

Society's Stress Today

There is a lot more societal stress today than in the past years. Several events that happened in the past year of 2020 have really taken a toll on people's lives. Some are personal, but others are nationwide. Three stressors are when I moved from elementary to junior high, the presidential election, and Covid-19.

To begin with, my own personal stressor. I moved up from elementary to junior high this year. Junior high is harder than elementary. In elementary we swapped classes one time, but in junior high, we swap classes six times a day! We would swap seven times, but one class is a block class. When we swap classes I only have three minutes, and this causes me to worry about getting to class on time or receiving tardies. The work load is more too because I have six teachers instead of two like last year. These are some of the differences in junior high and elementary, and I know they create stress in me as well as my classmates.

Another stressor for all of society in the U.S. was the presidential election. The two main people were Trump and Biden. It seems like half of society is angry at the other half simply because everyone has a different opinion. In the end, Biden won the presidential election, but there are still people who are angry. Now we have a new president, and the news and radio stations are still talking and arguing about the election. The presidential election is definitely a major stressor in society today.

Finally, the biggest stressor to come out of 2020 is the one that has happened to the entire world - Covid-19. During the Coronavirus pandemic, a lot of people have gotten sick and died all over the world. Families need to bury their loved ones, but no one can gather in large groups to say their goodbyes. Now we have to wear a mask everywhere we go including school, and quarantine is a word everyone has come to dread. When we go to the store, some things are hard

to find because people are stockpiling the items they don't need leaving less for everyone else. Covid-19 has affected everyone's lives in a negative way.

Covid-19, the presidential election, and moving from elementary to junior high were three stressors that happened during 2020. Covid-19 affected the whole world for the worst, the presidential election brought out anger in an entire country, and moving from elementary to junior high caused me anxiety on a personal level.