

In some societies stress is now regarded as a major problem and it is thought that people suffer from more stress than they did in the past. However, others feel that the amount of stress people have today is exaggerated. They say that previous generations were under more pressure, but the idea of suffering from stress did not exist. Discuss both these views and give your own opinion.

In recent years, stress is becoming a common issue in people's lives which causes them so many problems. However, some people think that previous generations had more serious difficulties to deal with.

On one hand, our ancestors experienced huge problems due to poor living conditions. For instance, food shortage and lack of hygiene and sanitation which not only ~~did~~ caused so many diseases, but also took so many lives. Moreover, they did not have helpful technologies and equipment that modern people have, so they had to do everything on their own and suffered a lot of difficulties.

On the other hand, nowadays everybody in our society is trying to achieve high standards of living. Therefore, there is a huge competition to get a high salary job. And besides, people should work for many hours in order to keep their jobs, so they have less time to relax and spend with their families which puts them in a stressful position. Furthermore, many people these days live in big and crowded cities with problems such as air pollution and traffic congestion which contributes to stress symptoms.

To sum up, although past generations had so many tough times/hardships in their lives, they did not complain about it and they had accepted ~~it~~ them. It is hard to say which generation had more stress. In my opinion, every generation ~~have~~ has their own difficulties and stress has been felt by all of them in different ways.