Assessment #10

Date: December 16, 2021

Subject: The Most Common Causes of Stress, from Health to Politics

MLA Citation:

Derrow, Paula, et al. "The Most Common Causes of Stress." *EverydayHealth.com*, 6 Sept. 2018, https://www.everydayhealth.com/stress/guide/causes/.

Assessment:

Stress: A word I hear quite regularly as a high school student. And as a high school student that is designing an app meant to help relieve stress and anxieties, I began to wonder what others in the world stressed about other than schoolwork, college, tests, jobs, and money. This relentless questioning led to my discovery of "The Most Common Causes of Stress, from Health to Politics" by Paula Derrow. And in this discovery, I found many astonishing yet helpful answers to my questions.

According to Alka Gupta, MD, who is a co-director of the Integrative Health and Wellbeing Program at NewYork-Presbyterian Hospital/Weill Cornell Medical Center in New York City, "Stress includes a big, fat layer of interpretation." This is because stress can be sourced in a number of different ways from the conflicts of the world around you, conflicts of others, as well as one's own menacing, anxiety-inducing, depressing, or somber thoughts. To really narrow down the main culprits of stress among Americans today though, the American Psychological Association (APA) conducted an annual survey involving 3,440 American adults whose dominating stressors, in accordance with the survey results, consisted of two things: politics and money. By stating that politics and money are the biggest stressors of Americans today, there are many areas of both categories that are inducing stress such as health insurance costs, unexpected expenses, the economy, trust in government, not having enough for retirement, terrorism, the U.S political situation, and even not having a grasp on paying for basic necessities.

Given, this research was conducted in 2017 and a lot has happened within the world since then. I still believe both politics and money are still primary stressors, however, I know many who are still incredibly fearful of COVID-19 and many other illnesses and possible variants which are currently spreading. And, after seeing how significantly politics became a role in society last year with events occurring such as the dozens of protests across the nation and the storming of the Capital for instance, as well as the need to present stimulus checks to hundreds of Americans across the nation from the disastrous effects of COVID-19, I would confidently argue that politics and money are now probably stressing people out now more than ever.

One note that I found interesting from the article was that "65 percent of those surveyed agree that disconnecting from their devices — doing a digital detox — is good for their health, though only 28 percent say they manage to actually unplug," (Derrow). I found this statistic to be particularly interesting as I also conducted my own survey, which included a mix of adults though primarily teenagers, and I had not even considered putting technology or social media as an option of stress on the survey. I will also share the results of my personal survey in a separate essay.

There were a lot of things I learned about the wellbeing of Americans from this research study and each of these things will be factors considered when further designing my app. Given that my target audience for this app is centered around the average American young adult, I felt that this article was helpful as it allowed for me to see from the perspective of my older peers. I will continue to do research on the stresses and anxieties of others and will compare my findings from articles and surveys such as these to my own personal findings to really dig deep into what is making citizens feel uneasy.

Link to Annotations

https://docs.google.com/document/d/1HkdEhKFbBvkqDQYsrSDj83qA5gLq3GpgkBIHh8kUXJU/edit#