware of your child anticipated family changes.
- Pay attention to the use of computer games, movies, and the Internet.
- When poor decisions are made use Encouragement.
- To Help the child select appropriate extracurricular activities
- Aware your child for the harmful effects of drugs and alcohol before they begins.
- Monitor your own stress level. Take care of yourself.
- Contact your child's teacher with any concerns
- Seek the assistance, school psychologist, school counselor, or school social worker if stress continues to be a concern.

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