

Stress In Modern Life: Adolescents And Their Problems

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Adolescence is the twilight zone between childhood and adulthood. It is a transitional period in which peer relationship deepens, autonomy in decision making develops and intellectual pursuit and social belongings are sought. Psychosocial adjustment is a main concern of this phase of development because even normal individuals struggle with issues of identity, autonomy, sexuality, and relationships. [Psychosocial disorders](#) are more common during adolescence than during childhood, and many unhealthy behaviors begin during adolescence. According to Kessler et.al 'adolescence period is critical times for developing good mental health.' Sadock & Sadock (2007) also pointed out that 'adolescence is largely a time of exploration and making choices, a gradual process of working towards an integrated concept of self.' But it is also a fact that today adolescence is the most stressful period of life. Some stress situation of adolescence is extension of childhood stress while others are anticipation of the stress of adult life. Parental dominance, lack of adjustment, wish to achieve freedom, unsuccessful attempt to control impulses and emotion etc. are the main causes of these stress. Kobasa (1979) pointed out that 'individual who experienced high levels of stress but remained healthy had a different personality structure than individual who experienced high levels of stress and become ill.'