**Why young people today are more upset than in the past**

Young people today seem to experience more mental health problems such as depression, anxiety and stress compared to previous generations. This trend can be explained by several societal, technological and psychological factors that affect the lives of young people today. In this paper, we will explore some of the main reasons why young people today are more upset than in the past, including changes in society, technological developments, and changing expectations of the individual.

**1. Increased societal pressure and economic uncertainty**

One of the main factors that can explain why young people today more upset is the increasing societal pressure that young people experience today. Economic uncertainty and labor market instability play a significant role in this pressure. Young people today face a world with higher education costs, a competitive labor market and a housing crisis that can create fear and uncertainty about the future. According to a report from Statistics Denmark, youth unemployment has been on the rise for several years and many young people are without jobs, which can lead to frustration and low self-esteem (Statistics Denmark, 2020). At the same time, rising house prices and demands for financial independence have created pressures that previous generations did not experience to the same extent.

Combined with economic insecurity comes the changing social norms where young people have been asked to “create themselves” through self-development, achievement and personal success. This constant striving for perfection and the fear of not living up to societal standards can lead to feelings of inadequacy and stress (Helliwell et al., 2020).

**2. Social media and constant comparison**

Another important factor that has changed the lives of young people compared to previous generations is the use of social media. Social media such as Instagram, TikTok and Facebook have changed the way young people interact with the world, often creating a pressurized image of what a “perfect” life should look like. Young people are constantly exposed to images of their peers, which have often been curated to show the best aspects of life. According to a study by the Royal Society for Public Health (2017), social media has a negative impact on young people's mental health as it can lead to higher levels of anxiety, depression and stress, especially among young women. The constant comparison with others and the fear of being excluded or “not good enough” can lead to emotional problems.

Social media also increases feelings of loneliness and sadness as it can create a false picture of what others' lives are like, which can lead to isolation and depression. Young people may feel that they don't live up to the social standards they see online, which can have a negative impact on their self-perception (Fuchs, 2020).

**3. Greater focus on mental health, but also greater stigma**

Another important factor is the changing perception of mental health. In previous generations, mental health conditions such as depression and anxiety were often stigmatized, and little attention was paid to young people's mental health. Today, however, there is a much greater openness about mental challenges and more young people feel comfortable talking about their problems. On the one hand, this can be positive as it allows young people to seek help, but it can also lead to an increased awareness of their problems and create a form of “mental health overload.” This means that more young people may feel more aware of their own symptoms and develop a perception that they have mental health problems, even if they might have dealt with them differently in the past.

In addition, the increasing focus on mental health has also led to a greater awareness of how the pressures of social media, stress and performance demands affect young people. However, there is also an element of stigma, as mental health problems can still be seen as something to “get over” or “grow out of.” This stigma can make it harder for young people to seek the help they need (Eisenberg et al., 2009).

**4. Changes in family role and social support**

The role of the family and social networks also plays a key role in young people's well-being. Today, many young people are experiencing a changing relationship with their family. Traditional family patterns have changed, and for many young people this means fewer stable relationships and an increased risk of loneliness and sadness. In addition, the social support young people receive from family and close friends has become less stable at a time when more young people have moved to larger cities to study or work, and when relationships between young people and their parents can be more distant. According to a study by the Pew Research Center (2019), it has become more common for young adults to live at home longer, which can cause both financial and social challenges.

It's also important to mention that many young people today are growing up in a society where the stress and pace of everyday life has changed. Parents are working longer hours and children are often more exposed to social media and the demands of school, which can lead to young people not getting the emotional support and attention they need from their parents.

**5. Conclusion**

Overall, there are several factors that explain why young people today seem to be more upset than previous generations. Economic uncertainty increased societal pressures, social media, changing perceptions of mental health and changes in the role of the family are all factors affecting the lives of young people today. While there is an increased focus on helping young people manage their mental health issues, it also means they are more aware of their own mental health, which can create a sense of overwhelm. It is therefore important to continue to create a society where young people feel supported, both financially and emotionally, and where there is a focus on creating a healthy balance between technology use and mental health.

**Kilder**:

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