

## Major Stressors in Teenagers' Lives

### **Introduction**

The high dynamics of social interactions is a factor that may cause the fear and anxiety in adolescents who face increased demands and expectations from adults. Being physically developed, teenagers often have a fragile psychological background, and various external drivers, usually related to social adaptation, can be dangerous triggers of stress. Adolescents are rarely able to entrust their concerns to parents and other adults, which causes isolation, pathological anxiety, and even suicidal thoughts. The major stressors in adolescence are social in nature and relate to school relationships, family disagreements, and issues of friendship and love.

### **School Relationships**

School relationships involving interaction not only with teachers but also with peers often become stressors and the causes of anxiety in adolescents. According to Paccione-Dyszlewski, bullying at school, as a dangerous phenomenon, is a factor that provokes withdrawal and fear in teenagers. Olutunde also notes teenage fears of the demands of school and cites a positive correlation between stress and aggression (376). Those adolescents who cannot respond to the challenges of interaction adequately and are inclined to reflect experience difficulties in adapting to any group, for instance, when moving to a new class or a new school. Therefore, the educational environment can be a stressor, but in case of disagreements with loved ones in families, adolescents tend to worry even more acutely due to vulnerable self-perception.

### **Family Disagreements**

Family moods can trigger stress in adolescents when teenagers are unable to establish contact with loved ones and are forced to withdraw into themselves. The American Psychological Association argues that young people are sensitive to disagreements between

their parents and have a hard time dealing with their conflicts, in particular, divorce. As Paccione-Dyszlewski states, family tensions affect the fragile adolescent psyche and cause anxiety manifested in adult distrust and alienation. Olutunde correlates family conflicts with adolescent aggression and argues that negative self-esteem is a consequence of deviant behavior as an expression of disagreement (377). Thus, in the case of family disagreements, teenagers tend to experience anxiety, but due to the lack of knowledge to deal with stress, their morale is aggravated, which may cause unhealthy relationships with peers.

### **Issues of Friendship and Love**

The lack of developed communication and conflict resolution skills in adolescents leads to the fact that their interaction with peers is often a stressor. For individual reasons, adolescents may neglect to establish interactions in their social circle, which, in turn, affects their emotional state negatively (Olutunde 377). Paccione-Dyszlewski mentions the topic of dating among teenagers and associates it with stressors because teenagers may not always respond adequately to the first experience of love relationships. Adults may notice that young people have difficulties in communicating with their peers, but if a teenager is alienated and withdrawn, this can be challenging to help him or her. Therefore, timely support and care are essential conditions for overcoming adolescent stressors and incentives for their successful social adaptation.

### **Conclusion**

School relationships, family disagreements, and issues of friendship and love can be stressors in adolescents who lack social skills and withdraw into themselves. The role of adults in helping teenagers is significant since young people face many challenges for the first time and often cannot respond to them adequately. Ignoring these issues may be a cause of mental health problems in adolescents, and timely support is imperative in overcoming anxiety and fear as common stress factors.

## Works Cited

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