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The Silent Struggle of Youth in 2026: A Reality We Often Ignore

A silent issue is growing at an alarming rate in 2026, more important than global issues and current economic instability, yet overlooked. In this article, we discuss the underlying causes, impacts and solutions to overcome that silent global crisis.

Aena Mehmood | University student | Published: 26th April 2026
aenamahmood@gmail.com | Position: BSIT Student

Introduction

In 2026, the most rapidly growing problem among young people is mental health. In the era of growth, technologies and global connectivity, the youth still feel confused, pressured and mentally stressed. This problem is increasing at an alarming rate.

But still, it hides itself because of the limited expressive ability of young people — or because of the stigma it remains hidden behind the normal daily routine of people — and remains overlooked. That is why it is called a "Silent Crisis."

So, what's the real issue in young people's minds? Are they mentally weak or delicate?

The answer is No! — This generation is not mentally weak or delicate, but the situation going on around them makes them severely depressed.

> ***"This generation is not weak - it is overwhelmed by the pressures of a rapidly changing world."***

Technology Overview

This generation is in a constant race to perform and succeed fast. The pressure to excel in academics is high, but unfortunately, a successful life is no longer easily achievable in the 2026 economy. The bitter truth is that the most demanded degree is just called "a Degree" — and the world wants more than that.

After years of hard work in education, a student gets a degree, then the reality comes — they become trapped in a cycle where many others are unemployed and despairing about their future. The economic instability and job crisis are the major causes of stress in youth. Even the most skilled people are struggling to find a better job in this economy. Research says that only 10 to 20% of graduates from well-demanded institutions got a job, and the rest remain unemployed.

Also, the salaries given in the job market are so low that they barely manage their house expenses. So, all these economic and financial issues lead to depression, demotivation, anxiety and frustration in youth.

Social media is another major cause of stress. Young people compare their lives to those of people on social media, which sets a fake standard of perfect life competition, influencing how young people see success. The youth spend hours scrolling, seeing other lives and then questioning their own. This leads to anxiety, emotional exhaustion and societal pressure.

Unrealistic expectations of society and parents also affect young people minds because they feel so much pressure to become successful and If things don't work out to the society's expectations they considered themselves a failure.



Figure 1*: In a world more connected than ever, many young minds feel increasingly alone.*
Credit: *AI-generated image.*

Key Findings & Impact

This situation leads to mental health issues, which further affect physical health. They face disturbed sleep, demotivation and dizziness, which eventually leads to severe stress and panic attacks

What's Next?

To overcome this situation, what steps should we take?

Self-care is essential in human beings. Everyone should take responsibility of their peace and mental health and adapt healthy activities and life style, limit the screen time and socialize between great people's company.

- Should provide mental health awareness in educational institutions.
- Having the facility of affordable and accessible therapy services.
- Governments should invest in more job and career opportunities for fresh graduates, establish mental health institutes and free therapy sessions

They should keep in mind that the well-being of young people is key to a successful world. They should foster an environment where everyone has equal rights and Innovative and hardworking minds are welcomed.

The crucial step is to break the stigma, have open conversations on mental health and consider it normal so young people feel free to communicate their feelings.

About the Author

Aena Mehmood is a BSIT student. She can be reached at aenamahmood@gmail.com.

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