

How well do you know YOUR TEEN?

Part 1: Under pressure

"While the news about American stress levels is not new, what's troubling is the stress outlook for teens in the U.S. In many cases, American teens report experiences with stress that follow a similar pattern to those of adults. They report stress at levels far higher than what they believe is healthy and their reported stress levels are even higher during the school year. Meanwhile, teens report that stress is having an impact on their performance at home, work and school."

"Stress in America: Are Teens Adopting Adults' Stress Habits?"

(2014 study by the American Psychological Association)

Overall stress

Teens responded to a survey about their stress levels, on a 10-point scale, with 1 being "little or no stress" and 10 "a great deal of stress." The report from the American Psychological Association also reported that teens thought a "healthy" level of stress was 3.9 on the 10-point scale, while adults reported 3.1.

Overall, teenage girls reported stress levels the same as all adults.

Teens 4.6 **All** 5.1

4.1 **Male** 4.8

5.1 **Female** 5.5

Teens' responses indicated even during the summer, their level was higher than the 3.9 they thought was "healthy."

School 5.8 **Vacation** 4.6

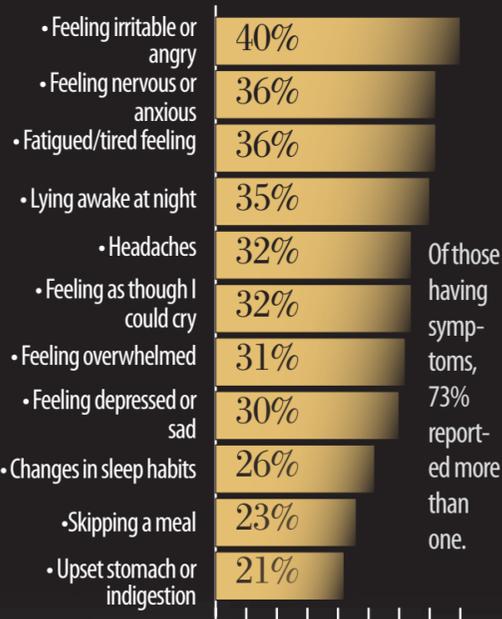
But during the school year, the level reported by teens was higher than adults.

31%

of the students surveyed reported that their stress level increased in the past year.

The effects of stress on teens

Symptoms of stress during the past month



From the report

"Teens report experiencing stress in ways that are similar to adults. They say their stress levels are higher than they believe is healthy, do not appear to understand the impact of stress on their physical or mental health, and report that stress affects their personal relationships."

"For teens, the most commonly reported sources of stress are school (83 percent), getting into a good college or deciding what to do after high school (69 percent), and financial concerns for their family (65 percent)."

Compiled by Dave Mathews/
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Illustrations: Adobe Photostock

Causes

83%

of the students said school was a major source of stress.

59%

said stress came from managing their time to balance all their activities. In addition, 40 percent said they neglected their responsibilities at home and 21 percent said the same about work or school.

NEXT: Substance use among teens

While tobacco use in Galveston and the 12 surrounding counties has steadily declined in the past 20 years, more than half of the students in the region have used alcohol and more than 20 percent have drunk in the last month, according to a 2015 Prevention Resource Center Region 6 needs assessment. In addition, while marijuana use has remained relatively the same, use of synthetic drugs has risen slightly. See next Sunday's Lifestyle section for part two of the series.

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