

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 generation 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 times, the growing complexity of the modern world is insurmountable, so individuals are much more ~~speculate-prone/susceptible~~ to absorb more stress in almost all kinds of lifestyles. Most of the resources of stress and anxiety are dedicated to this period of history, so I take issue with the second part of the argument. If we take a look into essays and studies carried out by psychologists and researchers to figure out **causes and contributing factors** of stress, we most likely will be faced with reasons such as work pressure, crammed schedules or a situation which somehow relates to technology. Therefore, I agree that people today are more grieving from stress than they ~~before-did~~ before.

However, whereas, it is over-stress that is harmful not stress on its own. Stress is not only needed but also necessary for our body. Actually, it acts as a stimulator for us to do our tasks. Also, it cannot be true to say that the past generation did not suffer from over-stress (not stress) at all. Because sometimes over-stress can be the result of hormone imbalances.

I believe concerns and stressful issues of previous lives pale in comparison to these hectic lifestyles of individuals in today's societies. Today the intricate situation of lives from dysfunctional family relationship to poverty and ~~the~~ financial problems may exercise disastrous consequences on the spiritual qualities of life, so administrations should take into account appropriate strategies and procedures to provide the safe and ~~hale~~ healthy atmosphere for citizens.

All in all, people both today and in the past have experienced stress and anxiety. ~~Although~~ stress is an intricate problem of this time, whatever the cause of it, though there are healthy ways to cope with this matter that, in time, can ease the negative effects and disorders raised by over-stress such as consulting with experienced therapists.

