

The Impact of Stress and Depression on Adolescents: An Empirical Study

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Summary

Background: stress and depressive mood swings among adolescents have a serious influence in the later part of life. It is necessary to analyse the problems of adolescents in order to create psychologically strong society. **The aim** of study was to investigate the driving factors of stress and instable mood in adolescents. This also helped to reveal the educational and social barriers of adolescents. **Research hypothesis:** stress and depressive mood swings in adolescents mostly occur due to events in their habitual places, such as schools, public places, and family. **Patients and methods:** the primary data of the study was obtained from 138 school student adolescents. The gathered data of semi-structured questionnaire was analysed, using Quantitative Research Methodology, SPSS (Statistical Package for Social Science), statistical tests, like Correlation, ANOVA, and Descriptive statistics. **Results:** disasters of stress and depressive mood swings affect the lifestyle of adolescents. The study suggested that the family environment and academic problems were the vital psychological factor affecting the adolescents. Avoiding negative thoughts helps to increase one's self esteem. Education improves the involvement in socialising. **Conclusion:** involvement of parents in education process contributes to create positive family environment, which in turn helps to identify solutions for improving one's self esteem. Concentration on severe disasters of stress and depressive mood swings among adolescents facilitates the creation of a strong psychological society.

Keywords: adolescent, stress, depressive mood, anxiety, family, academic factors

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1 INTRODUCTION

1.1 Background

Adolescence is a critical period in the transition from childhood to adulthood. It is a traditional phase in every individual's life [3]. This emerges from the stage of late childhood and merges into adulthood. The paradox is encompassed by extensive personal transitions. During this period adolescents undergo physical, hormonal, neurobiological, and psychological changes [4]. Accompanied by the challenges and changes, adolescents also experience many types of emotional and behavioural difficulties, which are considered the awkward phase in human life.

The 21st century is an era of developed information and communication technology. The advancements have initiated some changes in the behavior pattern of adolescents. The present environment of life is becoming more complex day by day. This dynamic pattern has developed some significant problems in families and the social role of adolescents. Adolescents undergo rapid growth, emotional and physiological changes along with social development. These changes become significant characteristics of adolescents. The WHO has used this

term to define the age group between 10–19 years. Individuals tend to undergo tremendous variations physically, psychologically, and emotionally. A layperson could find stress in terms of tension, unpleasant emotional response, or unpleasant exterior forces [2]. The life of adolescents is divided into various kinds of stress, such as pressure in education, academics, the obligation of achieving first place, scares of uncertain future, and the complications envisioned for the integration into the system.

The students have to face troubles with regard to social, physical, and emotional circumstances, along with disturbing family environment, that might affect their ability to learn and their academic performance [5]. Now stress is seen as a crisis in lifestyle that can affect any individual regardless of any stage in their life. Stress is commonly deemed as a negative component. A person can have moderate stress level, or lead a healthy life, that requires developing new skills or motivation to liberate new potential [6]. Managed stress can lead to achieving success, but unbalanced stress can lead to physical, interpersonal, and emotional problems. So, developing significant life skills to attain recognition and anticipation can manage stress successfully.

Stress for adolescents comes from academic factors, like implausible expectations, heavy workload, poor skills in studying, low performance, and insufficient time to handle tasks. These factors are called academic stress and it is conceptualized as struggle, related to the environmental demands in their academics, in order to cope with the them [7]. These demands produce anxiety in students and emotions, such as sadness, pressure, and pain. All these factors are expected to result in psychological disorders and post-traumatic stress disorder. High stress disturbs the mental health of individuals and oppresses their emotions. This is expected to affect the life process, thinking, and even feeling. All this reflects in the way a person handles stress with his/her skills.

Depressive mood is expected to be caused by the troubles, adolescents have to undergo in some circumstances and changes, which happen physically, mentally, and psychologically. Parent-child Relationship is considered one of the world's most sacred and endless interactions [10]. This bond includes emotions of tension, ambivalence, and infuriation. Parental pressure is often considered as torture, when the students have to please their parents for their higher standards. Excellence in education is considered as a successful path for a person's life from the perspective of parents.

Depression is one of the most important mental health problems worldwide. It is classified as a mood disorder by the National Institute of Mental Health. This disorder reveals as persistent sadness, or anxious mood, characterized by guilt, helplessness, hopelessness, and poor concentration [11]. It is considered a serious health condition in contrast to medical illnesses, as it drastically disturbs implementation of normal daily tasks and life activities. Adolescents exposed to the internet had to go through some negative experiences, like almost half of the students in Delhi NCR.

Over the last years depressive mood swings in current adolescents' generation have grown. Usage of online platforms has been found to be one of the increased stress effects on adolescents [12]. Instead of associating with face-to-face conversations, adolescents feel more comfortable, sharing their depressive feelings on online sites. Social life dominance has become esteem to their personal life. This is anticipated to indirectly affect adolescents' self-esteem, and female adolescents face insults and abuse on online platforms. Individuals suffer due to this practice, and this is expected to create an impact while talking to others.

Family is the first social organization that moulds and shapes children, and socialization in the family strongly influences their emotional and social competency. Family differences in an adolescent's lifestyle can be seen clearly, with regard to the things and ideas he/she is influenced with, in his/her life. So, individuals' mental health is considered important [13], and the decisions of the individual differ when he/she is brought up in a different situation [14]. The structure of a family helps

the individuals to learn passionate correspondence, agreement, role division, critical thinking, and mutual dependence. All these learnings in turn are expected to influence the physical, cultural, and social activity of the individuals. Parental support directly or indirectly determines the activity of the children. Abuses make adolescents fear, and in turn create some risk factors to trust others and push them to undergo depression [15]. All this is anticipated to create an influence on the behaviour of adolescents, making them act restless and not feel interested in doing even their favourite activities.

The present research has concentrated on the adolescents who live in Delhi NCR, in which the factors that arouse stress and depressive mood swings at this stage of life were said to have an impact on the later part of life. The researcher designed the questionnaire to gather data from a specific group. Most of the respondents were from "neutral families". A "neutral family" brings a space for adolescents to use mobile phones and get addicted to this pattern of distress. The "negative family" environment of the adolescents urges them to find other solutions to fill the space of loneliness.

1.2 Significance of the Study

The present generation is at high risk of depression and anxiety. Adolescence is a stage that can cause huge changes in an individual. The present study has focused on the disasters of stress and depressive mood swings in adolescents. The study focuses on analysing the barriers and factors that may cause and affect an adolescent's personal, social and professional life, respectively, and the ways in which it could be managed. This aids in facing and handling the issues of stress, depressive mood swings and anxiety. This study will remain as a guide to help adolescents get through their stress, depression and anxiety issues on their own or with aid, in an organic way without any other external confusions.

1.3 Problem Statement

The adolescents are in major distress, and the young generation is the future pillar of a strong society. Concentrating on severe disasters of stress and depressive mood swings in adolescents contributes to creating a strong psychological society.

1.4 Objectives of the Study

- To examine the driving factors of stress and depressive mood among adolescents.
- To analyse the state of mental health of adolescents in handling anxiety.
- To investigate the social and educational barriers faced by adolescents psychologically.
- To identify solutions for solving the problems faced by adolescents.

2 LITERATURE REVIEW

2.1 Factors driving adolescents into anxiety and depressive mood

Several driving factors make adolescents face anxiety and depression. The adolescence stage is a crucial part

of life. Discussing the issue mentioned above, the existing investigator [16] considered that the causal relationship between mental health and poverty helped in describing what was not pertinent in an ongoing pandemic. The pandemic already demonstrated to have affected both outcomes. It seemed to have affected the whole population and caused many families to suffer economically. Yet this pandemic seemed to have affected people experiencing poverty and might have adversely affected their mental well-being and economy. The huge investment in mental health was long overdue even before the lockdown began. This time has become crucial to invest in wise options considering beyond money. The low-cost innovations can provide quality care even for low-income, and this integrates economic interventions with mental health care to decrease the historical disparities in both mental conditions and wealth for a longer time.

The pandemic was said to have caused unparalleled disruption and risk factors for adolescent mental health. The existing investigator [17] aimed to examine the occurrence of depression symptoms, the relationship, and academic problems and also, moderating effects of the parent-child relationship in the Chinese adolescents at the time of school closures. It has been concluded that during the outbreak of the pandemic, the children-parent relationship was predominantly vulnerable to experiencing growth in the symptoms of depression. Policymakers should take appropriate steps to protect adolescents at high risk of mental health issues that might cause domestic battles, tautness with parents, and lifestyle changes.

Access to education during the pandemic was critical, and unsociable online education was not helping adolescents concentrate. The conventional researcher [18] have investigated the students' social determinants during the pandemic in three urban locations such as Ethiopia, Jordan, and Bangladesh. On the basis of collected empirical data the Gender and Adolescence: Global Evidence (GAGE) longitudinal study was conducted from phone survey as the interview process. The existing investigator used Qualitative research methodology. All these data were obtained from 12–19 year old students. The outcomes of the pandemic highlighted the existing vulnerabilities such as disadvantage of education and poverty and gender, along with other disabilities, were intersecting to deepen the inequalities in a social place. The author concluded that few policies could be implicated in distance education during emergencies.

2.2 Obstacles of Social and Education Life among Adolescents

The adolescence stage makes youngsters handle many issues not only in public but in academics and undergo changes in their lifestyle. Mistreatment has been considered as aggressive behaviour along with some important morbidities, that might affect the person starting from the adolescent stage and traveling until the later part of adulthood. The aim of this traditional

researcher, was to improve overall adolescent health, which might eventually contribute to succeeding the United Nations Sustainable Goals for Development. The common stressful experiences are found to have affected 35% of adolescents worldwide during school hours. The empirical study including 846 students was carried out. The results might help guide public health professionals and policymakers in all low and middle-income countries in articulating guidelines or policies to stop bullying by conducting school programs.

Similar to the previous study [20], Mistreatment is a prominent adolescent issue. This area is widely researched to explore the connectedness and personality of tormenters. The data has been collected from 50 boys identified by the counsellor as aggressive. It was gathered from Delhi, India. This enabled them to order three significant behaviours of bullying Peers, Conscientiousness, and Extraversion. The study concluded that the students who engaged in all these were low on conscientiousness.

Stress is said to affect the daily lives of adolescents by upsetting their work capacity, so the existing investigator [21] has aimed to evaluate the occurrence of the symptoms and the aspects, that are associated with secondary school-going students in Bangladesh. This Cross-sectional study was conducted using two-stage cluster sampling. In nine secondary schools, a Quantitative questionnaire was given to 2355 adolescents. The results illustrated that about 65% of adolescents experienced moderate symptoms of stress, and nine percent of the students experienced high-stress levels. It suggested that some modifications in their lifestyle aspects might help to improve mental health.

Depression is considered a common mental disorder that makes individuals lose interest in their regular activities that the individual normally enjoys, and experience persistent sadness along with the helplessness to carry out their daily activities for the least amount of time, two weeks. The main purpose of the existing researchers [22] was to discover the frequently associated behaviours of anxiety, stress, and depression among school-going adolescents. A semi-structured questionnaire helped to assess the demographic details such as gender, age, religion, etc. and also to gather information like relationship with parents and the pressure the students are pushed to perform. Depression anxiety stress scale (DASS)-21 was utilized to detect stress, anxiety, and depression. The frequency of anxiety, stress, and depression was found to be high in adolescents, and most common in female adolescents, students, who are staying alone from family and adolescents, who are separated from their parents and living with single parents, students, who are not satisfied with their performance in an academic level. Under the pressure of family members the students do not abuse drugs and alcohol, so they perform well in school. The researchers concluded that parent-student counselling sessions would help reduce the gaps, and

increasing performance in extracurricular activities will help adolescents create a healthier school environment.

At the stage of adolescence, teenagers have to undergo many changes in mental and physical health through musculoskeletal pain and growing risk factors. These conventional investigators [23] conducted a cross-sectional study of 1600 students, registered in Delhi's ten co-educational government schools. The upcoming technology is said to have caused adolescents to develop musculoskeletal pain. This made the investigators conclude that female students in the age group of 15–19 years are at high risk of developing this musculoskeletal pain. Using mobile phones and watching television for an excessive amount of time, the level of physical activity predicts the occurrence of musculoskeletal pain in adolescents. Depression, anxiety, and stress are vital in building musculoskeletal pain.

3 METHODOLOGY

3.1 Research design

This research employed an empirical investigation through the semi-structured questionnaire and the data collected from the adolescents. The questionnaire is designed, based on the category of study variables, and the data are collected with purposive sampling analysis. The empirical investigation hypothesis is defined, based on the research objectives and interpreted through the assessment of the quantitative method. The demography

of the studied population was observed and analysed with the responses.

The summary of the research design applied for the study is shown in Figure 1.

- 3.2 Research Hypothesis**
- H1: There are several psychological barriers among adolescents regarding educational and social behaviours.
 - H2: Struggles faced by adolescents are urging them to find solutions.

- 3.3 Research Questions**
1. How do adolescents manage to handle the struggles and find solutions?
 2. How do adolescents face social and educational barriers in a psychological approach?

3.4 Study Population

The population of the study is adolescents belonging to Delhi NCR. Everyone is questioned about their mental health and creation of psychologically strong society.

3.5 Sample Size

The study population was generalized, with 138 registered responses from the questionnaire. The respondents were adolescents, who are the future generation of a strong society. All the respondents might differ in their family conditions. The adolescents of 10–19 years, who answered, were collected in the survey.

The voluntary consent of the respondents has been gathered from the participants. The above chart shows that 92% of adolescents have agreed to participate in

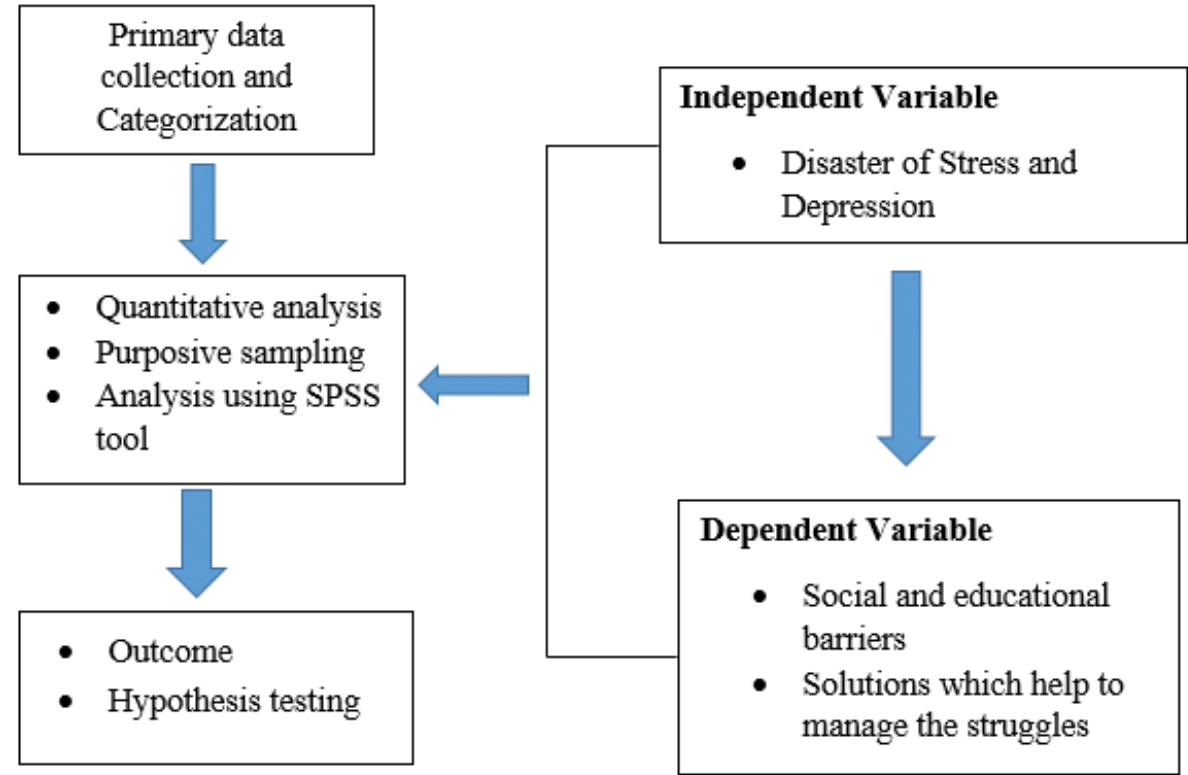


Fig. 1 Research Design

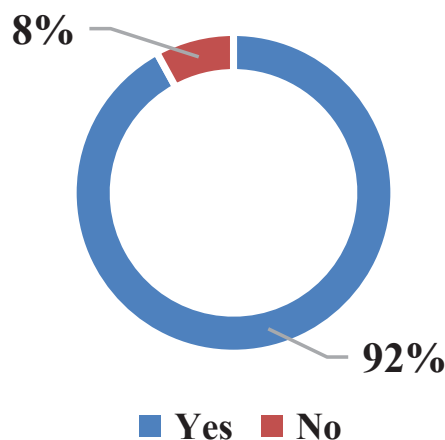


Fig. 2 Voluntary Consent of the Participants

the study. The size of this 92% of the participants is 138 responders.

3.6 Sampling Method

The data was collected using purposive sampling, because the survey concentrated on the participants aged between 10 and 19, which helped conduct the quantitative statistical analysis. The participants for the survey were respective to their age (adolescents) and family type. The questionnaire is categorized based on the variables of the study.

3.7 Data Collection

The primary data mandatory for the study analysis was collected using the structured questionnaire. The adolescents are the targeted population of the survey, who live in different family types. The researcher has reviewed and substantiated the responses to each questionnaire.

3.8 Research instrument

The structured questionnaire has been used to analyse the primary data based on a three-Likert scale. The scales' rating denotes 1 — Agree, 2 — Neutral, and 3 — Disagree. The collected responses from the questionnaire have been converted to the Likert scale format and presented in the SPSS software. The structured research questionnaire was used in the Delhi

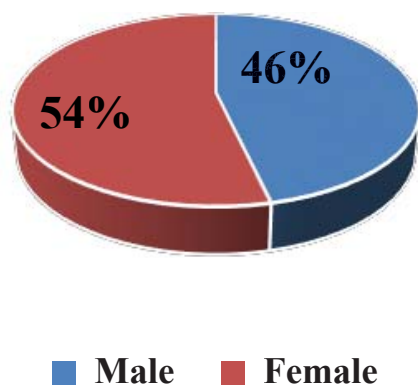


Fig. 3 Gender factor

Table 1 Reliability Statistics

Indicators	
Cronbach's Alpha	Number of Items
.909	28

NCR. The independent variable was measured by the variable, which did not influence the study outcome. The dependent variable was measured by the variable, which affected the study outcome. The reliability analysis was used to find the valid strength of the questionnaire by comparing with the study. Validity was used to check the rationality of the responses in the study.

3.9 Data Analysis

This research approach is typically used to handle the complicated steps in the conventions and approaches used in the data collection process, evaluating the data statistics through the sampling method. Finally, it concludes by examining the data using Quantitative. Using the framed questionnaire, the data were collected from a specific set of sample respondents. The data were transformed into a worksheet format to simplify the analysis process. The quantitative analysis of the collected data was performed, using the statistical approach IBM Statistical Package of Social Sciences (SPSS) for the successive assessment stage to analyse the variables connected with the research objectives. The demographical data from the respondents were studied through graphical analysis. The collected data were enumerated, using Excel and SPSS software by performing Correlation, ANOVA, and Descriptive statistics. The reliability test was executed to validate the questionnaire. The outcome of the reliability test is depicted in Table 1. The obtained Cronbach's value is greater than 0.9, hence the questionnaire formed is valid.

3.10 Ethical Considerations

This research was performed with a unified concern ethics of the participants. They were informed prior about the details of the research, the responses of the subjects would be kept confidential, and the results would be used only for research work.

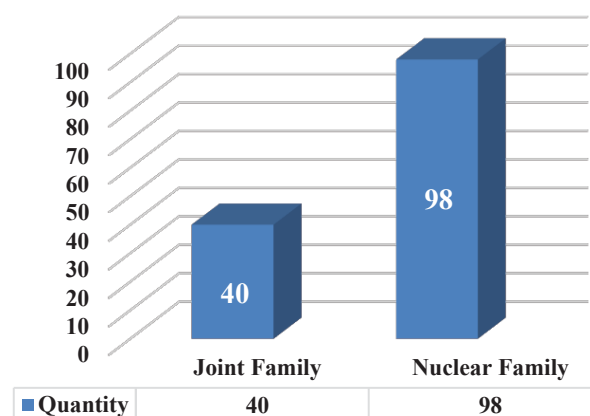


Fig. 4 Demographic details of Family Type

Table 2 Descriptive Statistics of the variables

Items of semi-structured questionnaire	n	Minimum	Maximum	Mean	Std. Deviation
Negative family environment is creating depression within you	138	1	3	2.09	.800
You are not interested to socialise with others	138	1	3	2.20	.853
Due to less involvement in the education, this might lead to a problem in your career	138	1	3	1.96	.858
Avoiding negative people and negative thoughts around you boosts you to have self-esteem	138	1	3	1.34	.560
Education life is getting spoiled due to lack of attention	138	1	3	2.14	.833
You feel often annoyed and frustrated	138	1	3	1.79	.796
Family situation decreases the attention in education	138	1	3	2.05	.795
Toxic relationship or failure of relationship is one of your stress factor	138	1	3	1.35	.560
Physical, sexual or emotional abuse are some risky factors effecting on depression	138	1	3	1.43	.600
Do you think mobile phone creates a communication gap between you and your parents	138	1	3	2.05	.795

4 RESULTS

4.1 Demographic details
The above-demonstrated Figure 3 represents the gender of the participants in the questionnaire. From the above chart, it is observed that female adolescent respondents are high with 54% (74 subjects), with the responses to other questions answers being similar even though they belong to different families, the male respondents are 46% (64 members) from Delhi NCR. The collected data represents the mindset of the participants.

The family details of the respondents have been depicted in the above Figure 4. This graph demonstrated that most of the participants, who responded to the survey, were from Nuclear families. This is acknowledged with a count of 98, the highest compared to the “joint” family type. The “joint” family type has a count of 40. While dealing with the psychological factors, the growth of the nuclear family has increased, which influenced the results from the respondents.

Technological advancement has created a virtual space instead of spending quality time with family. Figure 5 above illustrates that adolescents use mobile

phones frequently; 81% of the respondents (113 subjects) are using mobiles. The other 18% (25 members) don't use mobile phones. This demographic chart presents and meets the first objective of the research. The driving factors of depression and stress begin with the family, and adolescents are affected in the process, which creates a huge impact in carving a strong psychological society.

4.2 Statistical Analysis of the Data
4.2.1 Descriptive statistics

Adolescent's life is being disturbed by various factors. They will represent the psychologically strong society in the future. With the descriptive statistics of different variables and combining self-reflexive thoughts, the young generation feels annoyed and stressed. This has a major impact on education. The guilty concern of adolescents has emerged from not having any proper support from family members. The mean value of not socialising with others indicates a higher response to Neutral at 2.20.

4.2.2 Correlation Test

The Correlation test is conducted to authorize the association between the variables and evaluate

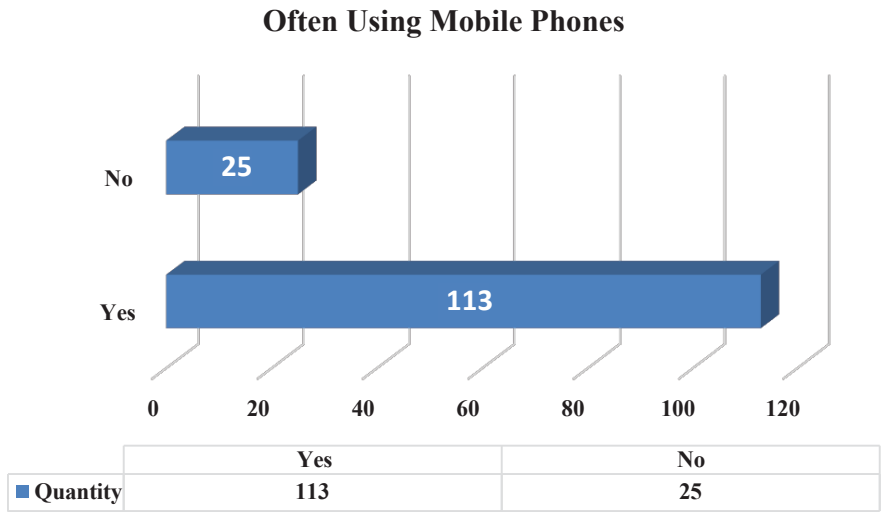


Fig. 5 Frequently Using Mobile Phones

Table 3 Correlations between stress factors

Items of semi-structured questionnaire					
		Family situation decreases the attention in education	Toxic relationship or failure of relationship is one of your stress factor	Physical, sexual or emotional abuse are some risky factors effecting on depression	Do you think mobile phone creates a communication gap between you and your parents
Family situation decreases the attention in education	Pearson Correlation	1	.620	.725	.560
	Sig. (2-tailed)		.010	.015	.047
	<i>n</i>	138	138	138	138
Toxic relationship or failure of relationship is one of your stress factor	Pearson Correlation	.620	1	.910	.503
	Sig. (2-tailed)	.010		.006	.018
	<i>n</i>	138	138	138	138
Physical, sexual or emotional abuse are some risky factors effecting on depression	Pearson Correlation	.725	.900	1	.430
	Sig. (2-tailed)	.015	.026		.001
	<i>n</i>	138	138	138	138
Do you think mobile phone creates a communication gap between you and your parents	Pearson Correlation	.560	.573	.611	1
	Sig. (2-tailed)	.047	.008	.001	
	<i>n</i>	138	138	138	138

Table 4 ANOVA of self-reflexive thoughts

Contents of thoughts		Sum of Squares	df	Mean Square	F	Sig.
Education life is getting spoiled due to a lack of attention	Between Groups	8.662	2	4.331	6.764	.002
	Within Groups	86.439	135	.640		
	Total	95.101	137			
You often feel annoyed and frustrated	Between Groups	11.841	2	5.921	10.648	.000
	Within Groups	75.065	135	.556		
	Total	86.906	137			

the degree of relationship. The variables used in correlation analysis are Family situation decreases the attention in education, Toxic relationship or failure of relationship is one of your stress factor, Physical, sexual or emotional abuse are some risky factors effecting on depression and Do you think mobile phone creates a communication gap between you and your parents. The significance value is less than 0.05 and moreover there is a strong correlation among the variables. Hence, H1: There are several psychological barriers among adolescents regarding educational and social behaviours. H2: Struggles faced by adolescents are urging them to find solutions. Both H1 and H2 have been satisfied.

4.2.3 One-way ANOVA

ANOVA analysis was executed to find the association between dependent and independent variables. This research was generally performed to define the statistical variance among independent variables. The significance value in the outcome is less than 0.05, hence there is a significant impact among the considered dependent and independent variables. The independent variable, the self-reflexive thoughts, has an impact on the dependent variables, such as people getting frustrated and annoyed often, this also has a high level of influence on education. As the values indicate that there is an interconnected

association between the variables, which are indicated from the values, the outcome of ANOVA satisfies the hypothesis that there are several psychological barriers among adolescents regarding educational and social behaviours. The result depicts that each individual is affected in the process psychologically. The present generation has equal pressure and stress in the education and social sectors. This all comes from negative family impacts. The results from the respondents proved that everyone should provide equivalent care to adolescents. These young generations' life phases go through tremendous changes in physical, mental, and social activities.

4.2.4 Frequency Test

Rapid mood changes have been depicted as high in adolescents from different family backgrounds. Most of the participants responded yes, with the highest member list of 60, due to the family issues addressed and the changes impacted by the elder members. Depression and stress affect every individual in an equal manner. It does not have any specific limit, the second highest answer is maybe with 54 respondent, and the least amount of 24 subjects answered no. Changes in family situation have made the respondents experience rapid mood changes and peace among the family members.

Table 5 Frequency test on changes in mood swings

Changes in mood swings					
Type of response		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	60	43.5	43.5	43.5
	may be	54	39.1	39.1	82.6
	no	24	17.4	17.4	100.0
	Total	138	100.0	100.0	

5 DISCUSSION

Stress and depression are the major facts in the life of adolescents. They become easy targets to people and are bullied by others. This creates a serious amount of issues in the life of adolescents. Adolescents are the pillars of the future generation of society. Creating a strong psychological society made the researchers analyse the factors, affecting adolescent individuals. To work on the research objectives, the present study has utilized Quantitative research methodology. The primary data was collected from the structured questionnaire, and 138 respondents participated in the study using the random sampling technique. The gathered data were analysed using SPSS statistical tool. This includes One-way ANOVA, Correlation, and descriptive statistics analysis. The overall results depicted some significant impacts of stress and Depression on adolescents, and how they opt to handle it proves that with some help and guidance, good mental health can be created among adolescents, which contributes to building a strong Psychological society.

Depressive mood swings and stress have been predominantly increased in the case of adolescents. One way or the other, adolescents are struggling with attention, impacting mental health. The existing investigators [25] have conducted research using PRIDE to address the mental health issues in India and many LMICs. The gathered result helped to authorize that this program facilitated the adolescents. 84 students participated in two Pilot groups.

Similarly, researchers [26] aimed to investigate attitudes, aggressive beliefs, and violence among Delhi adolescents. The data was collected using a questionnaire with 270 adolescents. The study concluded that gender and school type influence adolescents to behave aggressively.

Similar to the results of the previous study the investigator [27] has worked to identify the level of aggression in adolescents. The study examined 319 adolescents, using a semi-structured questionnaire. The data were collected and analysed. It concluded that the male adolescents who belong to nuclear families and religion played a vital role. They scored higher levels of aggressive points. This proved that adolescents require mental health programs to guide them in dealing with violence and anxiety. Mental disorders are causing major issues, schools are considered important settings for analysing mental health interventions, and the existing

researchers [28] used semi-structured interviews with adolescents in Goa and Delhi. The major stress of the adolescents was to perform well in the examinations, bullying, family conflicts, and gaining peer acceptance from personal to education. Qualitative data was gathered on prioritizing outcomes, resulting in School-Based Mental Health services becoming an acceptable platform to assess the mental health care of adolescents in India.

Adolescents' mental health plays a vital role in contributing to a strong psychological society. Many researchers only concentrated on specific factors, but the present study has analysed how adolescents handle anxiety and the societal and educational barriers that impact their life by various analyses. Correlation test states that there are several psychological barriers faced by the adolescents, which can be handled by means of proper education and positive family environment. Avoiding negative thoughts will help in improving one's self esteem. Involvement in education will help to create a positive family environment. ANOVA test depicts that individuals are affected psychologically by lack of education due to attention and feeling annoyed and frustrated. From the overall analysis the study has found, that stress and depression in adolescents can be handled by educational factor and socialisation.

6 CONCLUSION

The overall results depicted some significant impact of stress and depression on adolescents. The study has found stress and depression in adolescents can be handled by educational factor and socialisation. Furthermore the study suggests that the vital psychological factor affecting the adolescents is the family environment. The study recommends future researchers to analyse the psychological factors of the adolescents on interview basis to provide the outcome more precisely.

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