

Definition The Causes of Stress Stress—the mental and physical strain Although adolescence is often viewed by parents as a carefree period of life, some studies show that teenagers body to any demand made upon experience the most stress of all people. Children do not play as many of their own games as they used to, and most of their games and sports nowadays are those preferred by adults. It is a response meant to return the body and mind to a state of equilibrium and balance. According to experts, one of the main reasons for stress is that childhood has gotten shorter, and the perception of children has changed. The demands made on preteens and teens by modern life have definitely increased the level of stress. They can't. Stress is a chemical reaction that experience stress related to money, family problems, self-esteem, acceptance by their peers. Young people these days are under tremendous pressure to achieve to please and to succeed. resist changing internal or external influences.