

Stress, Anxiety and Depression among Adolescents

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ABSTRACT The impact of mental health on the well-being of adolescents has become a significant concern. The mental health of an individual depends on the coping skills acquired in alleviating stress, anxiety and depression. As stress, anxiety and depression are interlinked in its aetiology, symptoms, consequences and its effect on behaviour, the study attempts to explore the level and identify its determinants. 1,038 adolescents from the age group of 12 to 15 years were chosen as the sample. A standardised tool named DASS 42 and a self-formulated questionnaire with seventy items were used to determine the level and the determinants of stress, anxiety and depression, respectively. Adolescents do exhibit a moderate level of stress, anxiety and depression. Academic pressure has been the most influential factor for stress and depression and obsessive-compulsive disorder for anxiety. The finding cautions the academicians, teachers, parents to explore the causative factors at an early stage and implement appropriate preventive measure.