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Prevalence of stress and depression and the adopted coping mechanisms: A complete guide to nursing interventions

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Stress is referred to as a state of mental or emotional strain or tension resulting from adverse or demanding circumstances. Stress can be caused by environmental factors, psychological factors, biological factors and social factors. Stress has an established association with depression. The aim of the study was to statistically assess the prevalence of stress and depression among the adolescents of age (18-25). The main aim was to explore the trends of stress and depression along with major stressors in this age group also the preferred coping mechanisms among individuals. Random samples of adolescent aged (18-25) were assessed. In addition to that, the study aims to highlight the role of nurse as a primary health care personnel in symptom management among the patients with chronic stress and depression. The study also highlights the nursing interventions in identifying the potential resilience factors leading to stress and depression among the community. Results of the survey revealed the analysis that among all the adolescents, 3 in every 10 are likely to be suffering from severe stress. Whereas, depression prevalence is much less, however it still accounts for one-tenth of the entire youth in the city. Most common reason for the buildup of stress among these youngsters was academics. Another worrying subject that needs consideration is 'relationship issues'. The study enabled to assess the prevalence of stress and depression, major stressors and the preferred coping mechanisms widely preferred by the individuals.

Biography

Sana Pervaiz is currently enrolled in Dow University of Health Sciences, Institute of Nursing in Karachi, Pakistan. She has successfully completed her two years of Bachelors in Sciences of Nursing. Her ambitions, aspirations and desire to create an impact in revolutionizing the health care status in Pakistan has compelled her to undertake this study. She has maintained an excellent academic record throughout.

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