

# Asian Resonance

## Factors That Led Adolescents to The Increased Risk of Stress

### Abstract

The study investigated the factors that led adolescents to the increased risk of Stress. The sample comprised of 50 adolescents both boys and girls (13 to 18 years) selected from various coaching centres of district Anantnag, using purposive random sampling technique. A questionnaire cum interview schedule was used to collect information from the adolescents. The data collected was consolidated and percentages were calculated to emphasize the minority and majority of responses. The results revealed that examination phobia and school demands were the main factors among adolescent boys whereas overall appearance, self image, weight/ body image were the factors among adolescent girls that led them to increased risk of stress.

**Keywords:** Adolescents, Risk, Factors, Stress.

### Introduction

Stress happens. It's a fact of life. However the severity of stress depends upon two factors: the surrounding environment and the type of personality. The type of stressors we experience and how we respond to them changes throughout our life depending upon the stages of life span. Adolescence represents a stage in development when both of these aspects of stress are in flux. Though most of us appreciate that the nature of stressors change during adolescence, less appreciated are the unique ways in which adolescents respond to stress. Adolescents may experience stress every day. Most of them experience more stress when they perceive a situation as dangerous, difficult or painful and they do not have a resource to cope. The risk factors that led to stress among adolescents are centered on two most important domains: home and school. At home stress may be created by parental pressure to perform and stand out among other children. Peer pressure may be attributed to create stress at school. When teens cannot rise up to the expectations of their parents and peers, they may suffer from frustration, physical stress, aggression, undesirable complexes and depression.

### Review of Literature

Uncontrollable life events stimulate worry and anxiety and thus make the adolescents more prone to depression (Ge, Lorenz, Conger, Elder and Simons, 1994; Masten, Neeman, & Andenas, 1994). Stress is associated with significant mental problems, including higher levels of depression and anxiety symptoms (Dyrbye et al., 2006). Looking at the prevalence figures of stress among adolescents and its consequences, it may not be surprising that nearly one out of three undergraduates report clinical levels of distress (Bewick, Gill, Mulhearn, Barkham, & Hill, 2008).

### Objectives of the Study

To ascertain the factors that led to stress among adolescents.

### Materials and Methods

The present study was performed on 50 adolescents 13-18 years both boys and girls selected using purposive random sampling technique from various coaching centres of District Anantnag (J&K).

### Tools Used

Questionnaire cum interview schedule was used to collect the information from the study group. It comprised of the following sections:

1. General section: This section included general questions related to the respondent.
2. Family Information: It included information related to the family strength.
3. Physique and Stress: This section included questions related to the physique of the respondent.

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4. Family atmosphere and stress: Information pertaining to family atmosphere, relationship with parents etc. was included here.
5. Health Status and Stress: It included questions regarding diet, mood swings, anxiety etc.
6. Academics and Stress: Questions pertaining to examination phobia, school demands, over burden etc. were included in this section.
7. Peer Pressures and Stress: This section includes questions pertaining to friend's acceptance, trust worthiness, heterosexuality etc.

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## Pretesting

The Questionnaire cum interview schedule was pretested on 10% of the sample before administering on the whole sample for the study.

## Results and Discussion

To ascertain the factors that led to stress in the sample the percentages were calculated. Details have been presented in the tables and figures given below:

**Table 1: Age and Gender of Adolescents (N=50)**

Age in years	Boy	Girl	Total	%age
13-15	5	5	10	20
15-17	10	10	20	40
17-19	11	9	20	40
<b>Total</b>	<b>26</b>	<b>24</b>	<b>50</b>	<b>100</b>

The age and gender wise distribution of the sample is presented in Table 1. The data shows that equal %age of the sample i.e. 40% each belonged to the age group of 15-17 and 17-19 years, whereas only 20% of the adolescents were 13-15 years old. Boys were slightly more in number than the girls.

**Fig. 1**

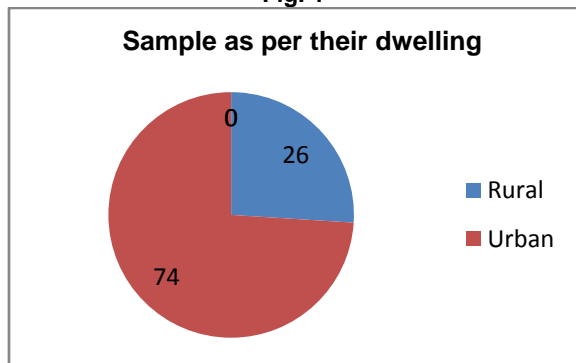
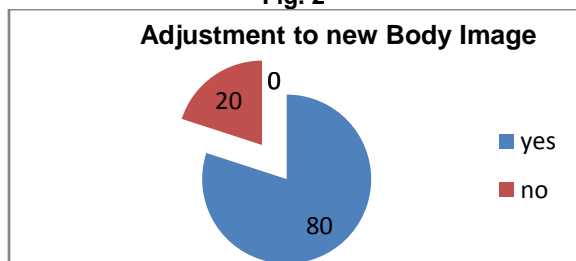


Fig.1 depicts that the sample comprised more of the urban population. Majority i.e. 74% of the adolescents were found to hail from urban areas of District Anantnag.

**Fig. 2**



The data presented in fig.2 reveals that majority i.e. 80% of the sample had adjusted to the new body image whereas 20% of the adolescents were still finding it difficult to do so. The findings may be attributed to the sedentary life style and lethargic inactive behavior adopted by the adolescents. The findings are associated with the study of Dana et al<sup>1</sup> which states that consequences associated with having a negative body image for adolescents include physical activity avoidance, eating disorders, and dysfunctional exercise.

**Fig 3**

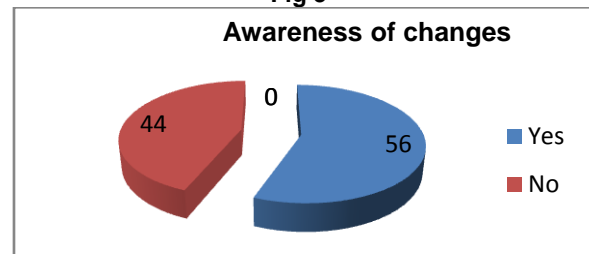
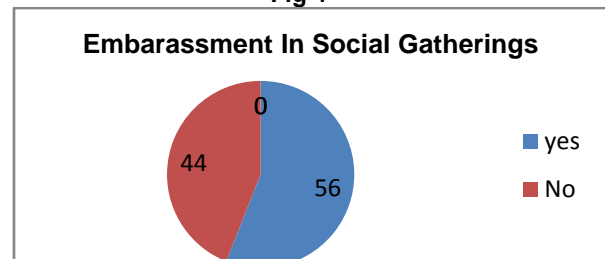


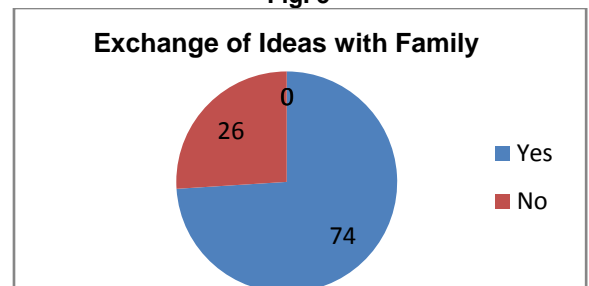
Fig.3 indicates that 56% of the sample had prior knowledge of the changes that take place in puberty helping them to make better adjustments, whereas 44% of the study group had no prior exposure to the related information.

**Fig 4**



Data indicated in Fig.4 signifies that majority i.e.56% of the sample would feel embarrassed in the social gatherings owing to their new body image, whereas 46% of the study group would not experience such embarrassment. This shows that less than 50% of the adolescents had accepted their new body image.

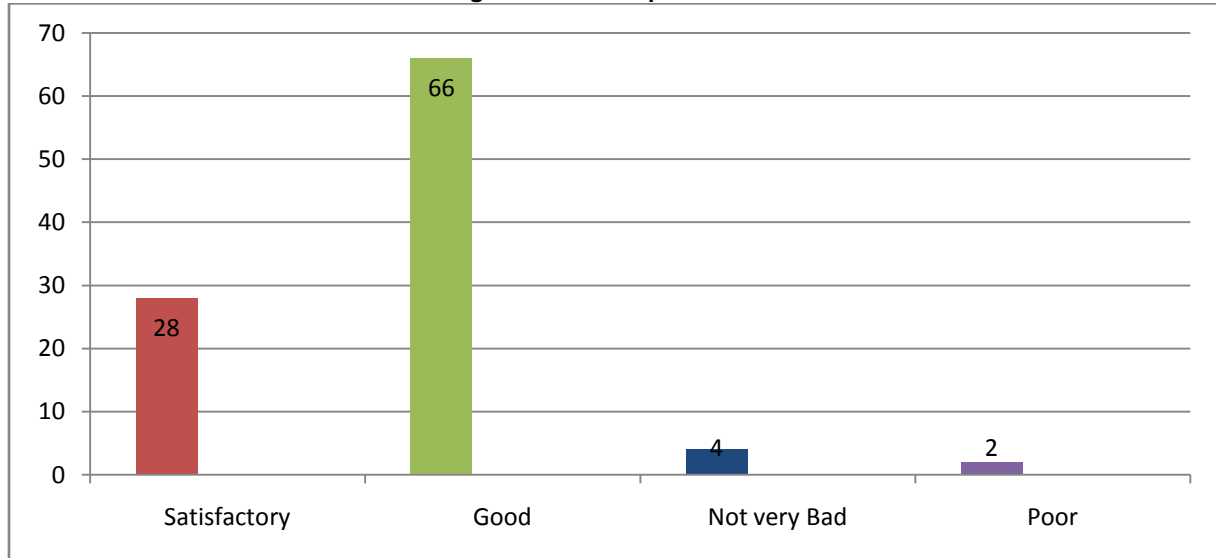
**Fig. 5**



Data presented in fig.5 reveals that majority i.e. 74% of the adolescents would express and share their thoughts and feelings with their parents, whereas 26% of the study group would find it hard to do so. It

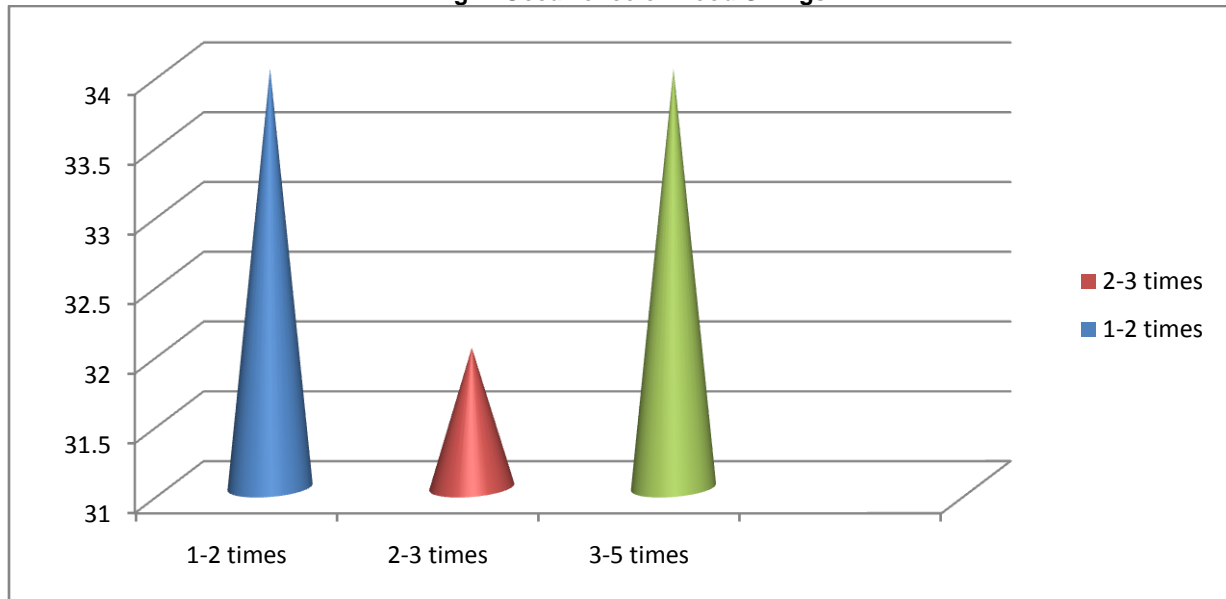
shows that majority of the sample under study were trying to make adjustments with the transitional changes.

**Fig 6: Relationship with Parents**



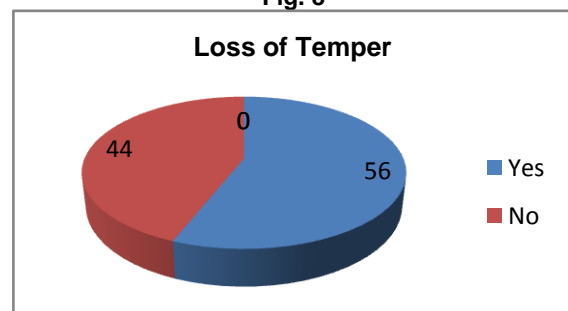
Data presented in Fig.6 shows that majority of the adolescents were having either good or satisfactory relationship with their parents.

**Fig 7: Occurrence of Mood Swings**



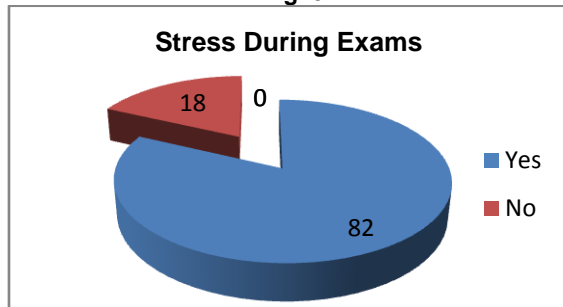
In fig. 7 data signifies that majority of the sample group was experiencing mood swings. The sample group would feel anxious because of mood swings.

**Fig. 8**



56% of the sample would not control their temper their temper. This shows that they had difficulty in adjusting to the pubertal changes.

**Fig. 9**



Stress was experienced by 82% of the study group during their examinations.

**Fig. 10**

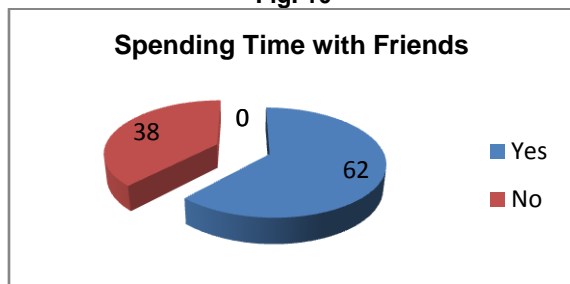


Fig. 10 reveals that 62% of the adolescents would like to interact with their friends.

**Fig. 11**

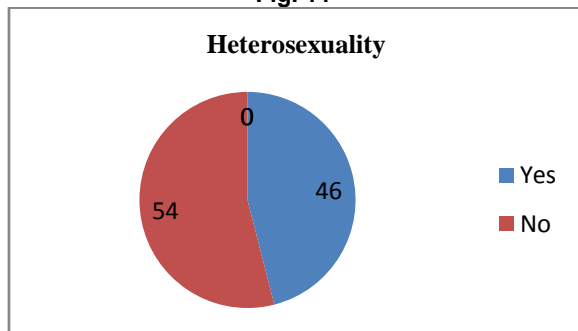
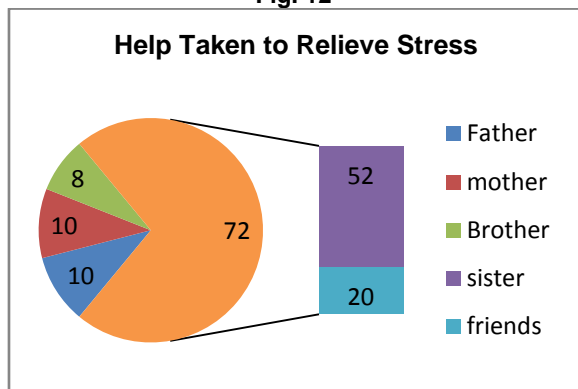


Fig. 11 signifies that only 46% of the sample accepted and agreed making friends with the adolescents of opposite gender.

**Fig. 12**



Data presented in fig.12 signifies that more than 50% of the study group would approach their sisters to seek help for the problems being faced.

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20% of them would take assistance from friends, 10% of the adolescents would share their problems with fathers, 10% of the mothers would help their teenagers to find a solution to their issues and 8% of the study group would solve the problems with the help of their brothers.

## Conclusion

Examination stress and school demands were the main factors that led to increased risk of stress among adolescent boys whereas; overall appearance, self and body image were stress inducing factors in girls. Girls were found to be poorly adjusting to their pubertal changes as compared to boys.

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