

Stress among youths in the present times: Causes, symptoms, and interventions

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Short Communication

ABSTRACT

Background: Stress occurs when pressure exceeds the perceived ability to cope with the external pressure or demands. Stress is the psychological, physiological, and behavioural response by an individual when they perceive a lack of equilibrium between the environmental demands and coping ability. Various situations like family conflicts, financial difficulties, relationship issues, complex nature of the job, procrastination in day-to-day work, indelible trauma of school bullying, and academic expectation expound pathways towards stress. Chronic stress leads to various psychological problems, including depression in the long run. The data from WHO tells a heart-wrenching story as 264 million people across the globe are suffering from depression due to stress and other socio-economic factors. Many studies have underscored that most Indian states have inadequate facilities to access quality mental health services to date. Consequently, more than 150 million mental illness patients who need immediate psychological intervention lead a crippled life due to the unavailability of quality care to address the mental health challenges. In addition to India, data from many parts of the globe indicate that depression leads to suicide, particularly among young adults between the ages of 15 and 29. Thus, it is quite clear that stress, which is one of the causes leading to depression, needs to be managed using effective techniques enabling individuals to perform at the optimum level with increased quality of life. Assertive communication techniques like broken records, fogging and saying 'no' are useful techniques to manage stress effectively. Similarly, cognitive restructuring through cognitive behaviour therapy (CBT) and adequate sharing among people may cure problems of stress, depression, and many other psychological difficulties. It is expected that the present study would be a clarion call to foray into the chains of chronic stress-depression and suicide. It may also galvanize youth to apply various psychological techniques tenaciously to rekindle the self-worth and increase their quality of life to meet their apex developmental potential.

Keywords: Stress, Depression, Fogging, Broken Records, Assertive Communication, Suicide