

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.

Nowadays, there are more stressful conditions than before. Although enhancing technology is the bright side of the development, its negative effects must be considered as vital problem.

In my opinion, stress ~~levels is risen~~have risen in most societies recently since the life style has been changed. For instance, a huge amount of vehicles causes crowded traffic particularly in big cities which in turn leads to making more noise pollution. Moreover, time limitation in a people's life is another factor that is affected by traffic. Also, everyone suffers from pollution that has been increased significantly, whereas doing exercise expose to clean weather is effective on health.

Besides, today most of the people's time is spent at their work rather than before. Therefore, the atmosphere of the work and the manner colleagues face each other play important role in reducing or increasing the stress. Furthermore, in terms of nutrition, fast foods bring about more stress in body which unfortunately have been developed and became common all over the countries during recent years. Last but not least, technology improvement has influence on family relationships especially on immediate ones. Working by cell phone's various applications individually and spending more time alone are examples that lead to preventing close relationships between family members which aids rising stress in a life.

On the other hand, others may believe people suffer from more stress in the past than ~~it use to~~benow. I strongly agree with the mentioned idea only for one condition which was "war". Even though unfortunately wars still take place in some countries these days, I think negative effects of war were the major ~~point to make~~cause of stressful situations before.

In conclusion, further to the above reasons, stress is known as a major concern recently since most of the diseases ~~are deteriorated~~ by because of it, so people must not take it for granted.

