

Prevalence of stress and anxiety among Indian Adolescence

Debajyoti Gupta¹

Abstract

Adolescents frequently have to face with various stress and anxiety that could be potential threats to their healthy development and well-being. Most important is the mental health consequences of stress and anxiety in adolescents, such as depression, suicide, physical and mental health problems, emotional problems and many more. In this dissertation, I described physiologically how stress and anxiety affect the health of adolescents, and how they lead to many physical problems such as hypertension, cardio vascular disease and illnesses. Furthermore, what are the causes of stress and anxiety in adolescents is the question studied by different researchers and I tried to identify some of the reasons for stress and anxiety in adolescent as well as provided some solution to it.

Key words – Stress, anxiety, disease, problems, solution.

Introduction

WHO defines 'Adolescents' as individuals in the 10-19 years age group and 'Youth' as the 15-24 year age groups? While 'Young People' covers the age range 10-24 years. Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood (age of majority). Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later. For example, puberty now typically begins during preadolescence, particularly in females. Physical growth (particularly in males) and cognitive development can extend into the early twenties. Thus, age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence. A thorough understanding of adolescence in society depends on information from various perspectives, including psychology, biology, history, sociology, education, and anthropology. Within all of these perspectives, adolescence is viewed as a

transitional period between childhood and adulthood, whose cultural purpose is the preparation of children for adult roles. It is a period of multiple transitions involving education, training, employment, and unemployment, as well as transitions from one living circumstance to another. The end of adolescence and the beginning of adulthood varies by country. Furthermore, even within a single nation, state or culture, there can be different ages at which an individual is considered mature enough for society to entrust them with certain privileges and responsibilities. Such privileges and responsibilities include driving a vehicle, having legal sexual relations, serving in the armed forces or on a jury, purchasing and drinking alcohol, purchase of tobacco products, voting, entering into contracts, finishing certain levels of education, marriage, and accountability for upholding the law. Adolescence is usually accompanied by an increased independence allowed by the parents or legal guardians, including less supervision as compared to preadolescence.

In studying adolescent development adolescence can be defined biologically, as the physical transition marked by the onset of puberty and the termination of physical growth; cognitively, as changes in the ability to think abstractly and multi-dimensionally; or socially, as a period of preparation for adult roles. Major pubertal and biological changes include changes to the sex organs, height, weight, and muscle mass, as well as major changes in brain structure and organization. Cognitive advances encompass both increments in knowledge and in the ability to think abstractly and to reason more effectively. The study of adolescent development often involves interdisciplinary collaborations.

In studying adolescent development adolescence can be defined biologically, as the physical transition marked by the onset of puberty and the termination of physical growth; cognitively, as changes in the ability to think abstractly and multi-dimensionally; or

socially, as a period of preparation for adult roles. Major pubertal and biological changes include changes to the sex organs, height, weight, and muscle mass, as well as major changes in brain structure and organization. Cognitive advances encompass both increments in knowledge and in the ability to think abstractly and to reason more effectively. The study of adolescent development often involves interdisciplinary collaborations.

At least one in five youth aged 9–17 years currently has a diagnosable mental health disorder that causes some degree of impairment; one in 10 has a disorder that causes significant impairment only one third of these youth receive the necessary treatment. One half of all serious adult psychiatric disorders start by age 14 years, but treatment often does not begin for 6–23 years after onset. Anxiety and mood disorders are two to three times more prevalent in female adolescents than in male adolescents, although the reverse is true for attention deficit disorder. Obstetrician–gynecologists who see adolescent patients are highly likely to see adolescents and young women who have one or more mental health disorders. Some of these disorders may interfere with a patient’s ability to understand or articulate her health concerns and to appropriately adhere to recommended treatment. Some disorders or their treatments will affect the hypothalamic–pituitary–gonadal axis, causing an ovulatory cycles and various menstrual disturbances (such as secondary amenorrhea or abnormal uterine bleeding). Adolescents with mental illness often engage in acting-out behavior or substance use, which increase their risk of unsafe sexual behavior that may result in pregnancy or stis. Adolescents with psychiatric disorders may be taking psychopharmacologic agents that can cause menstrual dysfunction and galactorrhea. Pregnant adolescents who take psychopharmacologic agents present a special challenge in balancing the potential risks of fatal harm with the risks of inadequate treatment.

Characteristics of Adolescents

Adolescence is a critical time of identity formation, with the outset of puberty comes an explosion of growth–physical, intellectual, emotional, social, and spiritual. Understanding the nature and scope of adolescent development and responding appropriately requires patience, empathy, and a sense of humor. Young people “progress” through adolescence, not following the same pathway.

Physical

- a. Need physical activity.
- b. Fluctuate between hyperactivity and lethargy.
- c. Become highly self-conscious, body image can affect self-image.
- d. Grow rapidly, are often clumsy and uncoordinated.
- e. Experience onset of puberty

Cognitive- Intellectual

- a. Show intense focus on a new interest but lack discipline to sustain it.
- b. Develop decision making skills and wants a voice in their choices.
- c. Becomes argumentative and demonstrate an intense need to be “right”.
- d. Exhibit increased communication skills.
- e. Develop critical thinking skills and become more self-aware, self-critical.
- f. Develop ability to think abstractly, but many still think in literal terms.

Emotional

- a. Experience increasing sexual feeling may engage in sexual behaviour without realizing consequence.
- b. Exhibit an increasing capacity for empathy.
- c. Are vulnerable to emotional pleas and can be easily manipulated.
- d. They are unpredictable emotionally, are sensitive and prone to out bursts.

Social – interpersonal

- a. Experience increased interest in opposite sex, though may feel uncomfortable and awkward with the other sex.
- b. Seek deeper friendship based on shared interest’s loyalty

- c. Able to critically compare parents with others.
- d. Experience a shift in dependence on family to dependence on peers.
- e. Exhibit desire for independence and autonomy.
- f. Are more aware of relationships and have a strong need to belong.
- g. Display a more developed social consciousness

Spiritual

- a. Begin moving away from religious imagery, beliefs and practices of childhood, many begin to explore new images of god.
- b. Desire a deeper relationship with god.
- c. Seek adult role models who live their faith authentically.
- d. Can be open to new prayer experience.
- e. Exhibit "affinitive faith" (faith identify shaped by family and community)

Problems of Adolescents

The problems of adolescents can be characterized in two types Physical and mental.

Physical Problems

Adolescence could be a time for developing independence. Typically, adolescents exercise their independence by questioning their parents' rules, which every now and then results in rule breaking. It is common for once loyal children to start to grumble when asked to hold out some chores reception and to reply in harsh words when been rebuked by their parents. This can be often a challenging time for many parents. Some parents and their adolescents clash over almost everything. In these situations, the core issue is absolutely control—adolescents want to feel in control of their lives and foyeys want adolescents to grasp they still make the principles. During adolescence, the frequency and severity of violent interactions increase. Although episodes of violence in school are highly publicized, adolescents are far more likely to be committed violence (or more often the threat of violence) reception and outdoors of faculty. Many factors, including developmental issues, gang membership, access to weapons, substance use, and poverty, contribute to an

increased risk of violence for adolescents. Of particular concern are adolescents who, in an altercation, cause serious injury or use a weapon. Because adolescents are far more independent and mobile than they were as children, they're often out of the direct physical control of adults. In these circumstances, adolescents' behaviour is decided by their own moral and behavioral code. The foyeys guide instead of directly control the adolescents' actions. This is the maximum amount an issue for the male adolescent because it is for the female but generally, the ladies stand a greater risk of this. Due to the event of secondary sexual characteristics following adolescence, teens feel a good push to explore and experiment with their bodies. Teens often equate intimacy with sex. Instead of exploring a deep emotional attachment first, teens tend to assume that if they engage within the physical act, the emotional attachment will follow most sexually active adolescents don't seem to be fully informed about contraception, pregnancy, and sexually transmitted diseases, including human immunodeficiency virus (HIV) infection. As a result, many fall victims of unwanted pregnancies moreover as STD's. Because adolescence could be a transitional stage in life, pregnancy can add significant emotional stress.

All the aspects of adolescent development are basically conditioned by physical changes. The time of puberty gives the physical excitement never experienced before. The adolescent reacting to these experiences is excited, often without realizing what is happening to him/her. Some react with pleasure or excitement and some others experience shame, disgust, confusions, anxiety and guilt. They may lead to sexual maladjustment.

Mental Problems

Stress and depression: Stress and depression are serious problems for several teenagers. A 1986 study in High Schools in Minnesota, within the US showed that although 61 percent of the students are depressed and appear to not handle their problems in constructive ways, 39 percent suffer from mild to severe depression. Stress is characterized by feelings of tension, frustration, worry, sadness and withdrawal that commonly last from some

hours to some days. Depression is both more severe and longer lasting.

Young people become stressed for several reasons. The foremost common of those are: Break up with boy/girl friend, Increased arguments with parents, Trouble with brother or sister, increased arguments between parents, Change in parents' financial status, Serious illness or injury of friend, and Trouble with classmates. Additionally, Children from single parents or broken homes are subjected to a near harrowing experience which brings about Stress and Depression. These stress inducing events are centered within the two most vital domains of a teenager's life: home and faculty.

They relate to problems with conflict and loss. Loss can reflect the important or perceived loss of something concrete like an admirer or money, and it can mean the loss of such intrinsic things as self-worth, respect, friendship or love. Teenagers reply to stress and depression by exhibiting rather more anger and ventilation; being passive and aggressive. They yell, fight and complain nearly every thing. Drinking, smoking and crying more often- especially in girls- are other popular signs. They're also less inclined to try and do things with their family or to travel together with parents' rules and requests. Ultimately, most teens will develop and assume the responsibility for his or her own protection and peace of mind. But during the years of learning and practice, parents, teachers and helping adults must remember of the signs and patterns that signal danger.

Problem of Bullying

Problem of This is an enormous problem that exists among adolescents though it's often neglected during this a part of the planet. Bullying is that the act of intentionally causing harm to others, through verbal harassment, physical assault, or other more subtle methods of coercion likes manipulation. Bullying in class and therefore the workplace is additionally referred to as peer abuse. In colloquial speech, bullying often describes a kind of harassment perpetrated by an abuser who possesses more physical and/or social power and dominance than the victim. The harassment can be verbal, physical and/or emotional. Each day thousands of teens come to

life afraid to travel to high school. Bullying could be a problem that affects variant students of all races and classes. Bullying has everyone worried, not just the children on its receiving end. Yet because parents, teachers, and other adults don't always see it, they may not understand how extreme bullying can get. Studies show that folks who are abused by their peers are in danger for mental state problems, like low self-esteem, stress, depression, or anxiety. They will also think about suicide more. Bullies are in danger for problems, too. Bullying is violence, and it often ends up in more violent behaviour because the bully grows up. It's estimated that 1 out of 4 elementary-school bullies will have a record by the time they are 30. Some teen bullies find being rejected by their peers and lose friendships as they age. Bullies may additionally fail at school and not have the career or relationship success that people enjoy. Some bullies even have personality disorders that don't allow them to grasp normal social emotions like guilt, empathy, compassion, or remorse. Such teens need help from a psychological state professional sort of a psychiatrist or psychologist.

There are also many problems relating to adolescents Emotional and social.

Emotional Problems: Emotions is a major problem of adolescence. Adolescents experience excessive emotion and they do not have sufficient control violence. Excitement and anger may find expression in its destructive from may lead to law and order problem. Emotion of love, su Spicion, jealousy, frustration and revengefulness are very common among adolescents. Thus emotional immaturity is a major problem of adolescence.

Social Problems: Every society has its own customs and traditions, which it wants to maintain. Every individual has to follow these social values but often the adolescents think all these are out dated and they are not willing to obey and this leads to conflicts. Physical development has many social implications. Sexual development includes heterosexual attraction and they want to take part in sexual activities with the opposite sex. The denial of this desire often makes them discontented and

restless. Thus, a number of social problems disturb the adolescent.

Educational Problems: The environment of the school is also not conducive to meet the interests of the students. Defective method of teaching, curriculum, examination, repressive measures adopted by school, unattractive condition of the school campus are largely responsible for creating frustration among the students. Many a times some of the students in the schools are neglected by their teachers for their shy behaviour and this creates a problem in them

Problem of Leisure: Lack of proper recreational facilities or having nothing to do in their free time leads the adolescents to involvement in some unsocial and criminal activities. Their thoughts and attitudes may turn to be destructive and create serious problem for the society.

Suicidal Thoughts

Emile Durkheim French Sociologist in his book, "On Suicides (1897), has pointed out four different types of Suicide: Egoistic, altruistic, anomic and fatalistic. Suicide is the second leading explanation for death in youth aged 15–24 years, with a rate of 13.9 deaths by suicide during this population per day; the speed of suicide attempts is 100–200 times more than that of completions 18. Adolescents in danger include people who exhibit declining school grades, chronic sadness, family dysfunction, problems with sexual orientation, individuality, physical or sexual assault, alcohol or drug misuse, have a case history of suicide, or have made a previous suicide attempt. Adolescents contemplating suicide rarely offer that information as a presenting symptom. However, they often feel relieved when the topic is broached. Questions should be asked during a direct, nonthreatening, nonjudgmental manner. The obstetrician–gynaecologist may begin with, sometimes adolescents coping with similar issues or problems get very down and begin to question life itself. The risk of suicide is highest when the patient can describe an inspiration for time, location, and means of suicide and has easy accessibility to the means, especially medications or firearms 19. When any risk of

suicide attempt or serious self-harm is identified or admitted, the adolescent should be brought up a mental state crisis agency or emergency department for assessment by a psychological state care professional. The obstetrician–gynecologist should notify people who must monitor, protect, and make sure the safety of the patient, whether or not this implies breaching confidentiality. This could include providing information to oldsters or guardians about securing weapons or lethal drugs that will be available to the patient.

Research method

Statement of the problem

Prevalent of anxiety and stress among Indian adolescents.

Objective of the study

1. To find out the amount of anxiety and stress among Indian adolescents.
2. To find the problems dealing with anxiety and stress.
3. To find out the mental and physical problems occurs due to severe anxiety and stress.
4. To find out solution to this problems.

Procedures

This paper has been reviewed from the secondary data available, through conceptual models, various past journals, research papers, and other useful websites related to Adolescents; problems of Adolescents; physical and mental as well as Suicidal thoughts. For conducting this review research, related articles were focused on and keywords like "stress and anxiety", "Physical and mental health", "suicide problems", "youths", and "social and emotional problems" were used. For identifying articles that focussed on the theme of stress and anxiety among Indian adolescents, specific terms like "suicide", "Physical and mental problems", "youths", "social and emotional problems," and other related words were used. Finally, conclusions have been made based on the findings as discussed from different reviewed articles.

This work is done on the basis of secondary data. This data has been collected from books, research articles, websites and internet source.

Discussion

Adolescent may experience stress every day. They develop stress and anxiety in them as they have to face different situation. These stress on them are more harmful dangerous and painful. So what are the causes of stress and anxiety in them is the question by different types of researcher and I have identified some of the reasons for adolescents stress and anxiety, such as

1. **Negative thoughts or feelings about themselves-** They think about their future but are at a loss to do the most right things in life.
2. **Changes in their bodies** – When one grows up he faces a different type of body or hormonal change, and sometime he feel shy to talk with their parents and like to share things with their friends.
3. **Problems with friends and/or peers at school** – some children in the school or when they are in group they find that many children are making fun of them and this creates a problem in the mind of that child and this lead to a fear and he/she tries to exclude themselves from that environment, and wants to stay alone.
4. **Unsafe Living Environment/ Neighbour-hood-** If a child and his/her family live in an environment which is totally unsafe than it will create a bad effect in their mind because they will be in fear.
5. **Separation or divorce of parents-** Many families are facing these types of problems now a day's fights among parents and finally which will lead to divorce creating depression in the mind of the youths.
6. **Chronic illness or severe problems in the family-** Some children face a chronic illness and various types of family problem and it is also a cause of stress and anxiety
7. **Death of a loved one** – I t is also an important cause when a child losses their

loved once and after that this situation leads them to depression

8. **Moving or changing schools-** Moving to a new school can be a cause for a child how can he/ she can mix or adjust with the new environment, or what will the new environment look like.
9. **Taking on too many activities or having too high expectations** – we all dream bigger and if we fail to make our dream come true than it will lead us to depression, anxiety and stress. It is one of the most important points in our lives.
10. **Family financial problems** - It is a most common problem seen today, and it is common in both middle class and lower middle class families.

11. **Depression, Anxiety, and Hopelessness**
Several studies have proved that feelings of depression and hopelessness are much increasing stress and anxiety.

How to put solution to this problem of stress and anxiety

Some teens become overloaded with stress. When this happens, it can lead to anxiety, withdrawal, aggression, physical illness, or poor coping skills such as drug and/or alcohol use.

Severe stress and anxiety in adolescents can lead them to many health issues. Now days we can see many young people are suffering from various types of cardio vascular diseases, high blood pressure etc, and this is the results of stress and anxiety all the time.

The same mechanism that turns on the stress and anxiety response can turn it off. As soon as we decide that a situation is no longer dangerous, changes can occur in our minds and bodies to help us relax and calm down. This “relaxation response” includes decreased heart and breathing rate and a sense of well-being. Teens that develop a “relaxation response” and other stress management skills feel less helpless and have more choices when responding to stress. Parents can play a very important role, so that their kids can overcome their stress and anxiety such as:

A - Monitor their kids if stress is affecting their teen's health, behaviour, thoughts, or feelings

B- Listen carefully to teens and watch what they are doing.

C- Support them to take part in sports and other pro-social activities.

These three points how parents can help their kids

Adolescents can also decrease stress and anxiety with the following behaviours and techniques:

- a. Exercise and eat regularly.
- b. Get enough sleep and have a good sleep routine.
- c. Avoid excess caffeine which can increase feelings of anxiety and agitation.
- d. Avoid illegal drugs, alcohol, and tobacco.
- e. Learn relaxation exercises (abdominal breathing and muscle relaxation techniques).
- f. Develop assertiveness training skills. For example, state feelings in polite, firm, and not overly aggressive or passive ways: ("I feel angry when you yell at me." "Please stop yelling.")
- g. Rehearse and practice situations which cause stress. One example is taking a speech class if talking in front of a class makes you anxious.
- h. Learn practical coping skills. For example, break a large task into smaller, more attainable tasks.
- i. Decrease negative self-talk: challenge negative thoughts - with alternative, neutral, or positive thoughts. "My life will never get better" can be transformed into "I may feel hopeless now, but my life will probably get better if I work at it and get some help."
- j. Learn to feel good about doing a competent or "good enough" job rather than demanding perfection from yourself and others.
- k. Take a break from stressful situations. Activities like listening to music, talking to a friend, drawing, writing, or spending time with a pet can reduce stress.
- l. Build a network of friends who help you cope in a positive way.

By using these and other techniques, teenagers can begin to manage stress. If a teen talks about or shows signs of being overly stressed,

a consultation with a child and adolescent psychiatrist or other qualified mental health professional may be helpful.

Limitation

Like every study, this study has some limitations as well. Due to lockdown situation in the country, it could not be possible to go to the field to collect data. I have used electronic means to collect data through research articles and internet source. Secondary data is to be collected for the survey. Hence, the results of this study cannot be generalized to the entire adolescent's population.

Conclusion

Adolescents can overcome for their stress by Sleep is essential for physical and emotional well-being. Experts recommend nine to 12 hours of sleep at night for 6- to 12-year olds. Teens need eight to 10 hours of sleep at night. Physical activity is an essential stress reliever for people of all ages. Talking about stressful situations with a trusted adult can help kids and teens put things in perspective and find solutions. Parents also play an important role for their children, daily fight between parents can affect the children mind they should understand their kids and not be involved in such practices. Parents by adopting their own healthy habits and helping children and teens find stress- managing strategies. The study reveals that adolescents take many physical and emotional changes. Adolescents often face severe stress and anxiety due to many reasons; hormonal changes, physical health issues, mental illness, conflict with parents and siblings, conflict with peers groups academic pressure, and adjustment issues etc

References

[1] Kumari, P, (2020). Problems of Adolescents. Institute of psychological research and service.
https://www.patnauniversity.ac.in/e-content/social_sciences/iprs/PGDCP2.pdf

[2] Stress Management and anxiety among teens. (2019). American Academy of Child and Adolescent Psychiatry.
https://www.aacap.org/AACAP/Families_and

_Youth/Facts_for_Families/FFF-
Guide/Helping-Teenagers-With-Stress-
066.aspx

[3] Reddy. K.J., (2017). Understanding Academic stress among adolescents. Artha Journal of Social Science. Vol - 16, No-1.

[4] Gongala. S. (2021, June 8). 11 Common Problems Of Adolescence, And Their Solutions. Mom Junction. <https://www.momjunction.com/articles/problems-of-adolescence-00381378/>

Gazipuri. E, (2020). Social Anxiety Disorder, Notion press.

[5] Warren. Susan L, Lisa. H, L. Alansroufe. (1997, May). Child and Adolescents anxiety disorders. Journal of American Academy of child and Adolescents Psychiatry. Vol- 36, issue- 5, pp- 637-644.

[6] M.K. Anniko, K. Boersma & M. Tillfors. (2018, November 22). Sources of stress and worry in the development of stress-related mental health problems: A longitudinal investigation from early- to mid-adolescence. Anxiety, stress & coping an international journal, Vol- 32 2019, issue -2. <https://www.tandfonline.com/doi/full/10.1080/10615806.2018.1549657>.

[7] Durkheim. On Suicide. (2006, September 28). Penguin classics.

[8] Giddens. A., (2006, May 21). Sociology. Polity press: 5th edition.