

Slovakia

Stressed Slovaks put the blame on too much responsibility and financial problems

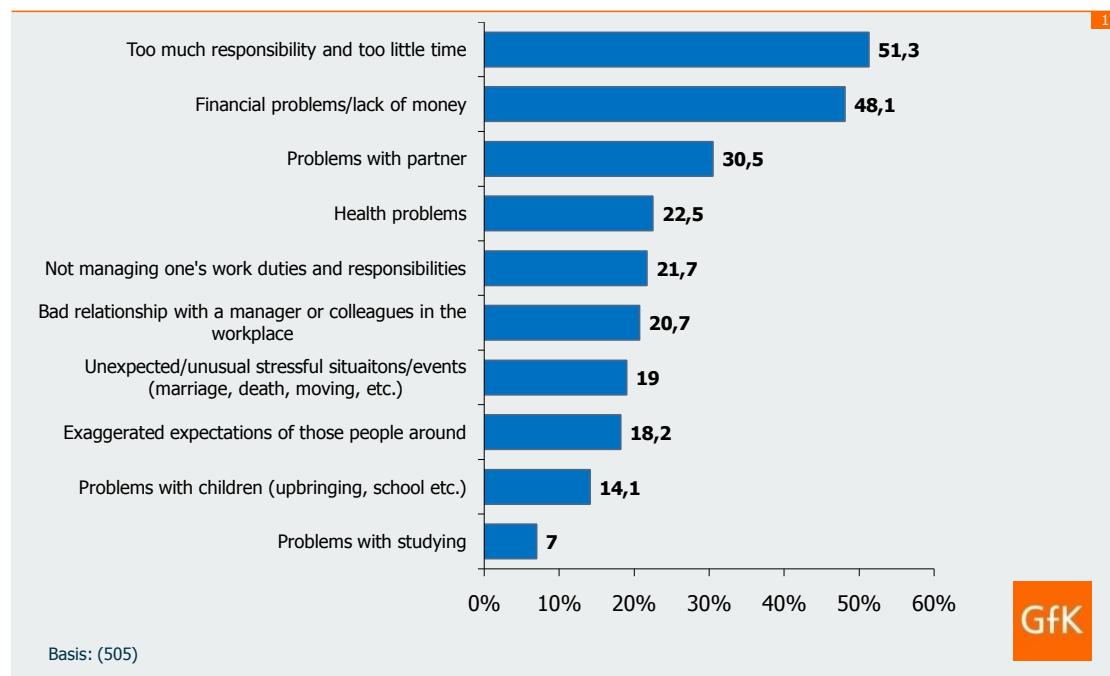
Stress, often described as a 21st century disease, is a direct result of today's hectic lifestyles and the increasing demands of one's environment. In October 2008, GfK Slovakia has conducted a survey via online interviews with 500 respondents aged 15 to 60 exploring how Slovaks perceive and experience stress.

The findings of the online survey show that **more than half of all Slovaks feel stress often, with 15% of them claiming to be stressed very often.**

It is women who claim to feel more stress. Men seem to be less concerned with stress as more than half of them say that they are stressed only rarely.

White collar workers feel more stressed with more than half of them claiming that they feel stress intensively. In contrast, 60% of blue collar workers say they only sometimes feel stressed. Also, one in two students says they feel intensive stress.

10 most frequent reasons why Slovaks are stressed



The reasons most frequently mentioned as causing stress to the Slovak population are having too much responsibility, too little time and financial problems. The next most stressful thing is problems with a partner.

Men seem predominantly to be worried by having too much responsibility and too many duties, whilst approximately one in three women are more often concerned by problems associated with their personal relationships. Unsurprisingly, it is also women who tend to show more stress due to lack of money.

Inhabitants of larger cities feel stressed more often due to the large amount of responsibility they have. On the other hand, more than 60% of blue collar workers feel stress resulting from a lack of money.

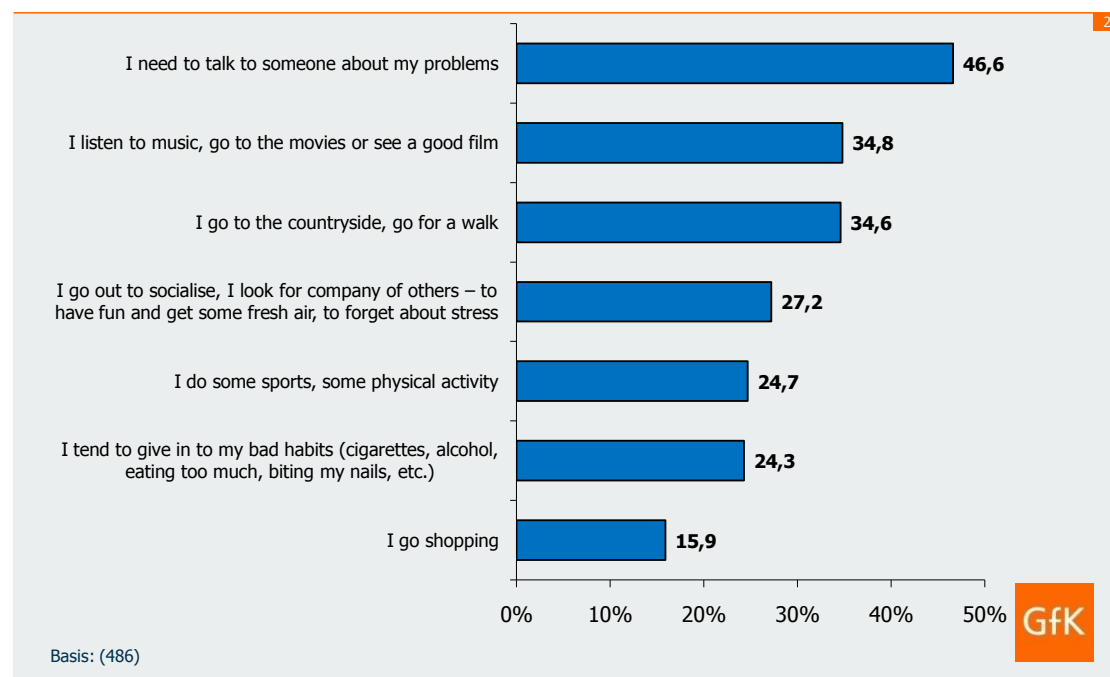
When stressed, almost half of all Slovaks feel a need to talk about their problems.

People often cope with stress by listening to good music, going to the movies, watching a good film at home, going to the countryside or simply taking a walk in the fresh air. When troubled by too much stress, one in four Slovaks tend to indulge in their bad habits, such as smoking cigarettes, drinking alcohol or eating too much.

Women more often feel a need to talk about their problems with other people, whilst a quarter of women combat stress by going shopping. Men more often look for some kind of entertainment when they feel too stressed.

When single people are in stressful situations, they are more likely to seek escape through entertainment, enjoyment and sport, whereas married people or those with a partner tend to reduce their stress by going to the countryside or going for a walk.

Activities most often used in Slovakia to fight stress





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