

**Stress is now a major problem in many countries around the world.**

**What are some of the factors in modern society that cause this stress, and how can we reduce it?**

People in developed countries live a stressful life nowadays. Many scientists do research to find the causes of this trend and recommend solutions to resolve the issue.

Recently conducted researches have confirmed that one of the most serious causes of stress among people is the installation of security cameras. Individuals who feel that they are being watched unwarily are stressed, and their efficiency at work and life has reduced as a result of a high level of stress. They think that these cameras are installed to take them under the control obviously, and questioned of their actions at work or in the streets. Although authorities assert that these devices are just mounted to increase the level of safety on the streets, researches reveal that people see them as spying eyes which are watching and recording their daily life in order to accuse them of whatever they did at work or outdoor.

To diminish the level of stress among the community experts recommend that authorities should raise the public awareness about this issue. People should be assured that these facilities are useful, and only be used in case of emergencies that recorded evidence is needed. Besides, the existence of such devices in public places would result in fewer crimes to be committed by delinquents. In addition, authorities should make people aware of the existence of a security camera in every public or private place by mounting warning notices on walls, and locations which people could see them.

In conclusion, one source of stress among society is the presence of security cameras which could be used to spy on people, and one solution to diminish people's stress is to make them aware of their existence and benefits.

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