

# Impact of stress/depression among adolescents - A survey study

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## ABSTRACT

**Introduction:** Stress and depression are the common thing will happen in humans. However, nowadays, about half of the people, particularly teens, are mostly affected by stress/depression. Not even a single person in this world is without stress. Stress management is just about taking responsibilities and management of our lifestyle, problems, and about how you react to your depression. Nowadays, most of the people are with stress due to many reasons. Due to depression, many of the peoples are gone through a wrong way like they are becoming mentally ill or committing suicide. The suicidal risk and various physiological and biographical factors in teenagers and young adult are already well documented. Hence, the role of stress in the stressful life events has to be specified. The aim of this survey is to know about the methods to overcome the depression, stress/tension by common individuals and to create awareness. **Materials and Methods:** A survey was conducted among the people of Chennai between the age group of 18–25 years. Sample spaces of 100 people were taken for this survey. A questionnaire was consisted of 15 questions and distributed in the online survey. The survey was conducted to find out mainly if the individuals get stressed in their day-to-day life. **Results:** About 75% of people experiencing stress in daily life, for the past 3 months and 25% of people mentioning they rarely affect by it. 77% of the people are unable to concentrate on their works and daily life, 61% of the people are feeling fatigued and tired even after having an adequate sleep, and 75% of the participants mentally affect for their cause due to depression. 46% of them used to hear music for relieving from their stress. **Conclusion:** This survey confirms the educational course, psychological vulnerability has given rise to occurrence of stressful life events. Most of the people who are suffering from stress are likely to overcome by sharing the cause of stress with their friends and family which has also been proved to be a great method to relieve from stress.

**KEY WORDS:** Depression, Medical illness, Questionnaire, Stress, Teens

## INTRODUCTION

Stress and depression are the common thing will happen in humans. However, nowadays, about half of the people, particularly teens, are mostly affected by stress/depression. Stress will make people emotionally weak.<sup>[1]</sup> It distracts us from ability to think, acts for a response and enjoy our life. Stress management is just about taking responsibilities and management of the lifestyle, problems, and about how they react to the depression. Stress physiology is the one which delineates all the basic mechanisms of medication process.<sup>[2]</sup> Stress/depression can be called as a negative emotional experience which can give a behavioral change that is

directed toward adapting character.<sup>[3]</sup> There is growing interest in moving away from unidirectional models of the stress-depression association, toward recognition of the effects of contexts and personal characteristics on the occurrence of stressors, and on the likelihood of progressive and dynamic relationships between stress and depression over time-including effects of childhood and lifetime stress exposure on later reactivity to stress.<sup>[4,5]</sup> Exposure to stressful life events is may due to major family problems and sometimes it may be due to genetic disorders.<sup>[6]</sup> It also presents how individual differences in the susceptibility to stress are tied to individual behavioral responses to environmental challenges that are coupled to physiologic and pathophysiologic responses.<sup>[7,8]</sup> The stress and stressful life events are known as the precipitation of depressive disorder, the areas of stress, and types of stressful life events found in depression are varied by different sociocultural

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context.<sup>[9]</sup> The causative contribution of life stress is of moderate size overall but does not exclude many other factors.<sup>[10]</sup> The suicidal risk and various physiological and biographical factors in teenagers and young adult are already well documented. Hence, the role of stress in the stressful life events has to be specified.<sup>[11]</sup> The aim of the study is to have knowledge about stress and to know how people overcome from it.

## MATERIALS AND METHODS

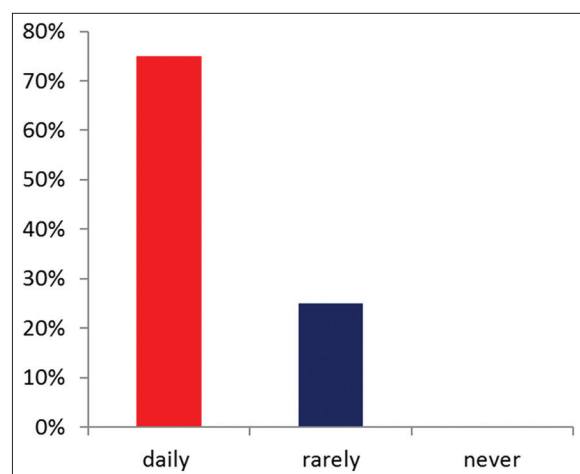
A total of 100 people participated in this survey with the age group of 18–25 years. The people, who are selected, are the common people who may get stress/depression in their day-to-day life. We selected those peoples because we were interested them to give the correct response about stress questionnaire. A questionnaire consists of 15, in which mainly deals about the stress and the ways with which the individuals cope up with stress. Mostly college students with the age group of 18–25 years were included in the study and the people with current medical problems (which is not because of stress), neurological disorders, current injury, or illness within the past 3 weeks and people, who were pregnant, were excluded from this study.

## RESULTS

75% of the people experiencing stress in daily life. So they were not able to concentrate on day to life. 50% of the participants losing their self confidence due to their stress and they were overcoming it by sharing feeling with friends/ relatives and hearing musics.

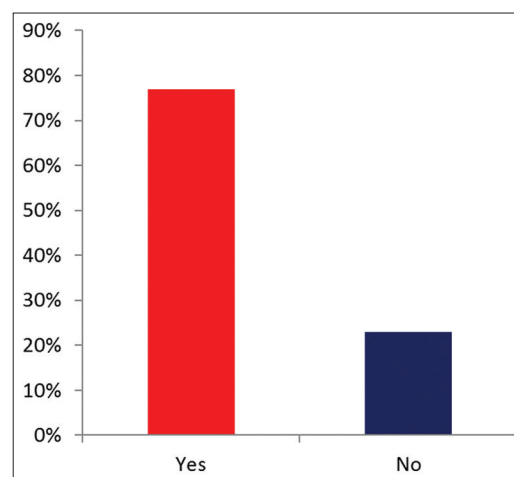
## DISCUSSION

Stress is all about the mental experience which is affecting most of the adults nowadays.<sup>[12]</sup> About 75% of people experiencing stress in daily life, for the past 3 months and 25% of people mentioning they rarely affect by it [Figure 1]. Due to depression, 77% of the

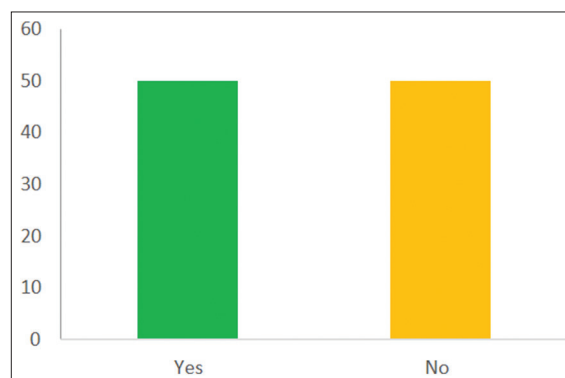


**Figure 1:** Participants experienced stress in daily life, for the past 3 months

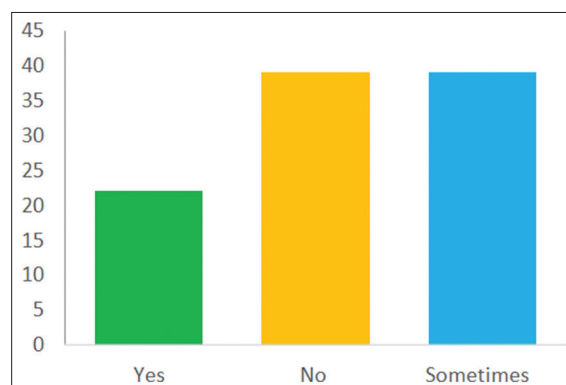
people are unable to concentrate on their works and daily life [Figure 2]. About 50% of the participant’s losing their self-esteem/self-confidence due to stress in their life [Figure 3]. 61% of the people are feeling fatigued and tired even after having an adequate sleep when they are in depression [Figure 4]. About 75% of the participants mentally affect for their cause due to depression [Figure 5]. In 100 participants, about 50% of them overcome from their depression by sharing their things with friends/family. 46% of them



**Figure 2:** Participants hindrance in work due to depression



**Figure 3:** About participants self-esteem/self-confidence. Whether, it is lowering due to their depression



**Figure 4:** About participants sleep when they are in depression

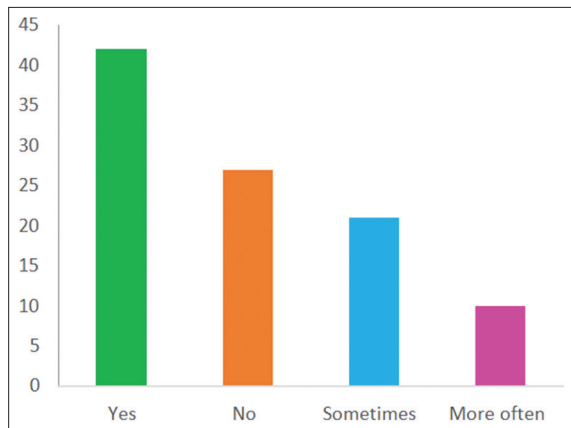


Figure 5: Participants mentally affect for the cause

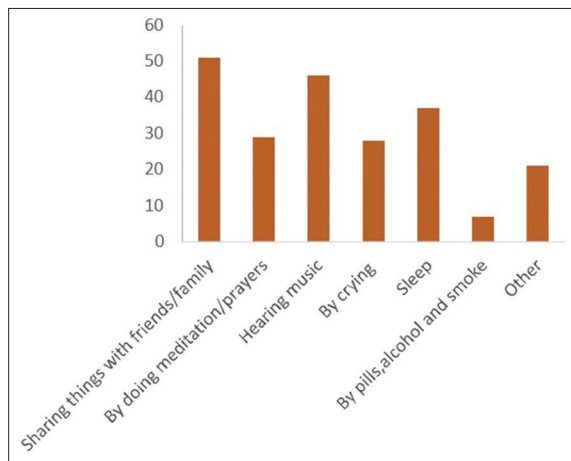


Figure 6: Participants overcome their depression

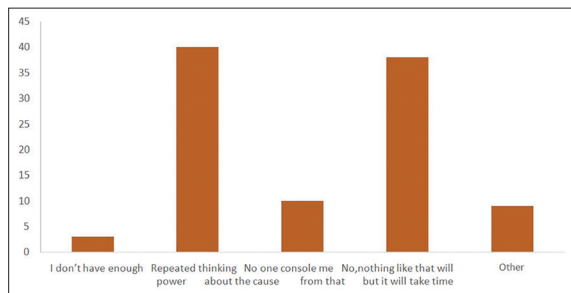


Figure 7: Barriers while trying to get out from depression

used to hear music for relieving from their stress. Only some of them are overcome by crying and self-harm [Figure 6]. About 45% of the participants have a repeated thinking about the cause which is a major barrier for them when they trying to overcome from depression [Figure 7]. 45% of the participants were being silent when they in depression. This is how they react when they in depression [Figure 8]. 87% of the people know that stress/depression will make people mentally sick [Figure 9]. About 40% of people getting headache when they are in depression [Figure 10].

Here, the discussion is about the experience by the teenagers and adults about stress. For the questions

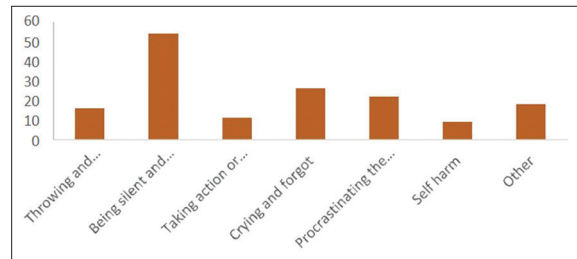


Figure 8: Participants reaction when they are in depression

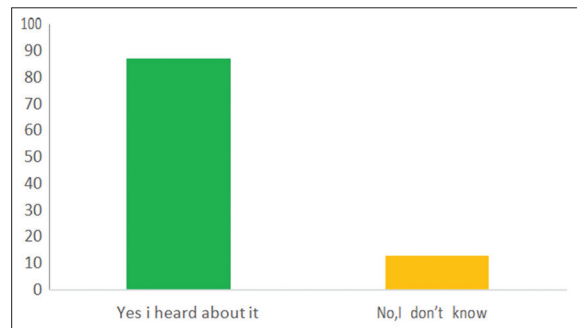


Figure 9: More stress and depression will make people mentally sick

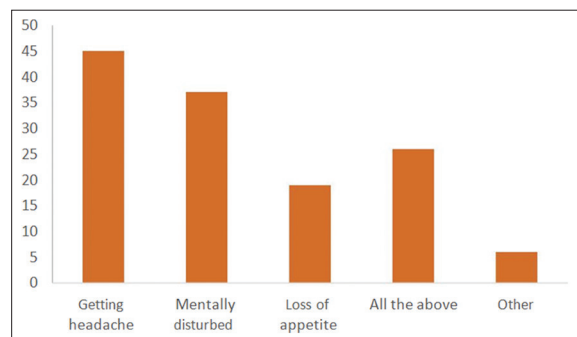


Figure 10: Participants physically affected by stress

about stress, about 80% of the peoples say that they are affected by the stress in the past 3 months. Nowadays, most of the teenagers are experiencing more stress than the peoples were in the 1970s and 80s.<sup>[13]</sup> Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps to improve athletic performance. It also plays a factor in motivation, adaptation, and reaction to the environment.<sup>[14]</sup> Excessive amounts of depression, however, may lead to stressful conditions. Stress can increase the risk of strokes, heart attacks, ulcers, dwarfism, and mental illnesses such as depression.<sup>[15,16]</sup> Stress can be external and related to the environment but may also be created by internal perceptions that cause an individual to experience anxiety or other negative emotions surrounding a situation, such as pressure and discomfort, which they then deem stressful.<sup>[17]</sup> Stress is a non-specific response. It is neutral, and what varies is the degree of response. It is all about the context of the individual and how they perceive

the situation. Selye defined stress as “the non-specific (that is, common) result of any demand on the body, be the effect mental or somatic.”<sup>[18]</sup>

Decreasing stressful behaviors are a part of prevention, some of the common strategies and techniques are as follows: Self-monitoring, tailoring, material reinforcement, social reinforcement, social support, self-contracting, contracting with significant other, shaping, reminders, self-help groups, and professional help.<sup>[19,20]</sup> There are various ways individuals deal with perceived threats that may be stressful. However, people have a tendency to respond to threats with a predominant coping style, in which they dismiss feelings, or manipulate the stressful situation.<sup>[20]</sup> The ultimate aim of this study is to give knowledge among the common peoples about stress and to letting them to understand about life and adapting themselves to that condition.

## CONCLUSION

This survey confirms the educational course, psychological vulnerability has given rise to occurrence of stressful life events. Hence, it is possible to overcome stress provided they have certain factors that help in doing so. Most of the people who are suffering from stress are likely to overcome by sharing the cause of stress with their friends and family which has also been proved to be a great method to relieve from stress.

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