



Impact of Stress on Mental Health and Happiness among Teenagers

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Abstract:-

This Study aimed to investigate the impact of stress on the mental health a happiness of teenagers. For this study 120 samples were selected from Jalna district, Maharashtra was selected using randomized sampling. Research tools included the mental health Battery (MHB-SS) by Arun Kumar Singh and Alpana sen Gupta the happiness scale (HS-RHMJ) by Himanshi Rastogi and Janki Moorjani and the stress scale by Dr.Vijaya Lakshmi and Dr.Shruti Narain. Statistical analysis employed the "t" value statistic. Finding indicated that teenagers with high stress exhibited lower score on mental health and happiness compared to those with low stress.

Keywords: - *Stress, Mental health, Happiness and Teenagers*

Introduction: -

Adolescence is a critical developmental state characterized by significant physical emotional, cognitive and social changes. During this period teenagers encounter numerous challenges including academic demands, peer pressures family expectations, social media influences and concerns about future career opportunities. These challenges often contribute to increased levels of stress, making stress one of the most important factors affecting adolescent well-being. Teenagers are young people who are in the stage between childhood and adulthood usually between the ages of 13 and 19. This period of life is called adolescence. During this time, teenagers experience many physical, emotional, mental and social changes. They begin to develop their own identity interests, goals and personality.

Teenagers play an important role in society because they are the future of the nation. They learn new skills, gain education, build friendship and prepare themselves for adult responsibilities. At the same time teenagers may face challenges such as academic pressure, stress, emotional changes, peer influence and social expectations, proper guidance support from family and teachers and a healthy lifestyle help teenagers grow into confident and responsible adults. Teenagers often encounter stressors that can significantly influence their happiness & mental well-being.



Stress is a common part of life, especially during adolescence. Teenagers face various challenges such as academic pressure, family expectations, social relationship and concerns about their future. While moderate stress can help individuals stay motivated excessive stress can negatively affect mental health and overall happiness. Stress can be defined as the psychological and physiological response to demands or pressures that exceed an individual's coping abilities. While a moderate level of stress may enhance motivation and performance, prolonged or excessive stress can have detrimental effects on mental health and overall. Stress defined as the body's response to perceived threats or challenges is a ubiquitous aspect of adolescent life. Whether strumming from academic demands, social pressures, family conflicts, or internal struggles stresses can expect a profound impact on the psychological and emotional health of teenagers. Understanding the implications of stress on adolescent mental health and happiness is permanent in addressing the unique needs of this vulnerable population.

Mental health plays an important role in a teenager's emotional psychological and social well-being. High levels of stress may lead to anxiety depression, low self-confidence and reduced life satisfaction. It can also affect academic performance relationships and physical health. This research paper aims to examine the impact of stress on the mental health and happiness of teenagers. It explores the major sources of stress their effects and possible strategies to manage stress effectively. Understanding these factors can help create a health and more supportive environment for young people.

Review of Literature :-

- (1) Cohen, S, Janicki & Miller, G.E (2007) "Psychological stress and diseases" Journal of the American Medical Association. This study highlights the detrimental effects of chronic stress on physical and mental health, including increased risk for depression and anxiety.
- (2) Thoits P.A. (2010) "Stress and health major findings and policy implications" Journal of health & Social behavior to work emphasizes the impact of stress on physical and mental outcomes, emphasizing the role of social support in buffering the negative effects of stress.

Objective of the Study:-

- (1) To find out the impact of stress on mental health & Happiness of Teenagers.

Hypothesis:-

- (1) There will be no significant impact found of stress on Mental health and happiness of teenagers.

**Variables:-****A) Independent Variables**

- (1) Stress (a) High
(b) Low

B) Dependent Variable

- (1) Mental Health
- (2) Happiness

Sample:-

The total sample of 120 college students was selected using the randomized sampling technique. These students were chosen from both male (60) and female (60) college students in Jalna district Maharashtra. This sampling method allows researchers to focus on a particular subgroup of the population that is most relevant to their study.

Research Tools**(1) Mental Health Battery (MHB-SS)**

Mental Health Battery Constructed & standardized by Arun Kumar Singh and Alpana Sen Gupta. Arun Kumar Singh & Alpana Sen Gupta (2000) developed and validated the english version of MHB .Mental health Battery used by the ages of 13 to 22. Six tests make up the battery in the MHB, there are 130 items divided into six categories.

- (1) Emotional Stability (ES)
- (2) Overall Adjustment (OA)
- (3) Autonomy (AY)
- (4) Security- Insecurity (SI)
- (5) Self-Concept (SC)
- (6) Intelligence (IG)

The battery's various dimension's reliability ranged from 0.72 to 0.87. It has strong contemporaneous & construct validity. Each item was given one mark for right answer and zero for wrong answer. The scores of each dimension were added separately to have the dimensional scores.

(2) Happiness Scale (HS)

The happiness scale by Rastogi and Janki Moorjani (2017).

This scale consists 62 items divided into five areas.

- (1) Subjective well-being (SW)
- (2) Social well-being (SW)
- (3) Career Well-being (CW)
- (4) Emotional Well-being (EW)



(5) Spritual well-being (SW)

The reliability of the scale was calculated on the basic of split half. It was calculated to be $r=0.88$. The validity correlation was calculated to be $r=0.91$.

(3) Stress Scale (SS)

Stress scale by Dr.Vijaya Lakshmi & Dr.Shurti Narain (2014). This is a 40 item measure to the assess the stress among people within age group of 12 to 25 years. It has four different subscales.

- (1) Physical Stress
- (2) Frustration
- (3) Anxiety
- (4) Pressure

Response is rated on a 2 point scale and range between Yes or No

Statistical Analysis & Discussion:-

The sample was available for statistical analysis for statistical analysis. Consisted of 120 subjects after data collection. 'T' value statistics is used for the present study. The mean and T value of the impact of stress on Mental Health & Happiness among teenagers were calculated to assess the statistical significance.

Dimension	Stress				Df		T
	High		Low				
	Mean	SD	Mean	SD			
Mental Health	79.60	5.30	91.42	6.05	118	11.38	
Happiness	208.60	6.55	226.48	7.09	118	15.05	

Graph Table No.1

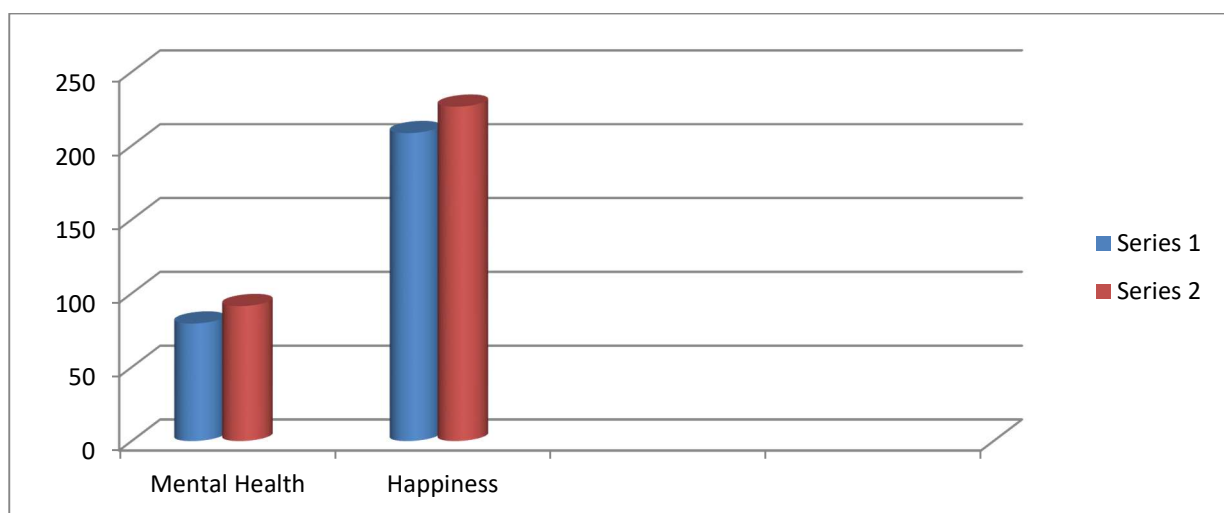




Table shows the result of a statistical analysis on the impact of stress on mental health & happiness among teenagers. The analysis compares teenagers with high stress to those with low stress. It shows significant differences in both mental health & Happiness score. Teenagers with high stress have a mental health score 79.60 compared to 91.42 for those with low stress. The SD is 5.30 for high stress and 6.05 for low score. The T- value is 11.38 which is significant at the 0.01 level.

Teenagers with high stress have a mean happiness score of 208.60 compared to 226.48 for those with low stress. The standard deviation is 6.55 for high stress and 7.09 for low stress. The T- value is 15.05, which is significant at the 0.01 level. Since both t-value are greater than the critical t-value of 2.61 (at the 0.01 significance level) we can reject the null hypothesis that there is no significant difference in mental health & happiness scores between teenagers with high stress & those with low stress.

Finally the table shows that teenagers with high stress have statistically lower scores on both mental health & happiness compared to teenagers with low stress.

Conclusion:-

- (1) Teenagers with high stress have statistically lower score on mental health compared to teenagers with low stress.
- (2) Teenagers with high stress have statistically lower score on happiness compared to teenagers with low stress.

Reference:-

- (1) Cohen, S, Janicki & Miller G.E. (2007). Psychological stress and disease, *Jama*, 298 (14)
- (2) Hammen, C (2005), stress and depression *Annu. Rev. clin psychol* 1, 293-319.
- (3) Singh, A.K and Sengupta, A. "Mental health battery (MHB)" National psychological corporation, Agra, 2000.