

## **Report: Understanding Stress and Well-being in Young People**

This report summarizes the findings of an analysis conducted on a dataset related to mental health and well-being in young people. The goal is to provide insights that can be used for counseling and supporting young individuals in managing stress and improving their overall well-being.

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### **Key Findings**

#### **Stress Levels and Gender**

Females tend to have significantly higher average stress levels (6.46) compared to males (5.99), as revealed by the independent samples t-test ( $p\text{-value} < 0.05$ ). This highlights the need for counselors to be aware of potential gender-based differences in stress experiences and tailor their approaches accordingly.

#### **Impact of Support Systems**

Average stress levels differed significantly across different support systems ( $p\text{-value} < 0.05$ ). Young people with "Family" support showed the lowest average stress levels (5.31) compared to those with "Friends" (6.23), "Professional" (6.33) support, and "No Support" (7.59). Counselors can encourage young people to build strong support networks and utilize available resources like family, friends, or professionals for managing stress effectively. Emphasize the importance of strong family connections in promoting mental well-being.

#### **Correlation between Sleep and Stress**

There is a significant negative correlation between sleep hours and stress levels (correlation coefficient: -0.35,  $p\text{-value} < 0.05$ ). This implies that as sleep hours decrease, stress levels tend to increase. Counselors can emphasize the importance of adequate sleep for stress management and provide guidance on improving sleep hygiene.

#### **Age and Stress**

The age group of 17 showed the highest average stress levels (6.94). Counselors should be mindful of developmental stages and age-specific stressors when working with young people.

#### **Screen Time and Stress**

There is a moderate positive correlation between screen time and stress levels (correlation coefficient: 0.42). This indicates that individuals with higher screen time tend to have higher stress levels. Counselors can discuss the potential impact of excessive screen time on stress and well-being and help young people develop healthy technology habits.

## Exercise and Stress

The distribution of exercise hours among participants reveals that most young people engage in 2 to 4 hours of exercise per week. Counselors should encourage physical activity and exercise as stress management strategies for young people.

## Support System and Stress

Individuals who reported having no support system had notably higher stress levels compared to others, while those who relied on family support demonstrated lower stress levels.

Counselors should guide individuals to find the support systems that work best for them.

Emphasize the importance of support systems in stress management.

## Combined Stress Score

A combined stress score derived from survey and wearable data provides a holistic indicator for assessing stress levels in young people, enabling a more comprehensive evaluation of individual stress levels.

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## Recommendations for Counseling

Based on these findings, the following recommendations are made for counseling young people:

- **Tailored approaches:** Counselors should consider individual differences (gender, age, support system type) when working with young people.
  - **Support system guidance:** Help young people identify and access supportive relationships and resources.
  - **Sleep hygiene education:** Promote healthy sleep habits and address any sleep-related concerns.
  - **Screen time management:** Discuss the potential impact of excessive screen time and encourage healthy technology use.
  - **Stress reduction techniques:** Introduce stress management strategies like relaxation exercises, mindfulness, and physical activity.
  - **Empowerment and self-advocacy:** Encourage young people to take an active role in managing their stress and seeking help when needed.
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## **Conclusion**

This analysis provides valuable insights into the factors influencing stress and well-being in young people. By using these findings to inform counseling practices, we can better support young individuals in navigating challenges and promoting their mental health.