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As if puberty and medium-sex drama wasn't enough to deal with, it turns out, today's teens are now more stressed than adults. A new study shows that American teens are juggling so much during the school year - scientists, extracurricular activities, social life - that a typical dose of teenage angst grows, rivaling unhealthy stress patterns found in adults. Say goodbye to carefree days of youth (if they ever existed). A Stress in America survey by the American Psychological Association finds that 31 percent of teens say their stress levels increased last year, and 34 percent believe it will only rise next year. The amount of pressure faced at such a young age indicates that unhealthy stress habits haunt many adults develop at an early stage and are resistant throughout a person's life. The study involved more than 1,000 adolescents and 1,900 adults. While there are many factors contributing to adolescent problems, education is the main trigger: 27 percent say they experience extreme stress during the school year compared to 13 percent in the summer. But even when there is no school, teens still suffer from levels higher than usual: 4.6 vs. 3.9 on a 10-point scale. On average, their stress level was 5.8, compared to 5.1 for adults. It is alarming that the adolescent stress experience is so similar to that of adults. It's even more concerning that they seem to underestimate the potential impact that stress has on their physical and mental health, says APA CEO and Executive Vice President Norman B. Anderson. Teens report the difficulty of managing their time and as a result, 40 percent neglect responsibilities at home, with 21 percent saying the same about responsibilities at work or school. Of course it's having an impact. They click on friends or teammates, procrastinate, cancel plans, and feel depressed. Nearly a quarter miss meals while others feel sick to their stomach and lose sleep. (As if they're not making bad enough decisions). One U.S. poll participant today said the last two years of high school were the most stressful for her and her friends. We have to do everything and be perfect for colleges, and we have a lot of workload. Most of the time we talk about how stressed we are, 18-year-old Hannah Sturgill says. The key problem highlighted in the study is the unhealthy coping mechanisms implemented by adolescents. Many don't know how to deal with anxiety and turn to sedentary activities like playing video games or going online to relax. Only a small number are engaged in physical to cope with your stress. Godspeed, guys. It's only getting worse. RELATED: What is life expectancy in the U.S.? Find out in which country your state compares with the image: Photolia Almost a third (31%) Employees surveyed feel undervalued and undervalued by their bosses - and around 15% feel utterly unhappy, bored, and lonely. Here here on the subject, are the results of the survey. It is interesting to note that the greatest differences tend to arise between men and women: women feel more pressure to cope with the stresses of work and life, and they tend to be more realistic about the compromises they need to make. In general, do you achieve a work-life balance? Yes: 60% No: 33% Not sure: 7% These results are cut across most categories, including gender and age. People who really want more balance between their working life and their personal lives can get it - if they're willing to make some compromises. Agree: 87% Disagree: 6% Not sure: 6% If money wasn't a problem, Would you: Work less or more flexible hours than you do now?: 63% Work as many hours as you do now?: 18% Quit work?: 14% Unsure: 4% How much extra annual income do you need in order to save money from influencing your decisions about the type of work you do or the number of hours you work? \$10,000 or less : 10% from \$10,000 to \$20,000: from \$20,000 to \$30,000: 16% from \$30,000 to \$40,000: from 20,000: from 20,000 10% from \$40,000 to \$50,000: 21% from \$50,000 to \$60,000: 3% \$60,000 to \$70,000: 15 \$60,000 to \$70,000: \$70,000 to \$80,000: \$80,000 to \$90,000: 1% \$90,000 to \$90,000 100,000: 12% from \$100,000 to \$200,000: 3% \$200,000 to \$300,000: 1% How important is to you each following as a way to achieve balance in your life? (The percentages show how many people have said a little more important or very important.) Make privacy a higher priority: 91% Earning more money: 86% Focus on personal matters and at work during alternating periods in my life: 83% Using the Internet and other technologies: 83% Learn to live on less money: 63% Not obsessed with raises or promotions: 62% Getting extra help at home: 58% Getting childcare that I can trust: 52% that are too demanding: 52% part-time work or division of jobs: 46% Rejection of the idea of being a superstar at work: 41% Responses to this question indicate a significant gender difference among our respondents. For example, 67 per cent of women indicated that learning to live for less was very important or somewhat important compared to 60 per cent of men; 66% of women chose not to be obsessed with promotion or promotion, compared to 58% of men; Sixty-eight per cent of women chose to receive more home care, compared to 49 per cent of men; 59% of women chose to go through too demanding work projects, compared to 47% of men; 57% of women chose to receive childcare that I can trust, compared to 48% of men; 55 per cent of women chose part-time work or job sharing, compared with 38 per cent of men; and 43% of women said they were willing to give up the idea of being a superstar on compared to 38% of men. If you could have another hour a day at home or one of the following that you would prefer to have: \$10,000 a year raise: 83% Another hour in Home: 17% More challenging or more satisfying work: 41% Another hour a day at home: 59% more power or more prestige in your organization work: 32% Another hour a day at home: 68% It's 5pm, and your boss comes to you with a request from an important customer. The work will take at least five hours and should take place the next morning. You should go to a long-planned dinner with your spouse's family or other significant ones. What's more complicated: Telling your spouse or other significant that you can't make dinner?: 38% asking your boss to find someone else to do the job?: 30% Not sure/not applicable: 32% How much responsibility does each of the following have in order to allow people to balance their work life with their personal lives? (The percentages show how many people have chosen a lot or some as an answer.) Sami: 98% Their family: 95% Their spouse or significant other: 92% Of their company or organization: 89% Their boss: 88% Their colleagues: 55% Government: 47% The following possible reasons why we hear so much talk about working people in need of more balance in their lives. Please indicate whether you agree or disagree with each statement. (The percentages reflect how many people have said they fully agree or agree somewhat with each statement.) Most people don't manage their time very effectively: 91% People think they need more money or material things than they do: 90% Juggling a satisfying job with a satisfying personal life is tough: 88% To compete, people need to work as much as possible: 84% success is more and more about more than making money: 83% Of the problems working women get more attention: 79% Of the conversation about balance is the 90s way for people to show that their life is full: 75% be really honest with yourself, indicate how much you agree or disagree with each of the following. (The percentages show how many people have said they fully agree or agree somewhat with each statement.) I don't want to compromise at work or at home: 71% I make the necessary compromises to get the balance of my life: 69% I work very hard now to try to get somewhere: 68% I enjoy being busy, as I am now: 63% I could be more efficient at work: 63% My peers and friends work long: hours: 60% I like to be known for long and hard work: 58% I am not ready to give up money or material things: 54% I would drive an old car or live in a small house in exchange for more free time: 52% I can not control, How many hours I work: 49% I feel more in control at work than I do in my personal life: 41% Work is more exciting than being at home : 30% I don't feel like I've worked hard enough if I only work eight hours a day: 24% I work hours to avoid the struggle with my personal life : 14% Pat has a chance to join a startup company. The job will be very similar to Pat's current job, and the salary will be the same. Pat currently works late or on weekends a couple of times a month. The money's fine, but Pat won't get rich on his current job. The new job will mean regular work of 10 to 12 hours over several years. If the launch is successful and goes public, there is a very good chance that Pat will get huge windfall stocks and options. If you were a Pat, would you: Switch to a job at a startup company? 59% Stay with your current job? 25% Not sure 7% What if Pat's spouse or other significant also worked, and if the couple had two young children at home? If Pat took a new job, do you think what Pat was: Losing sight of what's important?: 43% Taking advantage of a big opportunity?: 41% Not sure: 16% Men and women differ significantly in how they answered both parts of this hypothetical question. Men are more likely to see a new job as an opportunity in the first place: 62% of men said that Pat should change jobs, compared to 55% of women. With the introduction of Pat's working spouses and children, similar gender inequality is evident: 47% of women said that Pat was losing sight of what was important, compared to 40% of men; Forty-six percent of men said Pat took the perfect opportunity, compared to 35% of women. The Johnsons both work in jobs they love. These jobs require long hours and a lot of travel, but they pay very well. Spouses can afford full-time childcare, private school tuition, a large house, house cleaning service, new cars every few years, a good dinner every week, and wonderful family trips for the holidays. The Johnsons aren't always home by the time their kids go to sleep, and their time together happens mostly on weekends. Which of the following statements is closest to your view of life that the Johnsons live? It's the kind of lifestyle that society puts pressure on us to continue: 59% Is it the kind of lifestyle that our employers put pressure on us to continue: 18% Is it the kind of life that I personally want: 8% Not sure: 15% Do you consider each following to be more of a success fruit or more excess sign? Having a holiday home Success: 73% Excess: 25% Flying your family to Vale for ski holidays Success: 68% Excess: 29% Flying abroad for a holiday every year Success: 57% Excess: 40% Driving BMW, Lexus, or similar car Success: 54% Excess: 43% Having a home theater Success: 51% Excess: 45% House accommodation costing \$500,000 or more Success : 51% Excess: 47% Paying someone to do all your housework Success : 48% Excess: 49% Eating in a fine restaurant a few nights a week Success: 44% Excess: 52% Having a full-time job Success childcare: 35% Excess: 58% Having 58% or Bees for Parents and Children Success: 24% Excess: 71% Spend \$2000 on clothes in one day Success: 22% Excess: 75% Visit Roper starch worldwide online ( ). ( ). job stress survey spielberger pdf

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