

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 views and give your own opinion.

In this day and age, people are dealing with stressful conditions more in comparison with the past, so this issue regrettably triggers several diseases in individual's individuals' lives.

First and foremost, it is an axiom that livelihood is inextricably bound up in people's job. In other words, everyone must possess a satisfactory occupation so as to provide welfare for themselves. I opine that nowadays, the atmosphere of workplaces has been more stressful than they used to be. For instance, there are keen competitions among labor on the grounds that job opportunities are inadequate for the large size of population in societies.

In addition, from an educational standpoint, unhealthy rivalry among pupils in order to pass main exams is another negative factor by which a multitude of students feel nervous considerably. Last but not least, in nutritional terms, the use of fast food unfortunately has received wide currency among people particularly the youth, so not only does it negatively affect anybody's physical health but also it causes more stress in the body which in turn makes everyone be more susceptible to illness/getting ill.

On the other hand, it is obvious that an enormous number of people used to get on with their life simply in the past. I strongly believe their expectations were not comparable with their descendants. For example, in terms of facilities, they had to do plentiful activities manually which were quite demanding but they did-were not used to complaining of suffering from difficulties or stress. However, in fact, my firm conviction is that lack of income disparity in those days had much of a role to play in feeling content with lives.

Consequently, further to the above explanation, despite-given the low status of previous generations' expectations, I firmly believe people today are more prone to be under pressure which stems from stressful conditions.