

Study: Younger Generation More Stressed at Work than Older Age Groups

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Category : Lifestyle/Entertainment

Unlocking Word Meanings

Read the following words/expressions found in today’s article.

- 1. **millennial** / **mɪˈlen.i.əl** / (n) – people born in the 1980s and 1990s
Example: A lot of **millennials** rely too much on technology.
- 2. **hefty** / **ˈhef-ti** / (adj) – great in amount or size
Example: He is not yet ready for a **hefty** responsibility because he is still very young.
- 3. **impair** / **ɪmˈpeər** / (v) – to make something weaker
Example: Criticisms **impaired** his self-esteem.
- 4. **take a toll** / **teɪk ə ˈtoʊl** / (idiom) – to cause a negative effect
Example: Doing overtime work **took a toll** on my health.
- 5. **talk (something) through** / **tɔk θru** / (idiom) – to discuss something in detail
Example: When you have problems at school, you should **talk** it **through** with your parents.

Article

Read the text below.

新世紀の人(millennials : 1980-2005年に生まれた人)
A survey revealed that **millennials** are more stressed at work than their older colleagues.

精神状態に関して自覚を促す(raise awareness : 自覚を促す)
The Mental Health Foundation (MHF), an organization that raises awareness about mental health in the United Kingdom, conducted the survey among 4,500 respondents aged 18 and above. ～人の解答者(respondents : 解答者) Results showed that 18- to 38-year-old millennials felt more pressured at work, 仕事で重圧を感じている(pressure : 重圧) with 28% saying that coping with stress comes naturally with their jobs. Nonetheless, only 12% of employees aged 53 to 71 felt the same.

ストレスに対処する(copy with stress : ストレスに対処する)
MHF representative Richard Grange explained that factors like job insecurity, low pay, and a **hefty** workload may have **impaired** the millennials’ mental health. He added that the present job market poses different challenges compared to previous years. それにも関わらず ～の精神状態を損なう(impaired : 損なう) 異なる課題を引き起こす(pose : 引き起こす)

仕事の不安、低い給料、思い作業量(hefty : 非常に重い、いかつい workload : 作業量)
In order to improve employees’ mental health, Grange claimed that having a sense of security and support in their jobs is important for employees. Otherwise, work-related pressure can **take a toll** on their personal lives. 精神状態を向上させる為には ～は主張した(claimed : 主張する) 安心感を持つ事(sence of security : 安心感) と、彼らの仕事をサポートするのは重要 そうでなければ(otherwise : そうでなければ) 仕事に関する重圧は、個人の生活に大きな打撃を与える(take a toll : 大打撃を与える、大損失を与える)

彼らのストレス状態を話す意思がある(willing to : ～する意思がある)
Jaan Madan, a lead at Mental Health First Aid England (MHFA), an organization of mental health educators, said that the first step in handling work-related stress is **talking it through** with a manager. However, according to the same survey, only 14% of both age groups are willing to discuss their stress levels with their managers. 管理者に声をかける(take one through : 声をかける)

In line with this, MHFA England launched the ‘Address Your Stress’ toolkit, a set of resources that people can use as a reference in determining signs and causes of stress and ways to handle them. The toolkit is free of charge and is available for everyone to download from the organization’s website.

Viewpoint Discussion

Enjoy a discussion with your tutor.

Discussion A

- What practices or lifestyle changes can millennials adopt to avoid work-related stress?

- How do you think companies can ensure that their employees feel secure and supported?

Discussion B

- Based on your observations, what are some notable differences between millennials and older age groups? Discuss.

- In your opinion, how can people break the generation gap between millennials and older age groups?