



Impact of stress, depression and anxiety on mental wellbeing of adolescence

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Abstract

The primary goal of every society should be to support and promote the mental wellbeing of its youngsters and adolescents. Over the period of the 21st century, it has been discovered that stress, anxiety, and depression are rapidly increasing in both developed and developing nations. The social and emotional difficulties that young people now encounter is not only more common, but also of a new kind. Due to anxiety, depression, and stress, they exhibit behavioral, social, and emotional issues. These rising rates of mental health disorders in daily life also cause self-harm or suicidal tendencies among adolescents. Keeping in view the significance of these emerging challenges of mental wellness this paper tries to give a brief theoretical outlook with the help of some related literature about stress, depression and anxiety and its impact on mental wellbeing of adolescence.

Keywords- Stress, Depression, Anxiety, Mental wellbeing, Adolescence.

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INTRODUCTION

Adolescence is a critical period in a person's development since it is when biological, hormonal, physiological, cognitive, and social changes occur. Adolescents must deal with a variety of common stressors during this stage of development, including puberty's, physical changes, school demands, difficulties forming and maintaining relationships, career decisions, the start of their working career, and a gradual separation from their families. Some teens must also cope with pressures that are more unique, such as those relating to their families (such as mental or physical sickness, the loss of a loved one, drug or alcohol misuse, parental separation or divorce), social difficulties (such as poverty and violence), and personal issues (e.g., teenage pregnancy, serious illness, school failure, and various kinds of abuse). As a result, it has traditionally been viewed as a period of chaos, stress, and revolts. However, adolescents frequently have to deal with a variety of stresses that might pose a high risk to their well-being and healthy development. Increasing emotional discomfort, sadness, anxiety, antisocial behaviors like

aggressiveness and delinquency, as well as physical health effects like physical illnesses and common cold, can all be results of cumulative and persistent stresses. Posttraumatic stress symptoms can be brought on by traumatic stresses such physical, sexual, and relationship victimization. Additionally, a number of researches have revealed that stressful situations have both short- and long-term consequences on adolescents' health and wellbeing. Despite the fact that the majority of stressful situations do not lead to severe depression, the majority of depressed phases are accompanied by stressful occurrences. Exposure to stressful events, such as parental death, serious illness, and physical and sexual abuse, as well as less traumatic events and consequences, are regularly identified to be risk factors for depressive symptoms and disorders in adolescents in both clinical and community populations (Krajić et al., 2015) Early substance use, self-harm, suicide, and delinquency are widespread issues in the majority of economically developed countries and are becoming an increasing source of concern in emerging nations. These issues



frequently appear when young people are under a great deal of stress in their lives. Even while we know a lot about how stress works, there are still a lot of unanswered questions, particularly in terms of how stress impacts negative behavior as well as physiological and emotional responses.

Depression, stress, and anxiety are the three most common mental health concerns among teenagers. When symptoms of sadness, anxiety, and stress grow more severe and persistent over time, adolescent functioning in different facets of life is affected. They are also prevented from leading healthy, happy, successful lives. Adolescents' functioning in various aspects of life is disrupted when symptoms of anxiety, depression, and stress become more severe and persistent over time. They are also prevented from leading healthy, happy, successful lives (Asici & Sari, 2022). It is underlined that adolescents who experience high levels of anxiety also report feeling less happy with their life. In fact, severe depression has been linked to school absences and even school dropout. Thus, concerning above mentioned issues it is seemed to be essential to analyze and interpret the adolescent's psychological challenges like anxiety, depression and stress and its impact on their mental wellbeing.

Methodology of the Study

Any type of research is regarded to have a significant methodological component because the methods determine how valid and reliable the results are. It is an arrangement of conditions for collecting and analyzing of data in a detailed manner and sequence. It can be considered as a blueprint for the collection, evaluation, and analysis of any kind of data whether it is primary or secondary. The methods adopted for this study is descriptive in nature. The entire study is based on primarily and secondary data, which were obtained from a variety of sources including journals, books, research papers, periodicals, articles, and other relevant online sites. The researcher mostly used analytical and descriptive research methodologies to carry out the investigation. Additionally, the investigator sought to comprehend the effect of stress, depression and anxiety on adolescent's mental health.

Rationale of the Study

Adolescents' mental health issues are primarily

important since they have long-term implications. Young individuals have fewer resources and life experiences to draw on than adults do, making them more sensitive to the immediate surroundings and less equipped to deal with challenging circumstances. It is commonly recognized that traumatic situations may cause the body to alter permanently by interrupting numerous physiological processes, which frequently has a variety of negative effects on one's physical and emotional well-being. Adolescents usually have to deal with a variety of challenges that might pose a high risk to their well-being and healthy development.

Adolescence is a time when people's lives undergo a lot of change. Most young people explore new places at this time, meet new people, and develop new social relationships. They tend to be appreciated, accepted, and approved of by other people. The adolescent years are a crucial time in a person's life. In this context, stressful events that occur during this time can have an impact on a person's relationships, academic achievement, self-esteem, and professional career. An individual's degree of anxiety throughout this time is also a very difficult life experience. As a result of its psychological and physiological effects, anxiety can lead to psychological disorders including depression and stress (Çelik & Tolan, 2021). This is the rationale for why the present study, which seeks to explore the adolescent's mental wellbeing in relation to their stress, depression and anxiety is considered to be significant.

Review of related literature

(Asici & Sari, 2022) Conducted a study to investigate the connections between depression, anxiety, and stress in undergraduate university students and they found that perfectionism had a positive impact on the individuals' levels of stress and depression, but it had no noticeable influence on anxiety. Dependency directly and favorably impacted their stress levels, but it did not significantly change their levels of depressive symptoms or anxiety. Their levels of depression, anxiety, and stress were directly and negatively impacted by self-esteem and age. Their sense of self-worth was badly impacted by perfectionism and reliance. Finally, via the mediation of self-esteem, dependency positively impacted their levels of stress, anxiety, and depression.



(Pascoe et al., 2020) Investigated the effects of stresses on pupils in higher education and secondary schools by using literature review method which was totally based on secondary data. The researchers have spoken about research from many nations that show that students throughout the world are concerned about the cross-cultural, widespread, and academic stress that is faced by students in school. They looked at research that exposed a range of harmful effects of academic stress and indicated the vast range of benefits that may result from the use of stress-management approaches. They discovered that academic stress is a serious problem for secondary and upper secondary students after analyzing a variety of relevant publications. Children's capacity to learn, academic performance, attainment of education and employment, sleep quantity and quality, physical and mental health, and drug use outcomes are all negatively impacted by the ongoing stress connected with school. A significant area for development is raising students' capacity for stress management.

(Haleh et al., 2018) administrated research on Factors Relating Iranian Female Adolescents' Perceived Stress and Mental Well-Being. The aims of their research are to determine the significance of pleasure and life satisfaction, therefore a sample of female high school students in the ninth grade were studied to determine the effects of optimism and self-efficacy on stress perception and psychological wellness as well as to assess the direct and indirect relationships between joy, happiness, optimism, and self-efficacy. Taking into account the mediator role of psychological wellbeing in the sample. Cross-sectional method was used on 289 randomly chosen female ninth-grade high school students. After obtaining participants' permission, trained research personnel asked them to complete a self-administered survey that has been validated. In result they found that 64.7% of individuals reported having mental health issues, and 74.3% said they were under a lot of stress. Psychological wellbeing showed favorable correlations with life satisfaction, happiness, hopefulness, and self-efficacy and negative correlations with self-perceived stress in unadjusted analyses.

(Stikkelbroek et al., 2016) Prepared a research

paper on "Adolescent Depression and Negative Life Events, the Mediating Role of Cognitive Emotion Regulation". They attempted to investigate the function of various cognitive emotion regulation approaches in reducing depressive symptoms after stressful life events, including the death of a loved one, potential health concerns, or interpersonal conflict. In result they found that loss was not linked to depressive symptoms, although health risks and difficult relationships were stressful life experiences. More depressive symptoms were linked to the employment of maladaptive methods more frequently. Less depressive symptoms were associated with using adaptive techniques more frequently. A certain life event was connected to a specific set of emotion control techniques. It was discovered that maladaptive coping mechanisms (self-blame, catastrophizing, and ruminating) moderated the relationship between challenging, stressful life events and depressive symptoms throughout the category.

(Olofsdotter, 2017) Did a study on adolescents' anxiety and found that early adolescent anxiety influenced homotypic anxiety in late adolescence, regardless of parental rejection and control. Parenting, regardless of the informant, exhibited a negligible mediating impact, with indirect effect sizes not exceeding one-tenth the size of direct effects. The findings show that adolescents with anxiety disorders who have been referred to psychiatry are best characterized as a very difficult patient population, underscoring the necessity for coordinated examination.

(Runcan, 2021) Conducted a review base study on anxiety in adolescence. They noted that anxiety is one of the most difficult neurological illnesses affecting youngsters. The majority of anxiety research focuses on teenage anxiety. A recent survey of literature on anxiety, generalized anxiety and social anxiety disorders are the most often studied types of anxiety disorders and are frequently linked to internet use in general and to the use of Facebook and other social networking sites in particular. Researchers from North America, Europe, Asia, Africa, and Australia all made significant contributions to the study of anxiety in adolescence.

(Uskul & Greenglass, 2006) Conducted an investigation on psychological wellbeing of

Turkish- Canadian people. "Marital status, gender, and education have taken as demographic variables for their research. In result they found that the correlation of life satisfaction with proactive coping and optimism is notably positive. On the other hand, they discovered a substantial inverse relationship between depression and proactive coping, optimism, life satisfaction, and education. Furthermore, married status, a high level of education, an optimistic view on life, and proactive coping were connected to lower levels of depression.

(Huppert, 2009) investigated a study on causes and consequences of psychological well-being. The researcher tried to examine the root causes of psychological wellbeing along with the consequences of it and the factors which determine the level of psychological wellbeing of an individual. The effect of wellbeing on our perception, thinking pattern, behavior and on our physical health. As a result, the researcher discovered a beneficial interdependence between psychological wellbeing, adaptable and innovative thinking, pro-social conduct, and sound physical health. Our psychological wellness is influenced by a variety of external factors, including our early environments, particularly the maternal care we receive. However, our own thought patterns and behaviour also play a big part in improving our psychological wellbeing.

Thus, by reviewing above mentioned literature about stress, depression, anxiety and mental wellbeing we can state that each and every mentioned variable used in this study are inter-related. They all together play a crucial role in an individual's overall wellbeing.

Critical Evaluation

Stress is a negative emotional experience that is followed by predictable biochemical, physiological, cognitive, and behavioral adaptations designed to either modify or mitigate the effects of the stressful event (Álvarez-García et al., 2019). Stress is a state or situation that can impair a person's ability to operate normally on a physiological and psychological level. A disruption of the body's homeostasis is what is meant by the term stress. Stress comes from the Latin word *strictus*, which means 'tightened'. Stress is also frequently referred to by a number of other words, including strain, pressure, trouble,

frustration, irritability, tension, anxiety, concern, etc. Stress is the term used most often when people experience pressure as a result of anything occurring to them or others around them. For different people, stress may be brought on by various factors that also affect its degree and effects. The lengthy course load, homework assignments, test results, and limited free time may all be contributing factors for students. For parents, it may be their career, bringing up children, running the house and managing finances. For teachers it may be getting ready for the class, keeping order in the classroom, finishing the curriculum, grading test papers, etc. So, everyone experiences stress; the only differences are in the stressor (the cause of the stress) and the intensity of the stress. Although a small amount of stress is healthy, functions as a motivator, and improves our performance, it is acute and persistent stress that has a damaging impact on our mental wellbeing (ALARM RESISTANCE, 1990). There is evidence that a variety of stresses, from little life events to large ones, can have an effect on one's psychological and physical health. With the possible exception of the associations between peer stress and anxiety, social stress and social dysfunction; Stress from the family, school, and peers was connected to increased levels of anxiety, despair, and social dysfunction. As a result, psychological well-being was poorer across the board. Teenagers frequently experience a variety of pressures, such as worries about their future plans, academic performance, socializing, and issues with their sexual and interpersonal identities. Adolescents need the support of their loved ones and friends while they are under stress. Without assistance, individuals could feel helpless, insecure, and mentally unwell. Reduced stress serves as a stepping stone to improve mental being since lower stress is linked to greater mental wellbeing and higher feelings of satisfaction and self-efficacy (Halehet et al., 2018).

The most frequent mental health issue among adolescents is anxiety. Nonetheless, many teens who require therapy go unnoticed, and little is understood about the clinical characteristics and etiological pathways of adolescent anxiety. The numerous alterations that occur throughout this time period are most likely related to the increased risk of



experiencing anxiety. As a result, adolescence is a critical age for the development of psychopathology. Future self- and other-conceptualizations, developmental worries, and interpersonal connections—all crucial aspects of the emergence of anxiety—often take shape at this time. Therefore, it is crucial for mental health providers to have a thorough awareness of the risk factors and characteristics of anxiety disorders. The epidemiology, aetiology, descriptive psychopathology, and therapy of anxiety disorders should thus be studied in detail (O'Donohue et al., 2013). Anxiety is a uniquely human emotion that has always been a part of who we are. Individuals may feel anxiety in varying degrees, from moderate to panic. Depending on how tense an individual is, several symptoms might be seen. Uncertainty about the reason of worry makes it need to pee frequently, raise heart rate, tone up muscles, and increase sweating. It makes people feel thirsty and might make it challenging to perceive what is going on around them. For some people, anxiety that is moderately useful and has a vital emotion that serves as both a motivating and protecting force in their life. But anxiety that is over the medium level reduces the capacity for understanding, listening, grasping, and making decisions while enhancing confidence and concentration, particularly in university and college going students (Tunç, 2020). Some study found that anxiety can be reduced by meditation or other therapies. These treatments involve specific training and include cognitive behavioral therapy, problem-solving techniques, and interpersonal therapy. These therapies frequently include training and assistance in controlling anxiety in an organized manner, in addition to its verbal components, it includes autogenic relaxation training, progressive muscular relaxation, sleep hygiene, and deep breathing exercises. All of these are beneficial for young age people to have healthier lives both physically and mentally.

In today's era one of the most typical psychiatric symptoms seen in youngsters is depression. Depression is characterized as a feeling of being pulled down or having a depressed topography. When depression originally originated as a word for a mood or emotional disorder in 1665, it simply referred to a drop in mood or spirits. Therefore, the

primary depressive experience, or dysphoria in psychiatric words (Kanter et al., 2008). Depression is one of the more common adolescent mental health illnesses and is listed as one of the most concerning "new morbidities." It's critical to notice the early warning signs and symptoms of depression because it's beginning usually occurs in the middle to late stages of adolescence. The later onset of a serious depressive disorder is frequently avoidable with early care. For instance, more than half of teenage suicide victims were found to have a depressive condition at the time of death. Low mood and avoidance to movement are symptoms of depression, which can also have an impact on a person's thoughts, behaviour, feelings, and physical health. People who are depressed may experience several emotions, including sadness, anxiety, restlessness, tension, helplessness, and hopelessness. The person may become disinterested in formerly enjoyable activities, suffer from lack of appetite or overeating, struggle with concentration, memory, or decision-making, and perhaps consider, try, or even want to commit suicide. There might be insomnia, excessive sleeping, exhaustion, a lack of vitality, or unrelieved aches, pains, or digestive issues (Tiwari & Tripathi, 2015). Depression is also a significant risk factor for suicide in adolescents. In this age range, depression also contributes to major social and academic problems such as an increase in smoking, drug usage, eating disorders, and obesity. Young people with depression usually struggle with discrimination, social exclusion, and prejudice. Access to medical treatment and educational institutions can frequently magnify these difficulties. Adolescents who are battling with freedom, developing their identities within the framework of their families, and dealing with challenging academic and professional decisions may go undiagnosed with depression (Petito et al., 2020). Everyone seeks happiness, and the majority of individuals make it their top priority to find ways to get it. The desire to live a better life is shared by all people, even teenagers. Adolescents transitioning into adulthood via desired development and progress need to focus on their own mental well-being, such as life satisfaction and happiness. Although there are many aspects that may impact mental well-



being, depression have constantly been cited as a crucial barrier to adolescent growth.

The phrase "mental wellbeing" can be used to describe a joyful and contented state of mind or an optimistic habit of thought. A person's mental wellbeing is exceptionally high if they describe themselves as extremely pleased or content. Psychological well-being is also correlated with a sense of accomplishment after completing a desired task or reaching a certain objective. Because of this, psychologists link psychological health with life satisfaction. An someone may have a higher level of psychological wellness the more they have done in life that makes them happy. Good mental health requires both the healthy feeling of psychological well-being and a positive sense of oneself. (Ryff et al., 2009). Therefore, one's perception of psychological wellness is based on how that individual perceives their own life. Positive attitudes toward oneself and others are characteristic of those who have greater levels of psychological health, according to Ryff. They define their own rules for behaviour and make their own decisions. They frequently select or create environments that are suitable for their requirements. These individuals make a significant effort to thoroughly explore and develop themselves, which gives their lives purpose. They also establish objectives for themselves that make their lives meaningful.

Adolescents' functioning in various aspects of life is disrupted when symptoms of depression, anxiety, and stress become more severe and persistent over time. They also prevented them from leading healthy, happy, successful lives. Reviewing a variety of literature on the subject, it can be gathered that stress, anxiety, and depression were significant factors for the adolescent's mental health. Individual or group counselling sessions may be arranged by institutional counselling services to treat depression, anxiety, and stress among school or college students. The purpose of these counselling strategies should be to foster self-esteem enhancement. Additionally, it is important to perform psycho - educational programmes with the goal of improving mental wellbeing. Therefore, to enhance mental wellbeing among adolescents it is vital to give adolescents, their families, schools, and society at large effective intervention options. The inclusion of a curriculum that may provide a

range of mental health precautions offerings, including live meetings, teleconferences, and other electronic forms for classes, individual and group teaching, can however, improve mental wellness among adolescents. It could involve the creation and dissemination of instructional materials, journal articles, printed books, and electronic publications concerning psychological wellbeing and how it can be used to solve various issues relating to stress, depression and anxiety and other mental disorders of adolescents.

Summary and Outlook

Every person must be aware of negative emotional states like stress, sadness, and anxiety in order to know the required techniques for dealing with them and live a healthy, happy, and peaceful life. Because these mental illnesses lead to physically high blood pressure, heart rate, and muscle aches, as well as mental uneasiness, lack of focus, restlessness, and feelings of inadequacy, coordination problems and mistakes in technical and tactical abilities follow. All these three are the emerging concept of psychology. Which is described as a psychological condition that affects people emotional or mentally and is influenced by both internal and external circumstances. Numerous researches have also been conducted on it, particularly because it can have an impact on how we live our daily lives. Thus, from the above discussion we can see the impact of anxiety, depression and stress on an individual over all mental wellness.

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