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Research on Stress, Emotions and Mental Health

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Abstract: Younger generations in this fast-moving world have more commitments than their abilities, so they tend to carry burden which they cannot bear. At the same time, rate of suicide is on the rise, especially among youngsters aged between 15 – 19 years old. Relevant research reports have concluded that mental disorders and depression are the important caused of suicide. This research investigates the impact of the stress on mental behavior and emotions in the present world through analyses of stress management, work plan, self-satisfaction, virtual world and emotional impacts. It is concluded that 80 percent participants engaged with have experienced stress at one time in their life, while 14 percent propose extremely stressed. Only 6 percent knew how to deal with their situation and find solution. Therefore, in this situation with social pressure, there is a great need for information from mental health practitioners to provide information on stress relieving to help the young people affected by psychological challenges due to stress

Keywords: WHO, stress management, self-satisfaction, suicide rate, international organizations, stress level

1. Introduction

Population growth and globalization has created a new trend for lifestyle. Huge demand is raised for essential services and needs. People are at the competitive edge to fulfill their basic needs. They try to improve their lifestyle with all facilities. So, sometimes they forget about the basic needs and begin to fulfill the desires of them. Therefore, in order to maintain the lifestyle, people are forced to work overtime and they begin to run for the life without considering health and society. This is how the stress traps the human being. Stress is not classified as a mental illness but it can develop mental illness and creates severe health issues [1]. The causes of stress in the current world and those in the past are very different. Ancestors had self-satisfactory mind that they had clear idea about the basic needs and desires Therefore, this article focuses on the reasons that stress is formed and developed rapidly in present generation stress-related health problems, and stress management [7]

Research has shown a great progress based on how to cope with challenges of stress and mental health. Since the 2019, the entire world has been affected by COVID-19 pandemic and therefore, stress levels especially among the young people have been very high. In regard, mental health experts and professionals have found new ways in which they can help the young people to cope with these conditions, such as guarantee the time and quality of sleep, exercise regularly, talk to a professional, set up independent mindfulness time etc. research has proved that these methods play a huge role in helping the young people find lasting solutions to the issues that causing them stress

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[3]. However, the current research does not clearly point out whether the current coping style has short term or long term control of stress. It is important to state, which will help in decision making [2].

2. Causes of Stress in Modern Times

2.1. Background

Stress is commonly pronounced word nowadays. It shows impacts on everyone without any age limits, gender, caste discriminations. As a result of globalization, needs of the people are rapidly increased compared to the needs of the ancient people. Younger generations do not have any clear ideas about the basic needs and luxury facilities. People try their best to become successful in order to fulfill their dreams. Almost all the efforts are put in developing the lifestyle. There is limitation and bearing capacity of everything. Primary reason for the stress is desires beyond their levels and dissatisfaction with what they are having at present. People tend to live like others, who are successful in the world. So, they choose the hardest paths and strictly follow them, which are totally inappropriate for themselves.

There are various ways in which stress can be classified as it varies from person to person.

Virtual and real Modern lifestyle is the primary key for the stress. As technological development has reached its peak, people have drastically reduced the face-to-face communication between other humans. In addition, globalization make people refrain from families, friends, relatives and colleagues, and fond of making thousands of virtual friends in the network society. People get isolated themselves from the society and engage in living in the virtual world, where there are huge number of anonymous people. For the above stated reasons, young people are deprived of high qualities required for a healthiest lifestyle such as socialization, adaptability and tolerance, cultural values, respecting opinions of others, tendency to give up and other good habits. So, after people enter the real society, they are faced with huge challenges that are prone to stress. People who are unable to overcome challenges result to a range of psychological problems and mental imbalances. Due to the contrast between the ideal society and the real society, people prefer loneliness. Then, mental imbalance happens in their mind. Coexistence should be stimulated among younger generations in order break lose all the challenges and problems.

Competitive pressure Digital world changed the traditional lifestyle of the people. Technology has coincide. Although technology has facilitated the routine lifestyle, it also deviates the youngsters from healthiest lifestyle. People are too busy with machineries, they spend their valuable time in works and busiest life schedule, and they don't have time for leisure activities. Advanced technology has stimulated competition among the younger generations. The behavior of people in direct competition with each other strengthens the spirit of competition, but makes them forget about their own lives. People's obsession with goal achievement puts undue pressure on them. Every workers should achieve the target in particular period, which is called the deadline and submission lifestyle. As stage goals are completed, goals become more accomplished, submissions become more difficult, and people are forced to work overtime without considering day and night. Thus, frustration and stress are developed to be the cause that affects the mental peace and leads to mental disorders. There is fierce competition in every part of human life, such as education, industrial, technology, family and other all essential sectors so that people try to carry more burden to maintain their position in the competition. With the increase of competitive pressure, the mentality is affected greatly, which can lead to a series of psychological and psychiatric illness, such as lack of sleep, restlessness, short scope, losing uniqueness of the individual, no time for relaxation activities, stubborn and frustration.

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2.2. Undesirable Incidents

Another kind of frustration and stress occurs due to worst things that was happened in the past. Life is full of happiness and sadness. There are opportunities and challenges. Life is mixture of the experiences and habits. People have to overcome the hard times and enjoy the happiest times. Nowadays growing younger generations do not have the attitude to accept tragic things. Researches show that present generation has lack positive qualities and thoughts compared to older generations. The ancient people has the ability to keep mind balance. Unfortunately, youngsters feel imbalance in the peace of mind, Commonly, people stick with memories. Even though these memories can lead to becoming in undesirable incidents such as the death of loved ones, love failure, job failure, and denial of rights and rejection of opinions. People are in a cycle of being overwhelmed by the effects of these incidents on themselves, and they suffer a lot by thinking and blaming themselves. Therefore, people try different ways to escape from the reality, and escape the impact of these undesirable incidents, like suicide and drug. Usage of drugs which consumes their precious lives, and frequent suicidal thoughts, oversleeping and lethargy and self-harming are among the manifestations of depression and mental illness.

3. The Importance of Stress Management

Many researches are being conducted in stress and mental illness. According to a report from the American Institute of Stress (AIS), they revealed that stress level have rapidly increased in the US in 2022. Normally, 77% of the people feel stress, while 33% of people suffer from extreme stress. 81% of US citizens are stressed out because of the supply chain issues, 87% of US people suffer from stress due to the inflation and economic crisis in the US. Approximately, 70% of US parents suffer from severe stress due to the academic, social and future development of their children [11].

Global Organization for Stress (GOS) reported that stress is the primary health concern for the high school students and that 80% of employers and employees feel stress at work. Numerous research reports discloses that a high prevalence of stress disorders is noticed in youngsters. A number of the worst health conditions are found to be due to stress.

Common mental illnesses are;

- Post-traumatic stress disorder (PTSD),
- Acute stress diseases
- Aggressiveness and extreme anger
- Demotivated mindset and frustration
- Nervousness, Anxiety
- Fatigue or lethargy
- Migraines and appetite changes
- Irritability
- High blood pressure, and
- Suicidal

Therefore, preventive measures against mental illness are being taken globally in order save lives from stress and depression. Medical worker, doctors, government organizations, volunteers, and international organizations conduct various type awareness programs to protect people from extreme stress. International Stress Awareness Week is one of the popular awareness programs, which mainly focus on the stress management activities. They act to reduce the stress level in the world, help the stressed people with suicidal thoughts, and provide rehabilitate facilities for those who are in need. Stress management is commonly prescribed popular treatment method for stress [10].

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Stress management consists of techniques to control the stress level of the people by planning the routine works properly according to the effective life schedule. Proper blood circulation through implementation of the regular physical exercises, as well as relaxation activities such as yoga and deep breathing to relax the mood. Moreover, people cancreate strong bonds between families and friends and involve in social activities. These are some of the strategies used in stress management. Stress management consists of three simple stepsincluding;

Determination of the stress creating factors
Finding the stress reducing ways
Practicing and keeping them forward

People should realize the purpose of the life. Priorities must be given to peace of mind. People should live their own life instead of following the lifestyle of others.

4. Discussion

Stress and depression are caused by various factors such as responsibilities, work, relationships, economy, family problems, education, job stability and rejection of talents and opinions. Major stress causing factors are the influence of the virtual world and isolation from society, huge competition to sustain in the competitive world, huge desires beyond their levels, increased machineries and busiest life schedules, lack of face-to-face communication between people and dissatisfaction with available resources. Stress levels must be maintained within acceptable limits [9]. Some special skills must be developed among people to overcome stress related problems and mental illness. People should be trained to control stress. Stress handling skills should be practiced from a younger ages. Stress management skills, common sense such as social behavior, sense of humor, helping mind, problem solving skills, broad knowledge of thinking and analyzing and implementation of problem solving methods are some of the basic skills to fight against the stress.

The purpose of life and the reality of the virtual world should be taught to younger generations. Because, large number of youngsters spoil their precious lives in the virtual world. They should know the consequences of their actions before getting into that. Youths must realize that the virtual world is an illusion [6]. The world is to live in not to race. As a result of globalization, people now race with others and consider them as rivals. It totally collapses the peace of mind and evil qualities are automatically stimulated inside the mind because of jealous, restlessness and competitiveness. Spreading love is the most necessary quality required these days. Hatred has spread all over the world. Unity in diversity is one of the wonderful things to live a peaceful life full of happiness. The importance of unity and the prevention of loneliness must be explained to youngsters. It helps them to escape from the stress disorders.

Next, everything that happens in the life has already been written and it is known as fate. So, there is no point in being stuck with past memories. Life is a combinations of sorrows and joys. Whatever happens in the life, people must move on. Remaining in the same state leads to an extremely high level of sadness and creates hatred in life [5]. Mindset is compulsory for present generations. Many counselling centers and non-profit organizations are helping the victims, who are unable to move forward from the past tragic situations (American Psychiatric Association, 2013).

A number of researches show that the present world increases stress every day without any age limit. Numerous mental health issues are noticed among youngsters. People should be guided to fight against stress and depression. Fighting spirit is important for present generations. People are easily broken as the strength of the mind is weak. The earing capacity of the people is much less than their ancestors. Younger generations should learn the past histories and they should obtain the braveness from ancestors [4].

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Stress reduction awareness programs are conducted worldwide to protect people from the excessive stress. Statistics shows that the rate of suicide has increased due to the increment in the stress level beyond the limit. International organizations consider the most effective ways to build up stress free society.

5. Conclusion

The trend of the world today has become so fast that the needs of the people have spread beyond their basic needs. Due to the increased population, there is a fierce competition among those who meet their own essential needs. Therefore, people rush towards their target without considering day and night and forgetting the real purpose of life, and thus the mind is subjected to excessive pressure and stress. When faced with stress and negativity, people tend to escape from the reality deviate from the healthiest life.

Youngsters must be taught the method to avoid indulging in virtual worlds and must access virtual worlds and the web under the surveillance of their parents. Parents are also responsible of guiding the healthy growth of their children and should stimulate good habits, challenging skills and sportive teenagers. Eliminating all kinds of discriminations just like gender, color, religion, health etc. can also reduce the stress level in the world to the minimum level. Equality should be maintained and opportunities should be offered to all individuals. This creates a unity among the people. Unity in diversity stimulates coexistence among people.

Currently, high school students carry a huge burden due to pressure of education. They are being kept busy with their submissions and deadlines, so these pupils do not have enough time for sleep and eating. They live like machines working continuously. The education system in this present world is harmful to pupils. Education reform is an important task for relevant departments. Reforms to the education system can help reduce stress for students.s In the face of stress and negative emotions, students should focus on controlling and resolving them to minimize their impact on themselves. Teenagers should learn how to deal with stress

However, there are some shortcomings associated with this paper. For instance, the author has not been conclusive on what ought to be done to deal with stress and mental health and provide lasting solutions for the victims. Due to increased cases of mental health and stress among young people, most of them would be reading such articles to find out whether they can get a remedy based on their situation. Hence, they will not find this article very helpful because they cannot get what they need. In the future, researchers should be conclusive in engaging as many victim as possible to find out how they feel their problems should be engaged. As it has been demonstrated in this paper, the causes of mental problem and stress keeps on changing and therefore, researchers should keep up with the trend to remain relevant and come up with articles that will help and benefit the readers.

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