

A Study on Anxiety and Depression - Impact on teenagers

Exploring Emotional Well-being: Teenagers Battling Anxiety and Depression

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ABSTRACT

Teenagers today are facing an increasing wave of mental health challenges, particularly anxiety and depression, which are becoming serious global concerns. This research dives into the emotional, social, and environmental elements that are fuelling these issues in young people. By looking closely at how teens feel, learn, socialize, and find support, the study reveals that early struggles with mental health can interrupt important developmental stages and affect their overall happiness and potential. It also sheds light on the pressure points of modern life—like social media, academic demands, and complex family situations—that can heighten emotional distress. Through thoughtful surveys, conversations with mental health professionals, and thorough analysis of existing research, the study identifies major causes and presents strategies to help teens build resilience and maintain emotional strength.

The ultimate goal? To encourage schools and communities to implement mental health education and create inclusive support systems that not only reduce stigma but also empower young people to understand and take charge of their mental well-being.

KEYWORDS

Anxiety, Depression, Adolescence, Puberty, Teenagers.

INTRODUCTION

The growing number of teens struggling with anxiety and depression has become a serious public health concern. Adolescence is a time of profound growth—physically, emotionally, and mentally. But with the constant pressure to excel in school, keep up socially, and navigate a digitally driven world, many young people find themselves overwhelmed by stress. These mental health challenges don't just affect how teens feel—they can derail academic progress, damage friendships, and impact their future well-being. This study dives deep into the complex web of factors behind anxiety and depression in

teenagers, examining how genetics, brain chemistry, family life, technology use, and social experiences all play a part. By analysing clinical data, behaviour patterns, and the influence of environments like home and school, the research aims to raise awareness and provide practical strategies for early

intervention. Recognizing the signs—like persistent worry, fear, sadness, and withdrawal—is key to helping teens cope before things spiral out of control.

When ignored, these conditions can have serious consequences: poor academic performance, broken relationships, substance misuse, and even the risk of self-harm. That's why it's crucial to invest in support systems that empower teens, reduce stigma, and promote emotional resilience. Ultimately, this study calls for inclusive mental health policies that meet young people where they are—at home, in school, and online—guiding them toward healthier, more fulfilling lives as they transition into adulthood.

REVIEW OF LITERATURE

1.Amani, R. (2020) This research tells us about the role of family function in teenagers. The finding of this study showed that teenagers with anxiety and depression report dysfunctional family functions in subscales such as problem solving, cognitive response, emotional involvement, and behaviour control in comparison with healthy teenagers. Therefore, the author says a psychotherapist should be aware of this effect during the treatment teenagers with anxiety and depression, and emphasize on the relationship between the teenagers and their family.

2.Mishra, K. (2021) The objective of the paper is to emphasis on individual mental impairment primarily approached. The paper also evaluates the restricted conceptual framework given to those suffering from mental illness in order to identify the problem within the individual. Further the paper discusses the issue with the rising pathologizing and medicalization of humans in contrast to mental health issues. Through a descriptive research approach the paper has been presented. By gathering secondary sources and employing a qualitative research approach, the study closely analysed the research aims and objectives.

3.Florescu, S., Mihaescu Pintia, C., Ciutan, M., Sasu, C., Sfetcu, R., Scintee, S. G., & Vladescu, C. (2019). In this research the author suggests promoting interventions for promoting mental health in adolescents to combine parenting programs with leisure activities and a balanced curriculum; various approaches (physical activity, music, sports participation) should be tailored into the national, community and school contexts. Resilience factors (relationship with parents, communications with peers), development of help-seeking behaviours and available self-help programs could support early detection and assistance.

4.Li, T., & Nafie Abdelwahab, E. M. (2024). This study focuses on current research as well as evidence-based methodologies to assess the efficacy of various treatment modalities for teenagers who are experiencing depression and anxiety. Adolescents often have mental health issues, such as anxiety and depression, which significantly impact their emotional, social, and academic well-being. The study examines medication, lifestyle adjustments, cognitive-behavioural therapy (CBT), interpersonal therapy (IPT), and other modern therapeutic procedures.

5.Toscos, T., Coupe, A., Flanagan, M., Drouin, M., Carpenter, M., Reining, L., ... & Mirro, M. J. (2019). This study aimed to analyse (tech-based elemental health) TMH resource usage by high school students to establish current user characteristics and provide a framework for future development (i.e., self-help, anonymous chat, online counsellor, or crisis text line). Here it says teens reporting depression symptoms, higher stress, or suicidality were less likely to talk to a parent about stress or problems and

more likely to tell no one. Hence, Youth struggling with mental health symptoms, some of whom lack real-life confidants, are using existing TMH support, with resource preferences related to symptoms. Future research should consider these preferences and assist in the creation of specialized, evidence-based TMH resources.

6.Henker, B., Whalen, C. K., Jamner, L. D., & Delfino, R. J. (2002). One hundred fifty-five ninth-grade adolescents completed electronic diaries every 30 minutes for two 4-day intervals, reporting their moods, activities, social settings, dietary intake, smoking, and alcohol use. Teenagers were stratified into low-, middle-, or high-anxiety groups on the basis of diary ratings and, separately, questionnaire scores. High-anxiety teenagers, compared with low-anxiety teenagers, expressed higher levels not only of anxiety and stress but also of anger, sadness, and fatigue, along with lower levels of happiness and well-being. Despite a tendency to spend less time with peers, high-anxiety teenagers were more likely to show reduced anxiety when in the company of friends.

7.Sherlock, M., & Wagstaff, D. L. (2019). This study aimed to address the link between Instagram use and a range of psychological variables. Results showed that the frequency of Instagram use is correlated with depressive symptoms, self-esteem, general and physical appearance anxiety, and body dissatisfaction and that the relationship between Instagram use and each of these variables is mediated by social comparison orientation. Beauty and fitness images significantly decreased self-rated attractiveness, and the magnitude of this decrease correlated with anxiety, depressive symptoms, self-esteem, and body dissatisfaction. Therefore, excessive Instagram use may contribute to negative psychological outcomes and poor appearance-related self-perception, in line with prior research. The research has implications for interventions and education about chronic Instagram use.

RESEARCH GAP

Even though there's growing attention around the mental health of teenagers, much of the research still zooms in on clinical diagnoses, missing the more subtle signs of anxiety and depression that show up in day-to-day school life. A lot goes unnoticed—especially how cultural expectations, pressure to perform in academics, and the nonstop influence of digital life affect teens in developing areas. What's also concerning is that emotional awareness and access to proper support, particularly in rural communities, often fall through the cracks. And when it comes to tracking how these struggles evolve into adulthood, long-term studies are surprisingly rare.

These blind spots make it clear: we need mental health approaches that are holistic and tailored to real-life contexts—ones that truly reflect the diverse experiences of teenagers and give them the tools and understanding they need to thrive.

RESEARCH OBJECTIVES

- 1.To examine the psychological impact of anxiety and depression on teenagers, focusing on emotional, academic, and social dimensions.
2. To identify contributing factors such as family environment, digital exposure, and academic pressure.
- 3.To analyse coping mechanisms and propose context-sensitive interventions suited for adolescent mental health support.

HYPOTHESIS: Significant relationship between anxiety, depression and their impact on teenagers.

H0: There is no significant relationship between anxiety, depression and their impact in teenagers.

H1: There is a significant relationship between anxiety, depression and their impact in teenagers.

RESEARCH METHODOLOGY

This study takes a descriptive approach to understand the issue in depth; primary sources of information are utilized here. Data is collected using well-structured methods, and the relationships between key variables are explored. The research includes a clearly defined group of participants, detailing both the target population and the sample involved. Throughout the process, ethical principles are carefully followed to ensure respect, transparency, and confidentiality.

1. Research Design

This design was selected to systematically measure levels of anxiety and depression and understand their impact across different demographics.

2. Data Collection Tool

Data was collected using a Google Forms questionnaire, which included both closed-ended and Likert-scale questions. The form was distributed via digital platforms (e.g., WhatsApp, email, school groups) to reach a diverse group of teenagers.

Questions covered:

- Demographics (age, gender, grade)
- Symptoms and frequency of anxiety/depression
- Triggers or causes (e.g., academics, peer pressure)
- Coping mechanisms and support systems

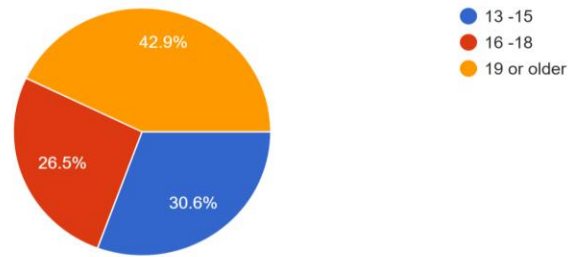
3. Sampling Technique

A convenience sampling method was used, targeting teenagers aged 13–19 years of both gender male and female from various schools and communities. A sample size of approximately [49] participants was achieved.

DATA ANALYSIS & INTERPRETATION

The data collected through the structured questionnaire was analysed using descriptive statistics. Visual tools were employed to present the findings in a clear and concise manner.

1.Age



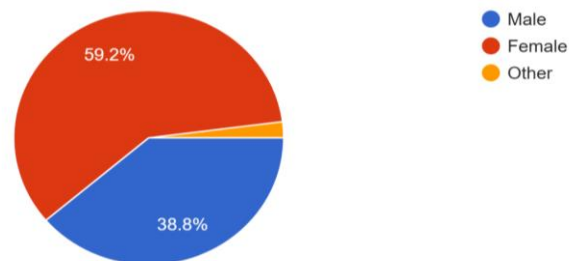
Age of participants that took part in the survey.

13-15: 30.6%

16-18: 26.5%

19 or older: 42.9%

2. Gender



Here, the **Female** participants were **59.2%**,

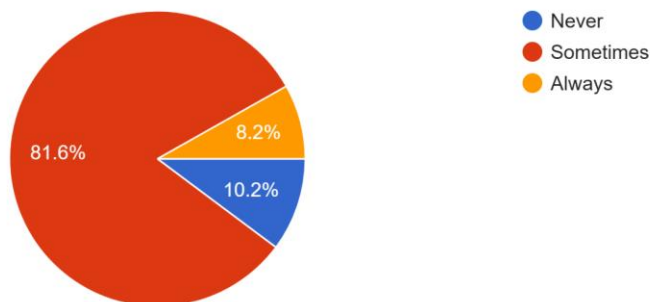
Male 38.8% and

Others were **2%**.



1. How often do you feel overwhelmed by school, social life, or personal responsibilities?

49 responses

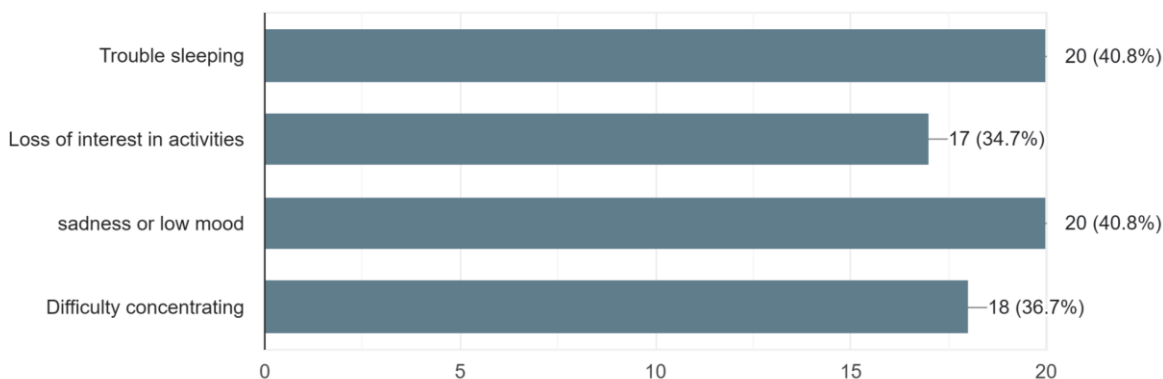


**10.2% never feel overwhelmed,
81.6% feel this way sometimes,
8.2% feel this way all the time.**



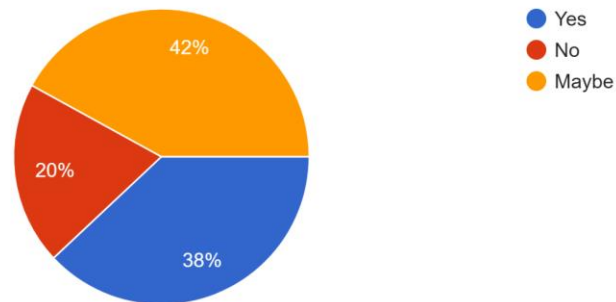
2. In the past month, have you experienced any of the following symptoms?

49 responses



3. Have you ever felt anxious in situations such as public speaking, exams, or social gatherings?

49 responses



Here, YES: 38%

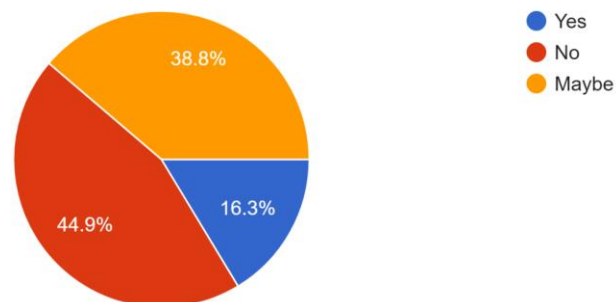
NO: 20% and

MAYBE: 42%



4. Do you often compare yourself to others on social media or in real life?

49 responses



When asked 16.3% said YES

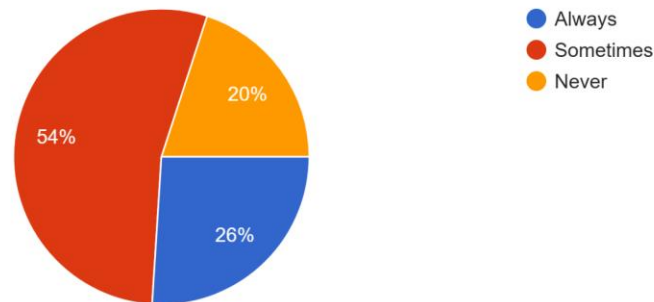
44.9% said NO

And 38.8% said Maybe.



5. Do you feel supported by people around you when you're emotionally struggling?

49 responses



Always: 26%

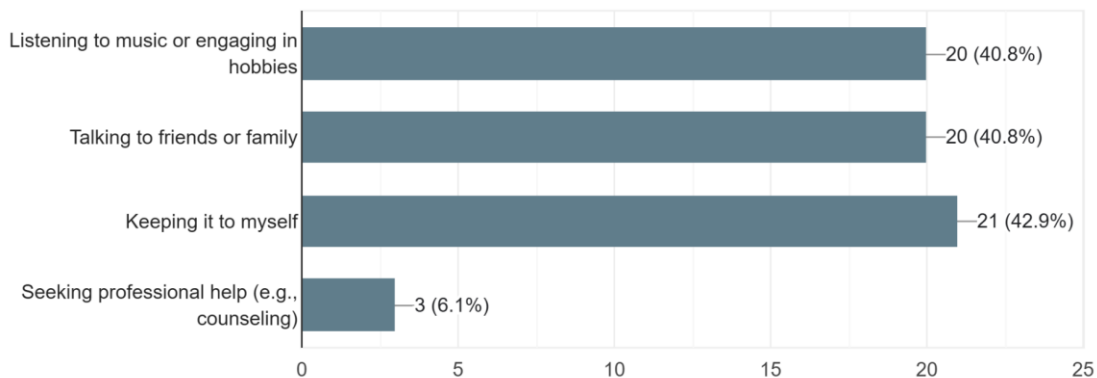
Sometimes: 54%

Never: 20%



6. How do you usually cope with feelings of anxiety or sadness?

49 responses



These charts and graphical tools played a crucial role in making the results easier to interpret, communicate, and support the overall findings of the study.

CONCLUSION

Teenagers today face a whirlwind of changes—from physical growth and school stress to tricky social dynamics and figuring out who they are. All this turbulence makes them especially vulnerable to anxiety and depression. In fact, studies continue to show that mental health challenges among teens are on the rise, often fuelled by family struggles, pressure to perform academically, social comparison, and constant exposure to digital media. If left unaddressed, these struggles can snowball into serious consequences like falling grades, risky behaviours, self-harm, or even suicidal thoughts. That's why it's so important to step in early. Mental health education, supportive resources, and open conversations can make a world of difference. It's not just about providing professional help—it's about building safe spaces in homes, classrooms, and communities where teenagers feel seen, heard, and supported.

By giving teen mental health the priority it deserves, we're not just helping them thrive today—we're investing in a generation that's stronger, wiser, and better equipped for tomorrow.

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