

만성질환 통계

스트레스인지율 추이, 2008~2019

◆ 만 19세 이상 스트레스인지율은 2008년 29.2%에서 2019년 30.8%로 큰 변화 없었음. 2019년 기준 성인 10명중 3명이 스트레스를 ‘대단히 많이’ 또는 ‘많이’ 느끼는 것으로 나타났으며(그림 1), 20~30대가 다른 연령 계층보다 스트레스인지율이 높았음(그림 2).



그림 1. 스트레스인지율 추이, 2008~2019

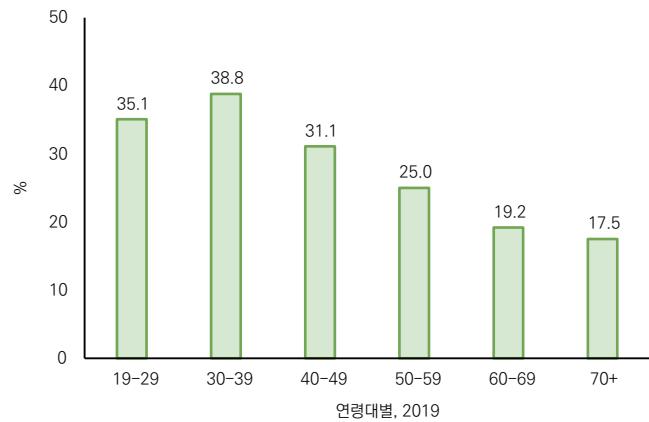


그림 2. 연령대별 스트레스인지율, 2019

* 스트레스인지율 : 평소 일상생활 중에 스트레스를 ‘대단히 많이’ 또는 ‘많이’ 느끼는 분율, 만 19세 이상

† 그림1의 연도별 지표값은 2005년 추계인구로 연령표준화

출처 : 2019년 국민건강통계, <https://knhanes.cdc.go.kr/>

작성부서 : 질병관리청 만성질환관리국 만성질환관리과

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).

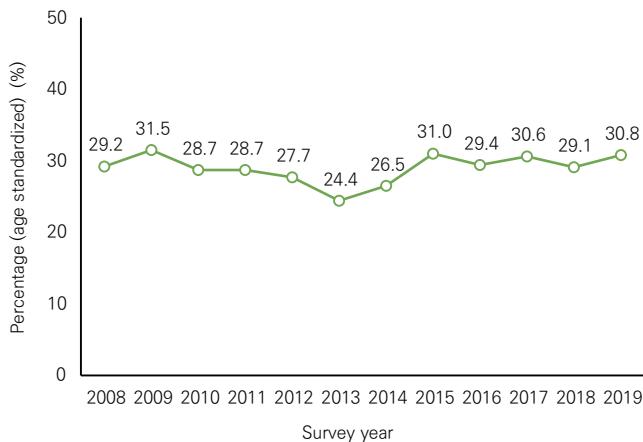


Figure 1. Trends in prevalence of perceived stress, 2008–2019

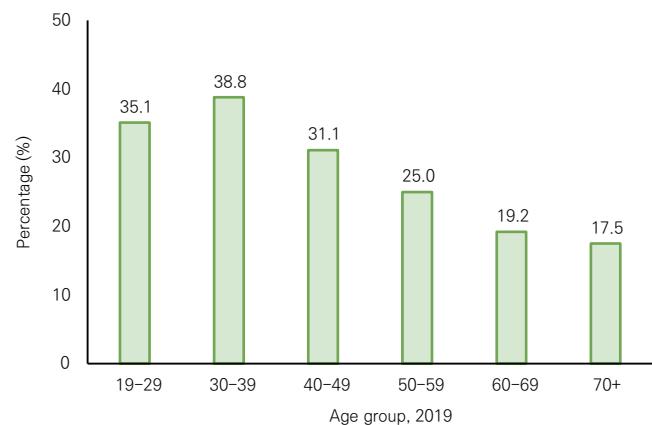


Figure 2. Prevalence of perceived stress by age group, 2019

* 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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