

More young adults under stress, how many anxieties

Wednesday, October 19, 2011



The study neurologist Adriana Galvan University of California at Los Angeles published ScienceNation shows the world of teenagers as a kind of minefield where every decision is put to the test if not hindered by stress SARA Ficocella Sullen, angry, romantic. Ready to laugh or cry, as if everything were a matter of life or death. Teenagers are so simple and direct but also incomprehensible. Their brains are still developing it seems identical to that of an adult but in reality is hypersensitive. It supports a lot less stress, and much worse than the “big”. Other than age and mind carefree light, in other words.

The study of the neurologist Adriana Galvan University of California, Los Angeles, published ScienceNation , the world of the teenager emerged as a kind of minefield where every decision is challenged, if not hindered, by stress. According to the researcher, there would be a direct relationship between the inability of children to be assertive and proactive and overload their brains are not always able to dispose of. The reasons for this “blocking neuronal” are different, but, according to science, in large part attributable to excessive activation of the mechanisms of reward, which switch in the brain whenever a human being must make a decision.

To understand the scholar, sponsored by the National Science Foundation (NSF), was scanned with functional magnetic resonance imaging the brains of a group of teenage volunteers, at the end of a day to be evaluated themselves as “extremely stressful “on a scale from one to 7. The surveys showed failure in the working parts of the prefrontal cortex, the brain area responsible for balance and understanding of the behavior of the weight and the future consequences of their actions. “When you’re stressed out as a teenager, making decisions becomes almost impossible, but knowing the problem takes us halfway there,” says Galvan. According to which, to lower stress levels and avoid making rash decisions in important situations, children should use the simplest of solutions: one minute to stop and think before acting, focusing on the possible consequences of their behavior.

“Adolescence – explains Dr. Adelia Lucattini, psychiatrist and psychoanalyst and president of the SPI-SIPSIeS IPA, the International Society of Psychiatry Supplement and genesis of Rome – is not as carefree period of life. During this phase, and new events occur shattering the lives of boys and girls: the shot with the pubertal sexual maturation, the beginning of social life as discovery and entry into the group of “peers”, independent of the family. In addition, adolescents have different tools than adults to respond to and cope with stressful situations, both biological and psychological reasons. “

From a biological standpoint, we know that full neurological maturation of the brain makes three 20 to 22 years, with the completion of myelination of fibers linking the two cerebral hemispheres. From a psychological one, teenagers are more difficult to handle stressful situations because the sexual maturation produced a significant

increase of the drives and emotional level, but the emergence of these feelings related neuroendocrine and sexual development is not accompanied by a development of psychological and mental abilities, instead of organizing that would allow the new emotions and use them immediately in an orderly and consistent. Considering that adolescents have first of all need to find out what is happening around them and to make experience, and then only later able to understand and use it, you understand why this constant confrontation with the outside world simply does not generate confusion, restlessness and insecurity. "In each individual – the expert concludes – as a harmonious and balanced mental functioning, it is important that there are no big emotional influences. The emotions can not be managed or unmanaged cause interference with cognitive functions, rational, or with the ability to think, with attention and concentration. From here, often, learning difficulties, often mistaken for lack of desire or lack of love for the study. "Too many commitments in the day

young adults more stressed

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