BG Pulse Journal USA
ISSN:1947-2536 http://www.bgpulseusa.com/index.php/bg
BG PULSE JOURNAL

STRESS AMONG YOUTH AND ITS MODE RN ANALYSIS

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ABSTRACT: This article provides a scientific and theoretical analysis of the causes of stress among youth, its mental and social consequences, and preventive measures. The main factors affecting the mental health of youth in modern society—including family relationships, academic pressure, the excessive influence of information technology, and emotional shocks—are thoroughly examined.

Keywords: psychological stress, youth mental health, psychosocial pressure, adaptive responses, maladaptive behavior, prevention.

INTRODUCTION Preserving the mental health of youth, who serve as the driving force of social development, is one of the most pressing challenges of our time. As the President of the Republic of Uzbekistan, Sh. Mirziyoyev, emphasized, ″Youth are our nation's greatest wealth; their education, upbringing, and health must always remain at the center of our attention.″ However, recent years have witnessed an increase in delinquency, behavioral issues, declining interest in education, a lack of willpower, and apathy among young people. These behavioral shifts are directly linked to psychological stress.

In psychology, stress is defined by H. Selye (1936) as the non-specific (general) response of the body to any demand. Subsequent research (Lazarus & Folkman, 1984) conceptualized stress as a dynamic transaction between the individual and the environment, occurring when an individual evaluates a situation as taxing or exceeding their resources. Adolescence and youth represent a critical transitional phase characterized by intense biological, psychological, and social changes (L. S. Vygotsky). Consequently, young people are among the demographics most vulnerable to the negative impacts of stress.

MAIN BODY

1. Key Factors Causing Stress in Youth

Modern studies (APA, 2023; data from the Ministry of Health of the Republic of Uzbekistan) identify the following primary triggers of stress among young people:

1.Family Relationships: Domestic conflicts, divorce, lack of emotional support, overprotectiveness, or neglect. As the folk proverb goes, "A bird does what it sees in its nest," a child's foundational social experiences are shaped within the family. A dysfunctional family environment significantly increases the risk of chronic stress and psychosomatic illnesses (Karimova & Makhmudov, 2021).

2.School and Academic Pressure: High performance demands, interpersonal issues with peers and teachers, and constant comparison (contrasting classes or students). While L. S. Vygotsky characterized adolescence as a "crisis of growth," the modern school environment often exacerbates this crisis. Being unfavorably compared to peers frequently fosters resentment, envy, and low self-esteem in struggling students.

3.Information Technology and the Internet: Social media, online gaming, short videos, and overall information overload lead to a decline in attention span, memory retention, and cognitive processing. Furthermore, research (Twenge, 2017) has established that cyberbullying, social comparison in virtual spaces, and FOMO (fear of missing out) intensify anxiety and depression in young people.

4.Emotional and Social Shocks: Unrequited love, jealousy, peer rejection, and violence in schools or social environments. Romantic relationships become a primary motivator during adolescence; consequently, rejection or relationship failures can cause deep psychological trauma and, in severe cases, lead to suicidal ideation and attempts.

2. Psychophysiological Mechanisms and Consequences of Stress

While short-term stress (eustress) mobilizes the body's resources, prolonged distress (maladaptive stress) leads to severe negative outcomes:

Domain	Manifestations
Physiological	Insomnia, headaches, cardiovascular disorders, weakened immunity.
Emotional	Anxiety, depression, apathy, fear, irritability.
Cognitive	Impaired attention and memory, difficulty making decisions, cognitive inertia.
Behavioral	Aggression, self-harm, substance abuse, internet addiction.

According to statistics from the Ministry of Internal Affairs and the Ministry of Health of the Republic of Uzbekistan for 2020–2024, suicide rates among youth (particularly those aged 15–24) have increased by 1.5 times compared to previous years. This highlights the critical necessity of addressing stress-related issues at the state level.

3. Directions for Stress Prevention and Psychological Assistance

The following interventions are highly effective in managing and preventing youth stress:

1.Family-Based Prevention: Conducting psychological literacy classes for parents and fostering a supportive communication culture within families. Research demonstrates that youth raised in emotionally supportive households exhibit much higher resilience to stress.

2.Psycho-Recreational Activities: Spending time in nature, physical exercise, drawing, and listening to music. Evidence shows that interaction with natural environments (trees, green spaces) significantly reduces cortisol (the stress hormone) levels. Caring for pets also enhances accountability and serves as a vital source of emotional comfort.

3.Strengthening School Psychological Services: Enhancing preventive work by educational psychologists, organizing stress-management workshops, and offering individual counseling. Improving the school's psychological climate and encouraging supportive, respectful teacher-student dynamics substantially reduces stress risks.

1. **Developing Youth Self-Help Skills:** Teaching relaxation methods, deep breathing techniques, time management, and the effective utilization of social support networks.

CONCLUSION The prevalence of stress among young people is a complex, multifactorial issue. Family dynamics, educational systems, digital technologies, and social environments exert a direct influence on youth mental health. Left undetected and unaddressed, stress inevitably leads to depression, anxiety disorders, suicidal behaviors, and other severe outcomes.

Thus, expanding youth-targeted psychological services, raising parental psychological literacy, establishing healthy psychological climates in schools, and cultivating self-help skills among youth are urgent priorities. Future research should focus on conducting localized empirical studies, designing contextual stress-reduction models, and evaluating their practical effectiveness.

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