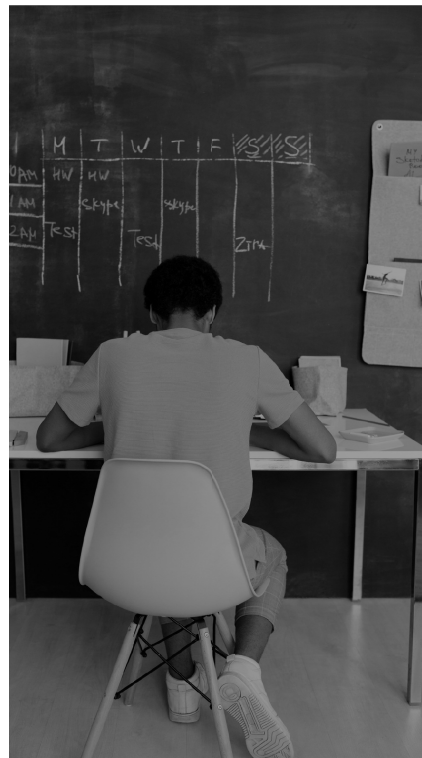


Modern Teen Stress Issues



Summary

There are thousands of pressures in today's society. And the closest thing to us is about teenage stress.

would want to research this topic because It is often seen in the media that young people hurt themselves or even commit suicide due to stress. This is an unavoidable but regrettable problem in contemporary times.

How can we reduce this from happening.

Both are students, but chose a different path.

We want to understand where the pressure of the students mainly comes from,

And how to express these pressures.

And what do the elders who have been young people think of these pressures.

This study makes the following recommendations:

1. The pressure on teenagers in modern times is increasing day by day. If the pressure can be distributed evenly, And make effective use of trivial time, Can make the current situation change, will not worsen.

2. Use this topic to understand where the pressure of teenagers comes from, And then clearly analyze the causes of stress, And deploy all the things that trouble you, Let go of those stresses little by little.

After this survey, we found that the respondents generally feel that teenagers are under pressure And through this investigation, we concluded that Teenagers should relax at the right time and not push themselves too hard.

Parents should also take care of their children in due course.

Manage your stress well and live a more comfortable life.