



VIVA

Introduction to Research

BMHP5005

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**The Impact of stress in Young People
adolescents**

Literature Review Focus

- ❖ The literature review is about how stress can affect Academic ability in adolescents.
- ❖ The question is what are the causes of Stress among adolescents?
- ❖ The aim of the research is to identify the causes of Stress.
- ❖ The objective is to critically analyze different relevant articles.



Methods

- Secondary Research was used to review the relevant articles.
- Key Words : Stress, Adolescents, Academic Ability , Causes, Puberty, Mental Health;
- Data sources: University of Wales Trinity St. David Library, Pro Quest Central, PubMed, ScienceDirect, Taylor and Francis Online, Public Health England;
- Inclusion criteria : Adolescents, Female and Male, Recent studies, UK only, Academic Ability;
- Exclusion criteria: Children, Adults, Old studies, Other countries;

Findings and Key Themes

❖ Key Findings

- Cyberbullying play an important role in adolescents' Academic ability.(Mateu et al ,2020)
- Prevalence of stress was found more among female that male .
- Adolescent trauma is a contributing factor to Academic ability.(Finch et al ,2020)
- Brain maturation in adolescents is linked to the early life Stress.(A. Tyborowska ,2018)
- Depression and slow cognitive function lead to psychological stress.(Gale , Catherine R. et al ,2016)

❖ Key Themes

- Cyberbullying and post-traumatic stress in UK adolescents(Mateu et al 2020)
- Early-life and pubertal stress differentially modulate grey matter development in human adolescents (A. Tyborowska ,2018)
- Reaction time and onset of psychological distress.(Gale , Catherine R. et al ,2016)
- The Mental Health of adolescents in England(Public Health ,2016)