



It's Not the Phone

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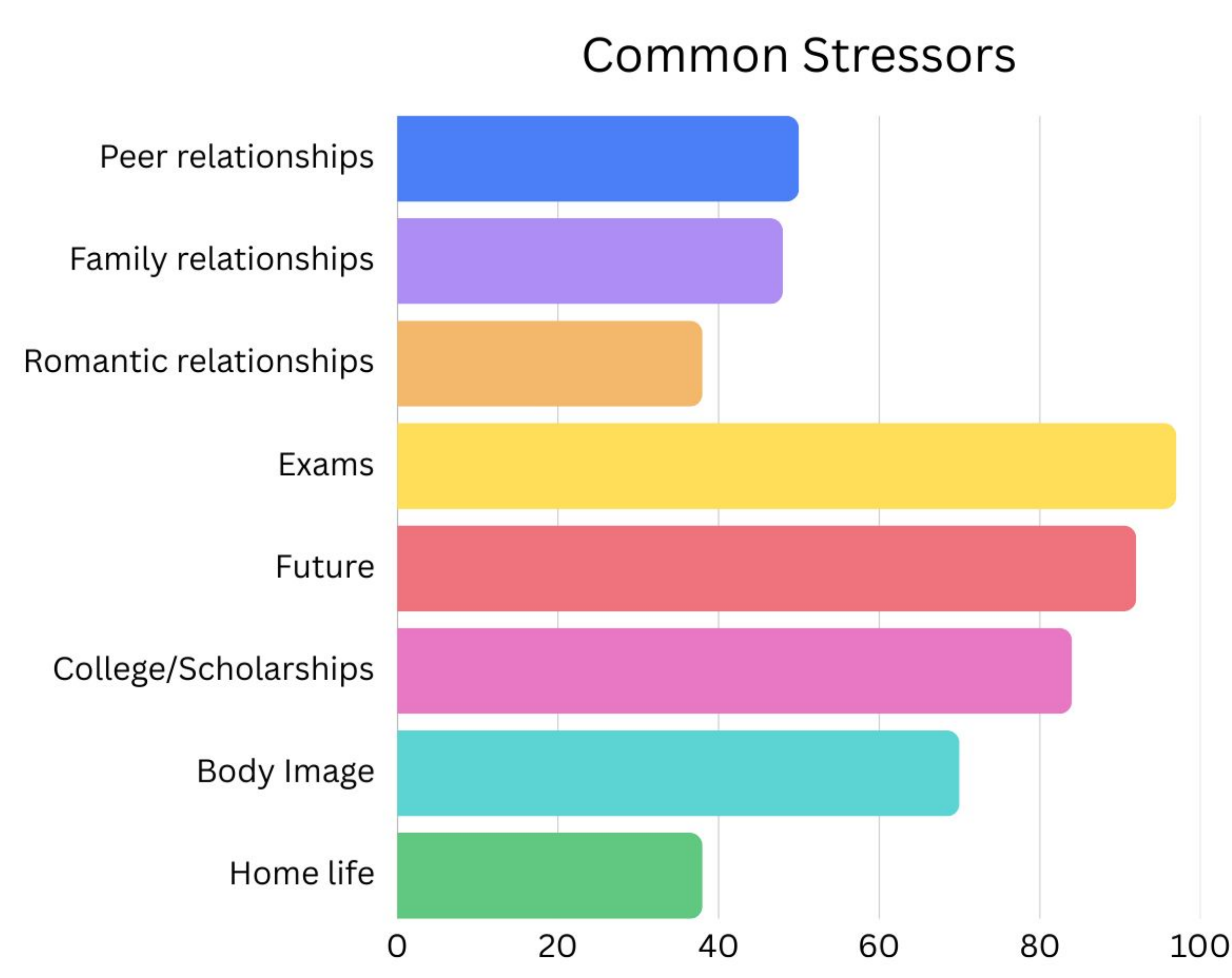
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Abstract

Objective: This study aims to identify the cause of common health disorders in adolescents, including depression and anxiety. In this study, I aspire to discover the true underlying reasons for teen mental health issues and prove that it isn't just the phone.

Methods: Google Survey

Results: The influence of stressors is dependent on demographics. Overall, it can be inferred that females exhibit a more substantial amount of stress, and the impact of stress is contingent on the varying grade levels.



Implications and applications

This research experiment did not validate my hypothesis, that depression and anxiety is mainly influenced by home life and relationships, the data, however, revealed majority of adolescents stress is present in school expectations and workload.

When asked "How often do you feel stressed?" 3.8% of people responded with never experiencing stress, in comparison to when individuals were asked "How often do you feel depressed?" 31.3% of people responded with never experiencing depression. This illustrates that teens in our society encounter stress on a normal basis in contrast to depression.

Objectives

- Determine negative environmental and social stressors relating to teen mental health, disregarding social medias influences.

Limitations

- Sample Size
- Willing participants

Conclusions

- Teenagers face a myriad of environmental and social stressors outside the influence of social media. Specifically, exams, the future, body image, and college and scholarship decisions produced the majority of stress in the age group 14-18

Implications

- There were several differences between male and female responses.
- Exams are the highest stressor

METHODS

- Google form surveys

Analysis

- In regard to the identified primary stressors, "exams" is exponentially more chosen than the additional seven, equating to about 60.6%, while "home life" and "romantic relationships" was the least identified, equating to about 23.8%.

RESULTS

