

Text B: Teenagers and Stress

Being a teenager is, perhaps, one of the most interesting, intense, and at the same time complicated periods in the life of almost any person. Teenagers face real world problems more and more often, as well as encounter their first serious challenges and problems at home, at school and in their relationships. Teenagers receive stress from several areas.

Teenagers are often affected by their popularity among peers. Research shows that if teenagers fail to achieve certain levels of popularity, they may feel self-doubt. Disappointment in their own appearance, lack of romantic relationships or social status are possible reasons for stress in a teenager.

The majority of teenagers are exposed to the stress of education. This group of stress factors includes teenagers' fears about their future life and career (often boosted by parents); trying to achieve good grades, large amounts of homework, and so on.