



## Stress among teenage girls

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### ABSTRACT

The present paper is an attempt to see the factors and causes of the stress faced by the adolescent girls in Srinagar. Adolescents are the preserver and care taker of the future pursuit and consequently devise the destiny of a nation. It is a moment of brisk expansion of budding to sexual maturity, discovering one's real-self, defining personal values and also finding one's vocational and social directions. While stress is an escalating aspect of deteriorating health now-a-days, there is need to comprehend more about stress and its causes.

## INTRODUCTION

The word stress is derived from a Latin word "stringi" which means, "to be drawn tight" (Sawnders, 2007). In medical terms stress is described as, a physical or psychological stimulus that can produce mental tension or physiological reactions that may lead to illness" (Lazarus, 1996). When we are under stress, our adrenal gland releases corticosteroids, which are converted to cortisol in the blood stream. Cortisols have an immune suppressive effect in our body. Stress is a feeling experienced when a person thinks that "the demands exceed the personal and social resources the individual is able to mobilize". Our body tries to adjust to different circumstances or continually changing environment around us in this process, the body is put to extra work resulting in "wear and tear" (Sawnders, 2007). In other words, our body is stressed. Stress disturbs the body's normal way of functioning. Stress is a universal human experience. Unpleasant experiences can bring on stress; getting fired, having an illness in the family, and failing an important exam are all potentially stressful events.

The term stress is used to connote a variety of meaning, both by the common man and psychologist. Psychologists of different persuasions have given stimulus oriented and response-oriented definitions of term and depth psychologists

have treated the concept from the etiological and psychodynamic view points. It appears that under these circumstances the essential features of the stress experience have not received the attention they deserve (Ashwani, 1986).

Teen stress is a pivotal health issue because of its ability to disrupt an adolescent's capacity to handle the demands of daily life, yet it is often overlooked and is poorly understood. Stress emerges for young people as they enter adolescence, a transition that brings rapid socio-emotional changes (Seiffge-Krenke, 2000). Adolescent perception of stress is a relative lack of sport skills in this age group and a plethora of performance errors; children have not learned adaptive coping skills that exacerbate the effects of an already inherently stressful environment (Seiffge-Krenke, 2000). This environment can lead to unhealthy and unhappy experiences. Adolescence (13-18) is a period of intense fluctuating emotions. During this period, adolescents experience conflicts between themselves and society and even within themselves. This creates a considerable degree of stress in them. Hence, the period of adolescence is called as period of "storm and stress". Emotional turmoil leading to "storm and stress" occurs due to great psychological changes occur in response to various physical changes, especially in the area of sexual development (Frank, 1996).