

## Noncommunicable Disease (NCD) Statistics

## Trends in prevalence of perceived stress, 2008–2019

◆ The prevalence of perceived stress among those aged 19 years and over has not changed much from 29.2% in 2008 to 30.8% in 2019, representing that three out of 10 adults reported 'extreme' or 'high' stress in 2019 (Figure 1). And the percentages of individuals in their 20s and 30s were relatively higher than those of other age groups (Figure 2).

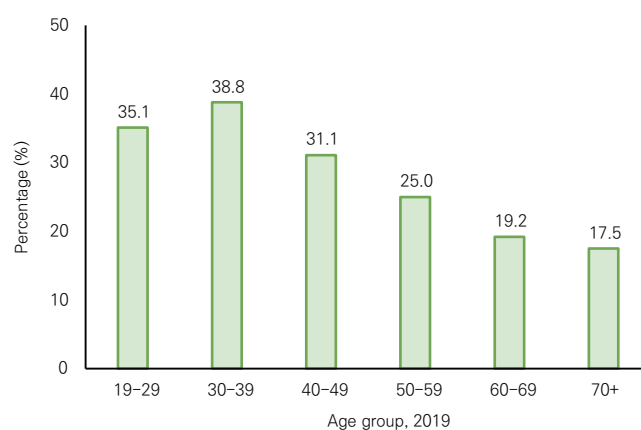
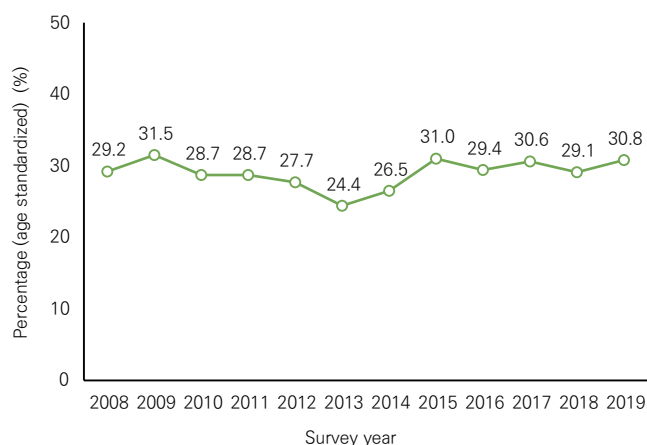


Figure 1. Trends in prevalence of perceived stress, 2008–2019

Figure 2. Prevalence of perceived stress by age group, 2019

\* Prevalence of perceived stress: percentage of those who feel extremely or very stressed in their average daily life, aged 19 years and over

† The mean in figure 1 was calculated using the direct standardization method based on a 2005 population projection.

Source: Korea Health Statistics 2019, Korea National Health and Nutrition Examination Survey, <https://knhanes.cdc.go.kr/>

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