

# **Stress in Teenagers**

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**Abstract:** *Teenagers today experience high levels of stress, often exceeding those of adults. Studies indicate that nearly 75% of high school students report persistent stress, largely due to academic pressure, social challenges, and concerns about the future. This paper examines the major causes, symptoms, and impacts of stress among teenagers. It also highlights differences between stress in children and adults and suggests effective strategies for stress management. The study emphasizes the importance of parental support, healthy lifestyle practices, and open communication in helping adolescents cope with stress.*

**Keywords:** Teenagers, Stress, Academic Pressure, Mental Health, Coping Strategies, Adolescents