

Assessment of Stress in Young Individuals (18 - 25 Years of Age) in Navi Mumbai Region: An Exploratory Survey Study

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Abstract:

This exploratory survey study assessed stress levels among young individuals aged 18–25 years residing or working in the Navi Mumbai region. With rising mental health concerns in youth due to academic pressures, career uncertainties, social expectations, and lifestyle disruptions, this study aimed to evaluate perceived stress, contributing factors, and potential coping deficits. A cross-sectional design was employed using a self-administered questionnaire based on the Perceived Stress Scale (PSS) and other validated indicators. A total of 206 respondents participated via a digital Google Forms platform after providing informed consent.

The majority of respondents were students (89.80%), and females (71.36%) outnumbered males. The study revealed that a significant proportion of

participants experienced moderate to high levels of perceived stress. Key stressors identified included inadequate sleep (82.04% slept less than 8 hours), competitive and stressful work environments, and difficulty coping with unexpected or uncontrollable life events. While many respondents expressed satisfaction with health (58.25%), relationships (70.87%), and professional life (58.74%), the statistical analysis indicated strong associations between stress and factors like sleep quality, confidence in handling problems, and work conditions ($p < 0.0001$ across most items).

The findings underscore the pressing need for targeted mental health awareness, stress management strategies, and accessible psychological support for youth in this age group. Educational institutions and workplaces must

prioritize mental wellness initiatives. Future research should explore longitudinal impacts and intervention outcomes. This study serves as a foundation for policy and program development aimed at mitigating stress among young adults in urban India.

Keywords: Stress, Young Individuals, Survey

1. Introduction:

Stress is the physical, emotional or intellectual strain caused as a result of a response to what happens around us. Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being.¹

Stress raises the chance for heart attacks, strokes, ulcers, and mental health conditions including depression. The effects of excessive stress can be seen in a wide range of symptoms, including those that are emotional, behavioral, and even physical.² Chronic stress has been linked to a host of health issues, including cardiovascular diseases, depression, and weakened immune function.

Therefore, proper chronic stress management takes on great importance given the wide range of bodily systems impacted by stress hormones.³ Understanding the widespread nature of stress and its possible impacts is essential to creating healthy coping strategies. Techniques for managing

stress, such as professional counseling, exercise, and mindfulness, are essential for lessening its effects. People may more effectively handle the difficulties of everyday life and promote resilience and well-being by being aware of the causes and consequences of stress.

Due to the difficulties of puberty, social media effects, and academic expectations, stress among young people is becoming a bigger problem. They frequently experience anxiety and overwhelm as a result of these variables. Developing appropriate coping strategies is essential to assisting them in stress management and protecting their mental health.⁴

Some common causes of stress include concerns about job opportunities and future career prospects, academic pressures and performance anxiety at school or college, difficulties balancing work and personal life, family issues such as separated parents or ongoing family conflicts, financial difficulties related to money, housing, and food insecurity, experiencing traumatic events; financial burdens such as student loans, part-time jobs, or family financial responsibilities; a lack of a strong support system, such as friends, family, or mentors; and setting unrealistic personal goals and expectations.⁵ Managing stress begins with identifying its root causes. Chronic stress can affect both mental and physical health, but young individuals can use simple and practical strategies to cope effectively. The present survey study was conducted to assess the stress in young individuals (18 - 25 years of age) residing or working in Navi Mumbai region. Total 206 young individuals were enrolled in the study and subjected to survey through online self-

administered questionnaire method after obtaining informed consent from them.

1. Methodology:-

A cross - sectional survey study was conducted to analyse the actual response and impact of stress in young individuals (18 - 25 years of age). The survey was conducted on a digital platform by creating an authentic self-administered questionnaire covering various dimensions of human life that may be responsible for the stress in the individual life. The questionnaire contained multiple objective questions

The Survey was carried on very authentic Google platform where a scientific questioner was created using Google forms platform and was circulated randomly to the peoples who were willingly ready to contribute for the study.

• Preparation of the questionnaire:

A list of items was prepared on the basis of interactions with physicians and research scientists of various institutions. Various sources of literature such as journals, news reports, and other articles were also reviewed for framing appropriate questions. The questionnaire contained closed-ended questions in simple English language. While framing the questions, special attention was given to avoid biases or leading questions to derive favorable replies from respondents.

The face validity of questionnaire for its content was done by review from research scientists in the field of Ayurveda. Initially, preliminary questionnaire was distributed to 10 respondents. After obtaining the questionnaire back from the respondents, the respondents were asked

whether they faced any difficulty in answering the items. Depending on the feedback from respondents, minor changes in structure and language of questions were done.

The respondents were also requested to record some basic data related to them such as name, age, sex, class, occupation, etc. The final questionnaire contained 15 questions.

This final tested questionnaire was out on Google questionnaire and distributed to about 250 respondents in the age group of 18 - 25 years residing in Navi Mumbai region. The respondents were given proper information regarding the purpose of the study and assuring the strict confidentiality related to respondents. The respondents were also asked to sign another declaration stating that their participation in the study was purely voluntary. The questionnaires thus filled were collected. The collected data were entered into Microsoft Excel Spreadsheet in MS Office 2007. The data were analyzed in an unbiased manner to draw valid conclusions.

Plan for Statistical analysis: Appropriate statistical tests were applied to the collected data. For categorical data – non parametric test was applied: Chi-square test – test of goodness of fit. The obtained data were analyzed statistically using GraphPad InStat 3 version. A level of $P < 0.05$ was considered as statistically significant, $P < 0.01$ or $P < 0.001$ was considered as highly significant.

2. Observations and Results:

Total 206 participants were enrolled in the study who submitted completely filled questionnaire within stipulated time period. The average age of participants

was 22.12 ± 2.09 years. Out of total 206 respondents, 59 (28.64%) were males whereas 147 (71.36%) were females. Maximum number of respondents were

students [185 (89.80%)] followed by doctors [21 (10.19%)] and only one teacher [01 (00.49%)].

Sr. No.	Question	Responses	No. of Responses	Chi – Square value	p value
1	Are you Satisfied with your Present conditions in terms of Health?	Yes	120 (58.25%)	5.612	0.0178, significant
		No	86 (41.25%)		
2	Are you Satisfied with your Present conditions in terms of Financial Status?	Yes	114 (55.34%)	2.350	0.1253, not significant
		No	92 (44.66%)		
3	Are you Satisfied with your Present conditions in terms of Relationship?	Yes	146 (70.87%)	35.903	< 0.0001, extremely significant
		No	60 (29.13%)		
4	Are you Satisfied with your Present conditions in terms of Professional Life?	Yes	121 (58.74%)	6.291	0.0121, significant
		No	85 (41.26%)		
5	Are you Satisfied with your current Work Environment?	Yes	124 (60.19%)	8.563	0.0034, very significant
		No	82 (39.81%)		
	Do you get Adequate Sleep daily?	Yes	128 (62.14%)	12.136	0.0005, extremely significant
		No	78 (37.86%)		
	Does your Sleep affects your Day today Work?	Yes	145 (70.39%)	34.252	< 0.0001, extremely significant
		No	61 (29.61%)		
	Daily, How many hours you get your Sleep?	Less than 8 hrs	169 (82.04%)	84.583	< 0.0001, extremely significant
		More than 8 hrs	37 (17.96%)		

Table No. 1: Responses of Participants to Questionnaire

Table No. 2: Responses of Participants to Questionnaire

Sr. No.	Question	Responses	No. of Responses	Chi –Square value	p value
1	In the last month, how often have you been upset because of something that happened unexpectedly?	0	10	95.414	< 0.0001, extremely significant
		1	20		
		2	91		
		3	84		
		4	41		
2	In the last month, how often have you felt that you were unable to control the important things in your life?	0	23	53.270	< 0.0001, extremely significant
		1	35		
		2	82		

		3	33		
		4	33		
3	In the last month, how often have you felt nervous and stressed?	0	09	54.488	< 0.0001, extremely significant
		1	29		
		2	70		
		3	56		
		4	42		
4	In the last month, how often have you felt confident about your ability to handle your personal problems?	0	09	53.609	< 0.0001, extremely significant
		1	23		
		2	59		
		3	60		
		4	55		
5	In the last month, how often have you felt that things were going your way?	0	26	69.022	< 0.0001, extremely significant
		1	30		
		2	88		
		3	36		
		4	26		
6	In the last month, how often have you found that you could not cope with all the things that you had to do?	0	23	57.637	< 0.0001, extremely significant
		1	47		
		2	81		
		3	30		
		4	25		
7	In the last month, how often have you been able to control irritations in your life?	0	17	68.348	< 0.0001, extremely significant
		1	35		
		2	84		
		3	46		
		4	24		
8	In the last month, how often have you felt that you were on top of things?	0	28	50.085	< 0.0001, extremely significant
		1	55		
		2	74		
		3	28		
		4	21		
9	In the last month, how often have you been angered because of things that happened that been outside of your control?	0	14	32.557	< 0.0001, extremely significant
		1	42		
		2	60		
		3	55		

		4	35		
10	In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	19	62.764	< 0.0001, extremely significant
		1	41		
		2	84		
		3	34		
		4	28		

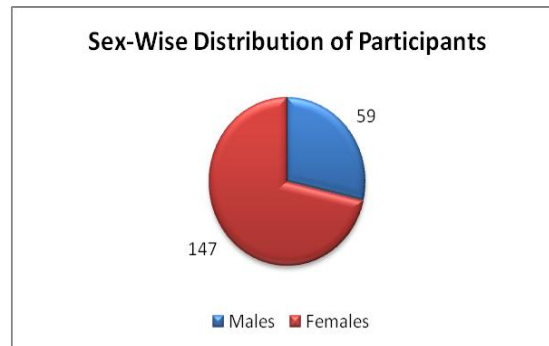


Table No. 3: Responses of Participants to Questionnaire

Sr. No.	Question	Responses	No. of Responses	Chi-Square value	p value
1	How will you rate your current work environment?	Happy	44	69.704	< 0.0001, extremely significant
		Helpful and Supportive	59		
		Competitive but healthy	67		
		Competitive and Stressful	82		
		Very heavy workload	23		
		Option 6	14		



3. Discussion:

The findings of the survey on stress levels among young individuals (18-25

years of age) in the Navi Mumbai region provide valuable insights into the multifaceted nature of stress and its implications for this demographic. The results demonstrate that stress is a significant concern among young people in this region, with various factors contributing to their emotional, mental, and physical well-being.

A majority (58.25%) of respondents reported being satisfied with their health,

while 41.25% reported dissatisfaction. The significance level suggests that health satisfaction plays a notable role in the overall well-being of individuals. Though more than half of the participants (55.34%) were satisfied, the result suggests that financial satisfaction does not strongly influence this sample group when compared to other factors like health or relationships. A substantial proportion (70.87%) of participants reported being satisfied with their relationships, which suggests that relationship satisfaction is a key factor in overall happiness and life satisfaction. This is one of the most significant findings in this survey, highlighting the importance of healthy interpersonal connections.⁶

With 58.74% of respondents expressing satisfaction, this suggests that professional life is an important aspect of their overall well-being and influences their happiness levels. With 60.19% reporting satisfaction with their work environment, this finding points to the critical role that the work environment plays in shaping employee satisfaction. A positive work environment can significantly affect productivity, engagement, and overall mental health. A majority (62.14%) of participants reported getting adequate sleep, which underlines the importance of sleep in maintaining physical and mental health. Adequate sleep may lead to higher energy levels and better performance in various life areas.⁷

A substantial number of participants (70.39%) stated that their sleep affects their day-to-day work, highlighting the crucial role of sleep in cognitive functioning, focus, and productivity.

This result aligns with existing literature that emphasizes the importance of sleep for effective work performance.

The fact that a majority (82.04%) of participants sleep less than 8 hours a day shows a potential concern for sleep deprivation, which could have long-term negative impacts on both health and work efficiency. This result emphasizes the need for awareness around the importance of sleep and its effects on overall well-being.

To sum up, the most important factors in this poll that predicted life satisfaction were health, relationship satisfaction, work environment, and sleep quality.⁸ Financial satisfaction was not statistically significant, according to the chi-square tests, but relationships, health, and work environment satisfaction were. Furthermore, it was discovered that both insufficient sleep and its effects on work were highly significant, indicating that sleep is essential to people's everyday functioning.

The dataset presented analyzes stress-related responses to ten questions based on the Perceived Stress Scale (PSS), a psychological instrument designed to measure the perception of stress. Each question assesses different aspects of perceived stress and coping mechanisms over the last month. Questions 1, 2, 3, 6, 9, and 10 directly measure experiences related to distress, such as:

Feeling upset due to unexpected events (Q1), Lack of control over important aspects of life (Q2), Feeling nervous and stressed (Q3), Inability to cope with demands (Q6), Being angered by uncontrollable situations (Q9), and Feeling overwhelmed by piling difficulties (Q10).

In each of these cases, a large number of respondents selected options 2 (Sometimes) and 3 (Fairly Often). For example, Question 1 saw the highest frequency at response 2 (91 responses), suggesting that a significant portion of the population experiences stress-inducing situations at least occasionally. Similar trends were observed for other distress-oriented items, reflecting moderate to high levels of perceived stress among participants. Questions 4, 5, 7, and 8 focus more on positive coping and self-efficacy, such as: Feeling confident in handling personal problems (Q4), Feeling things are going well (Q5), controlling irritations (Q7), and Feeling on top of things (Q8).

While these are reverse-coded items in the PSS, a relatively lower number of responses were recorded at higher frequency levels (3 and 4). For example: In Q8, only 21 respondents said they "very often" felt on top of things. In Q4, a total of 55 people responded "very often" felt confident about handling problems, compared to 59 at "sometimes" and 60 at "fairly often."

This may indicate a moderate level of self-confidence and perceived control, but overall, respondents are less likely to frequently feel in control or capable, which aligns with elevated stress levels.

The Chi-square values for each question are notably high (ranging from ~32.557 to 95.414), with p-values consistently < 0.0001, indicating that the distribution of responses is not due to random chance. This suggests a significant association between perceived stress and response frequency, meaning participants' experiences are strongly patterned, not randomly distributed.

These findings collectively highlight the fact that stress is a common occurrence in this community. The feeling of being overburdened, unmanageable, or incapable of handling situations is persistent. The lack of reporting of coping mechanisms or feelings of positivity and control suggests that treatments are necessary.⁹

The statistical significance suggests that the variation in how respondents rate their work environment is not due to chance. There is a clear preference or tendency in how employees perceive their workplace. The most selected response was "Competitive and Stressful" (82 responses), suggesting that a substantial portion of the workforce experiences pressure and stress in their work environment. "Competitive but Healthy" (67 responses) and "Helpful and Supportive" (59 responses) also received notable responses, indicating that a segment of employees find the environment challenging yet manageable or even supportive. Relatively fewer respondents rated their environment as simply "Happy" (44), and even fewer selected "Very Heavy Workload" (23) and Option 6 (14) — likely indicating negative extremes.

This distribution demonstrates how employee experiences are polarized. A greater proportion of people perceive the workplace as stressful, even if many find it challenging in a positive sense. The very small percentage of "Happy" answers may indicate underlying discontent, even among people who aren't completely overloaded.

The findings highlight how important it is for organizations to implement stress

management strategies, especially in high-pressure settings. It is encouraging when a significant portion of the population finds the atmosphere to be helpful or healthy, as this could provide a basis for peer-led support or culture-building initiatives. It is imperative to conduct additional research on the factors that contribute to the "Competitive and Stressful" view, such as unrealistic expectations, management style, or a lack of resources.

4. Conclusion:

The survey conducted to assess stress among young individuals aged 18–25 in the Navi Mumbai region revealed that a significant portion of these demographic experiences moderate to high levels of stress. Academic pressure, career uncertainty, and social expectations were identified as the primary contributing factors. Numerous respondents mentioned symptoms including worry, difficulty concentrating, and disturbed sleep, which suggests that prompt mental health measures are necessary. Stigma and limited access to professional care persist despite heightened awareness of mental health issues. This study emphasizes how urgently the area needs stress management initiatives and easily available youth-specific mental health care.

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