Youth Issues

There are a lot of problems and tests in our life and they are different for everyone. The most widespread youth issues are lack of money, academy worry, loneliness, depression, family troubles, procrastination, friends issues, lack of sleep, problem of planning future career, body image, challenges of adulthood, different addictions and other. These problems are typically for both Belarusians teenagers and teenagers from other countries.

To solve any problem you should, at first, identify it. Then try to think about why it is a problem for you. Consider possible solutions and evaluate the outcome of your solving process. And the most important thing is to put the solution into action. So, every problem haves its own solution. If you can’t to solve this problem on your own you will be able to ask an advice from your family or specialist. You always must remember that you have people on your side, who are ready to help. Family is your support and a shoulder to cry on. If you hide your feeling and emotions and run away from problems, the situation could get worse.

Many people are addicted to technology and the Internet. Taking photos, watching TV hard, video games are examples of tech addiction. And examples of Internet addictions are online gambling, online shopping, excessive social media using and so on. These addictions can be a reason of depression, loneliness, lack of concentrations, poor physical and mental health and other problems.

Internet and technology open up many possibilities, but we must not waste all time on them. The Internet may be a very powerful educational tool. It provides a wide range of developing programs, free courses and educational videos. But we shouldn’t forget to read books, going out with friends and, of course, we should learn how to live without high-tech devices.

Now the most common is 5 types of generations: Traditionalists, Baby Boomers, Gen X, Millennials and Gen Z. Traditionalists are value workplaces that are conservative and have a clear chain of command, appreciate and respect the laws and opinions of others. Baby Boomers are optimistic, friendly and communicative. Generation X are value workplaces that are positive, fun, flexible and have access to leadership and information. Millennials are achievement-oriented, highly creative and collaborative. I belong to generation Z. They want independence, can multi-task and open to everything new.

Different generations have different life values and points of view. This is the reason for generation gap and it can be a problem, actually at the workplace. So, to bridge it between employees try to provide a variety of communication channels, put respect front and centre, don’t make assumptions, guard against age segregations.