

## **Analyzing common causes of stress amongst 18 to 25 years age group in post Covid time: An exploratory Survey**

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### **Abstract**

**Background:** Stress affects most population emotionally as well as physically. Sources of stress includes academics, occupational, financial, social and physiological changes. Sometimes stress persist in spite of resources, regular relaxation practices. **Objective:** To screen the youth for analyzing various sources and levels of their stress. **Materials and Method:** By using ISMA stress questionnaire. **Results:** The common causes of stress were: academic stress- 17 cases (37.77%); career stress - 8 cases (17.77%); familial stress - 8 cases (17.77%); assumed responsibility stress - 2 cases (4.44%); stress related to relationships & past events- 9 cases (20%); stress about health- 1 case (2.22%). Which shows the academic stress is present more in youths. **Conclusion:** Once identifying the stressors in day to day life, by choice of integrated mode of therapy like homoeopathy, counseling etc. one can reduce the levels of stress. Mechanism to cope up with such stress will improve the functioning ability of the youth which will be having great impact on their productivity.

**Keywords:** Post Covid, Sources of stress, Stress, Youth

### **Introduction:**

Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. In the present competitive age, it is reported that young generation are found to be more in stress<sup>1</sup>. Prior to the Covid 19 pandemic, rates of clinically significant generalized anxiety and depressive symptoms in large youth cohorts were approximately 11.6% and 12.9% respectively. The prevalence of youth mental illness appears to have increased during the Covid 19 pandemic. However, data collected vary considerably. Specifically, ranges from 2.2% to 63.8% and 1.8% to 49.5% for clinically elevated depression and anxiety symptoms, respectively<sup>2</sup>. From a large representative sample of young adults as well as children, adolescent, and their parents, our study found that the most perceived stresses during the first lockdown due to Covid 19 resulted from the disruption of social life and important activities, uncertainty about how long the state of affairs would last, and the pandemic itself (i.e., fear of viral infection), along with distressing news about the pandemic. Children and adolescent felt most stressed by not being able to participate in social activities and normal routines and important plans or events being cancelled or postponed. Social activities and relationships with other family members, friends and peers are essential for children and youth to face the challenges.

### **Review of Literature:**

Stress is a collection of physiological, emotional, behavioral and cognitive reactions that occur in response to environmental demands. Stressors are any event or stimulus that causes stress<sup>3</sup>. Adrenal gland plays a key role to manifest the Physiological response to stress. It can be either

‘fight or flight’ response<sup>4</sup>. Time management on the part of youth becomes more challenging where they want to do many things at a time without having sufficient recourses and emotionally thinking of situations without understanding their implications. So balancing the academic, peer and social activities generate stress<sup>5</sup>. Stress will have its presentation on psyche, somatic or behavioral alterations<sup>6</sup>. During Covid situation it has been observed that the bonding, keeping in touch with relatives, peers and getting connected with surrounding usually build confidence and relieves the isolation<sup>7</sup>. Homoeopathy being the individualistic mode of therapy can sought to be better option for managing the stress and stressors<sup>8</sup>.

**Material and methods:** This study is conducted at M(N)HMC & Hospital OPD, Nashik, Maharashtra, India. The data of 45 subjects between January 2022 and September 2022 were analyzed to find the common causes of stress amongst youth especially during post Covid scenario.

With prior consent and by using ISMA stress questionnaire, the stress score were evaluated. Inclusion criteria were subjects aged 18 to 25 years who gave full consent for participation in this study and Statistical analysis done on the basis of frequency of the responses achieved.

### **Results:**

Common causes of stress showed: academic stress- 17 cases (37.77%); stress about career-8 cases (17.77%); stress about family matters- 8 cases (17.77%); stress about responsibilities-2 case (4.44%); stress relating to relationships & past events- 9 cases (20%); stress about health-1 case (2.22%). This showed that Academic stress is key concern for the majority of youths.

### **Discussion**

In majority of subjects, we could find that stresses are related to many causes at the same time, in such cases we had to determine the predominant cause and study accordingly.

Homoeopathic medicines as considers the individual in the stress situation and the responses of it as a totality rather than the type of stress. Homoeopathic case receiving its self is in-depth process where the subjects have been provided with healing touch by venting out their emotions. Homoeopathic Medicines for stress may help to rebalance the mind and emotions and give relief to patients in condition of stress. They can reduce the frequency, duration and intensity of stress level and associated symptoms of stress.

Auxiliary mode of treatment like Yoga, meditation, exercise, good nutrition and diet may be required with homoeopathic medicines for management of stress because of change in the method of teaching learning platform especially during post Covid time span. Proper counseling may also be required in condition of depression and for management of stress level in youth.

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