

《年关将至九成人口感到焦虑 你是否也感同身受？》

导读:每逢年关之际，不少人都会感到肩上的担子变得比以往更为沉重。上班族有工作压力，单身人士有相亲压力，学生党有学业压力.....



A large number of people feel anxious at the end of the year, with money worries being the biggest concern.

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A survey by China Youth Daily found that 86 percent of 2,003 respondents feel anxious, with 62.9 percent saying economic pressure is the major source of their worries.

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"There are many holidays in December, which brings more activities and parties, and increased spending this month," said one respondent named Yang Minxuan.

"12????????????????????"????????

Work pressure is another source of anxiety for 51 percent of respondents, putting it in second place, followed by interpersonal relationships at 32.3 percent, personal development at 31.8 percent, emotional well-being at 24

percent and academic pressure at 19.6 percent.

????????????51%????????????????????32.3%????????31.8%????????24%????????19.6%?

Wu Guohong, a psychology professor at the School of Social Development and Public Policy of Fudan University, said people usually feel more anxious at the year end, adding that uncertainty is a major reason.

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"Many uncertainties in the social environment cause people to feel unstable and lacking a sense of safety. Those uncertainties translate as anxiety in people's minds," Wu said.

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People like to make plans at the beginning of each year, but by the end of the year some find that they have failed to complete their plans. The psychological gap can make people feel anxious, Wu added.

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Facing pressure, 55.8 percent of participants said they overcome it by trying to relax their minds. Reading books, cooking and participating in sports are effective combatants, according to 44.6 percent of participants, while 41.1 percent of participants said shopping with friends helps them relieve pressure.

????55.8%????????????????????44.6%????????????????????41.1%????????????????

Companies and enterprises should also pay attention to the mental health of employees and help them relieve pressure through lectures and psychological counseling, Wu suggested.

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