

Teenage Stress

Stress can affect anyone from children to adolescents to adults. The causes of teen stress are totally different, and they need somewhat different stress management programs for dealing with it. This article on teen stress makes clear the following:

- What are the causes of stress in teens?
- How can you cope up with teenage stress?
- Find out the one to one model of dealing with stress

Teen stress is similar to the adult stress in terms of the signs and symptoms. It is estimated that teens form 20% of the total population. Yet they are a neglected group of the population. The adolescent group is the intermediate group between the dependent childhood and the independent adulthood. This transition from childhood to adulthood is never so easy. This group is a vulnerable group to both physical and emotional stress. There are problems everywhere for them - problems at home with their parents and siblings, problems in the school with their friends and education, problems in making decisions.

Adolescent medicine is a new concept in the field of medicine. The adolescents cannot be treated as either adults or kids because their problems are unique

Physical and emotional changes occur during this period, which are very significant in the shaping a person.

The physical changes include:

- Increase in the weight
- Increase in the height
- Change in voice
- Development of secondary sexual characters
- The beginning of menstruation for girls.

Mental Changes

These are equally significant which include:

- Feeling of independence
- Attraction towards opposite sex

- Aggressive behavior
- Experimenting new things including substance of abuse

Teenage Stress

Surveys conducted shows that one third of the teenagers suffer at least one episode of stress every week. Though stress has the same kind of response in all the age groups, the stress factors are different. Stress in teens could be due to:

- Pubertal Changes
- Changing relationship with peers
- New demands in the school
- Safety issues in their neighborhood
- Responsibilities to their families
- Negative thoughts and feelings
- Separation or divorce of parents
- Death of a loved one
- Chronic illnesses
- Changing schools
- Financial problems
- Holiday stress
- Other teen crises

The Biggest Causes of Stress

- School work (78%)
- Parents (78%)
- Romantic relationships (64%)
- Problems with friends (64%)
- Siblings (64%)

The Conclusions of the Study are:

- Girls are affected more than boys
- Girls respond to stress by seeking help from others or by taking certain actions to reduce or remove stress.
- Boys respond to stress by not dealing with the stress at all or by engaging the mind away from the sources of stress.
- Family members and friends are both sources of stress and support for teenagers.
- Teenagers use both healthy and unhealthy ways to cope up with stress.