

## 만성질환 통계

## 1. 청소년의 스트레스 인지율 추이, 2007~2019

◆ 우리나라 청소년의 스트레스 인지율은 2007년 46.5%에서 2019년 39.3%로 7.2%p 감소하였음. 2019년 기준 남학생 31.7%, 여학생 48.8%로 여학생이 남학생보다 스트레스를 더 많이 느끼는 것으로 나타났음(그림 1). 또한 중학생(37.2%) 보다 고등학생(42.4%)이 더 높은 스트레스 인지율을 보였음(그림 2).

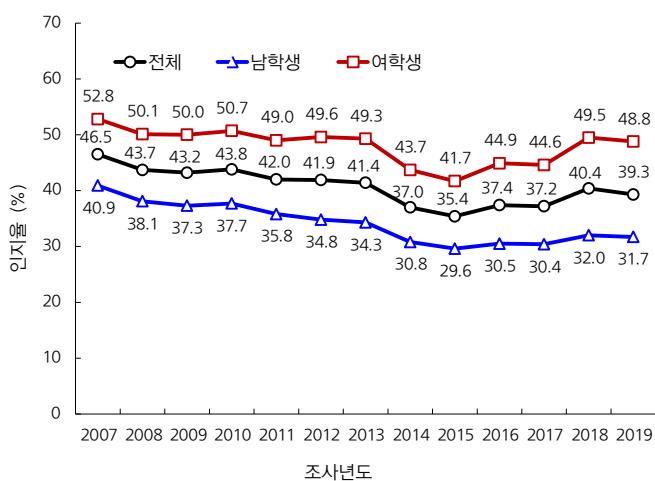


그림 1. 남녀학생별 스트레스 인지율 추이, 2007~2019



그림 2. 학교급별 스트레스 인지율 추이, 2007~2019

\* 스트레스 인지율 : 평상시 스트레스를 '대단히 많이' 또는 '많이' 느끼는 사람의 분율

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출처 : 제15차(2019년) 청소년건강행태조사 통계, <http://yhs.cdc.go.kr/>

작성부서 : 질병관리본부 질병예방센터 만성질환관리과

## 2. 청소년의 우울감 경험률 추이, 2007~2019

◆ 우리나라 청소년의 우울감 경험률은 2007년 41.3%에서 2018년 28.2%로 13.1%p 감소하였음. 2019년 기준 남학생 22.2%, 여학생 34.6%로 여학생의 우울감 경험률이 1.6배 더 높았으며(그림 3), 중학교(26.9%)보다 고등학교(29.4%)가 더 높은 우울감 경험률을 보였음(그림 4).

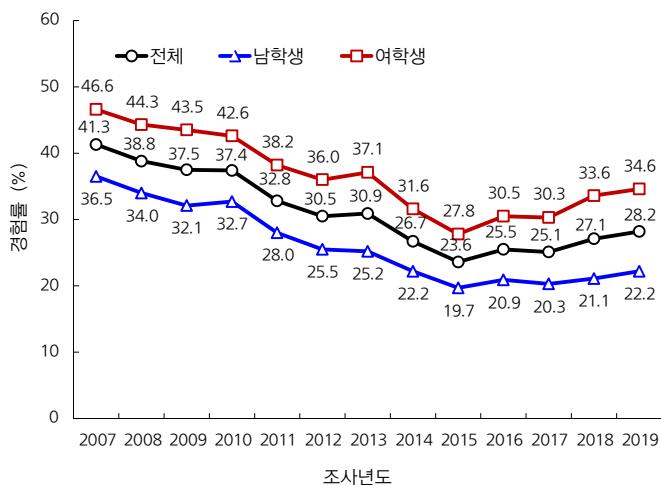


그림 3. 남녀학생별 우울감 경험률 추이, 2007~2019



그림 4. 학교급별 우울감 경험률 추이, 2007~2019

\* 우울감 경험률 : 최근 12개월 동안 2주 내내 일상생활을 중단할 정도로 슬프거나 절망감을 느낀 적이 있는 사람의 분율

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출처 : 제15차(2019년) 청소년건강행태조사 통계, <http://yhs.cdc.go.kr/>

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## Noncommunicable Disease (NCD) Statistics

## 1. Trends in prevalence of psychological stress among Korean adolescents, 2007–2019

◆ Prevalence of psychological stress among adolescents in Korea decreased by 7.2%p, from 46.5% in 2007 to 39.3% in 2019. The data in 2019 indicated that girls feel more stress than boys, with the proportion in boys being 31.7%, and girls 48.8% (Figure 1). The proportion was also higher in high school students (42.4%) than middle school students (37.2%) (Figure 2).

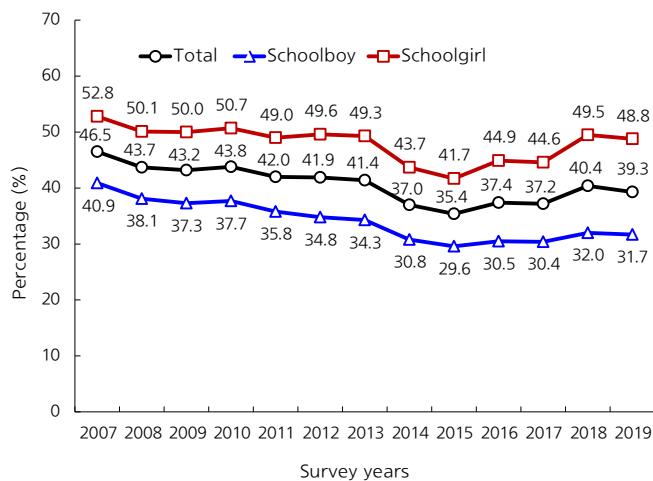


Figure 1. Trends in Prevalence of psychological stress in male and female students, 2007–2019

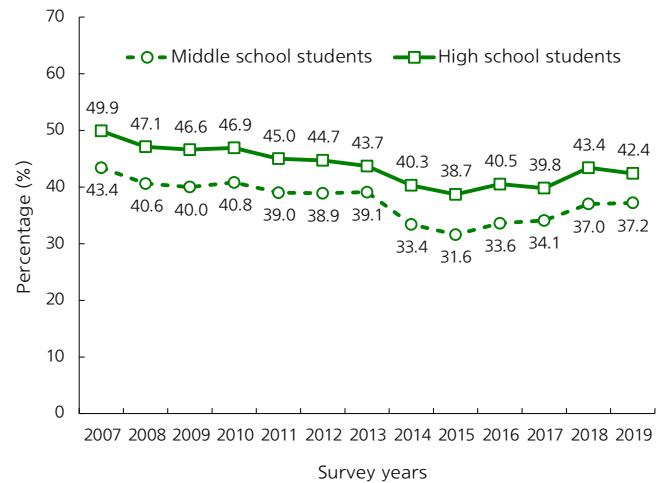


Figure 2. Trends in Prevalence of psychological stress by school levels, 2007–2019

\* Prevalence of psychological stress: proportion of those who feel “much” or “very much” stressed psychologically in everyday life

※ Surveyed population: middle school and high school students in Korea

Source: The Korea Youth Risk Behavior Survey (KYRBS), <http://yhs.cdc.go.kr/>

\*The Korea Youth Risk Behavior Survey is a national school-based survey to assess the prevalence of and monitor trends in health-risk behaviors among Korean adolescents.

Reported by: Division of Chronic Disease Control, Korea Centers for Disease Control and Prevention

## 2. Trends in proportion of Korean adolescents who experienced depression, 2007–2019

◆ The proportion of adolescents who experienced depression decreased by 13.1%p, from 41.3% in 2007 to 28.2% in 2019. According to 2019 data, the proportion was 1.6 fold higher in girls (34.6%) than boys (22.2%) and high school students (29.4%) displayed higher proportion than middle school students (26.9%) (Figure 3, 4)

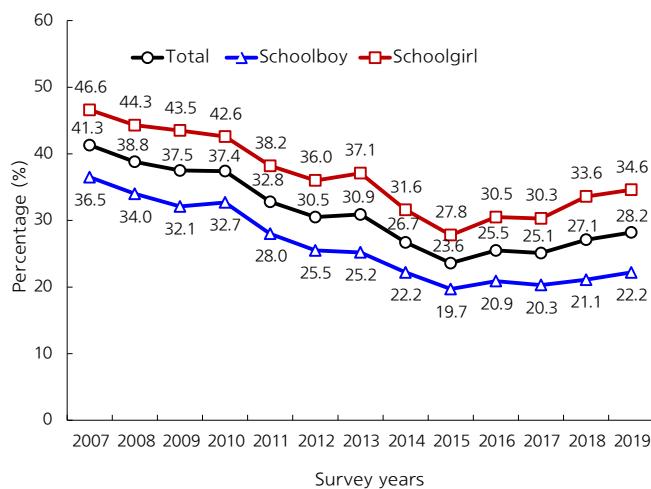


Figure 3. Trends in depression experience of male and female students, 2007–2019

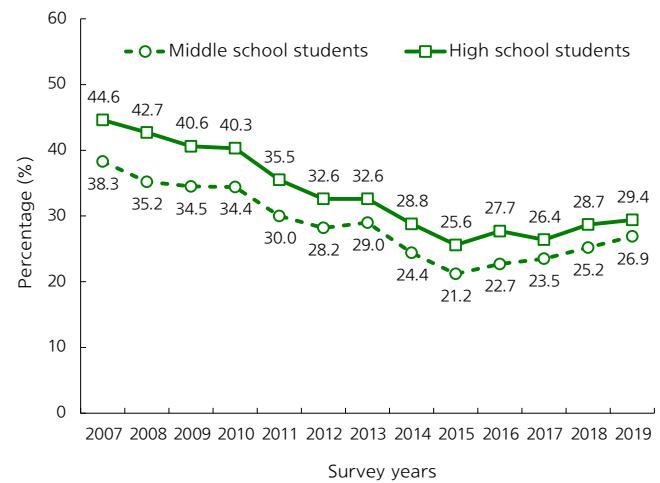


Figure 4. Trends in depression experience by school levels, 2007–2019

\* Proportion of people who experienced depression: proportion of people who felt so depressed that they stopped performing usual daily activities for a continuous period of 2 weeks in the past 12 months

※ Surveyed population: middle school and high school students in Korea

Source: The Korea Youth Risk Behavior Survey (KYRBS), <http://yhs.cdc.go.kr/>

\*The Korea Youth Risk Behavior Survey is a national school-based survey to assess the prevalence of and monitor trends in health-risk behaviors among Korean adolescents.

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