

## 만성질환 통계

## 스트레스인지율 추이, 2010~2020

만 19세 이상 스트레스인지율은 최근 5년간 큰 변화 없었음. 2020년 기준 성인 10명중 3명이 스트레스를 '대단히 많이' 또는 '많이' 느끼는 것으로 나타났으며(그림 1), 연령별로는 30대, 20대 순으로 스트레스인지율이 높았음(그림 2).

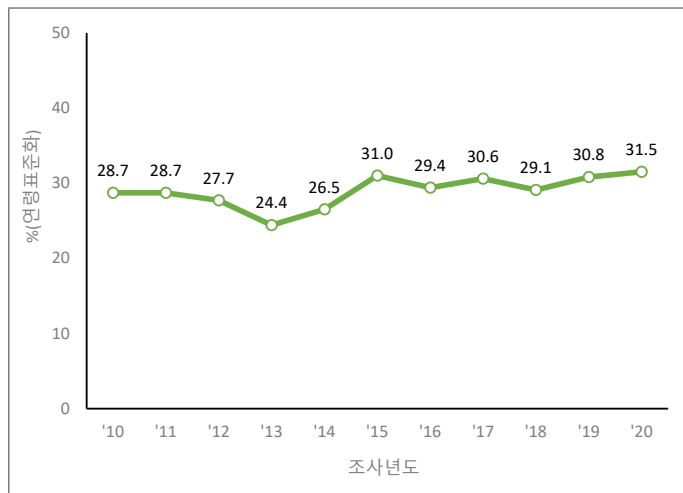


그림 1. 스트레스인지율 추이, 2010~2020

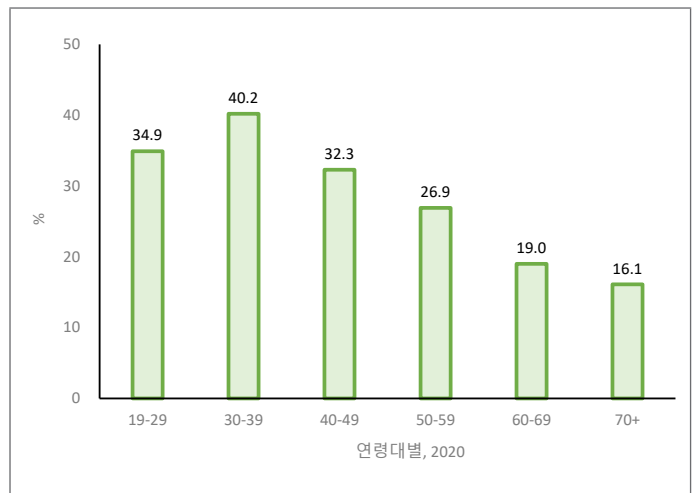


그림 2. 연령대별 스트레스인지율, 2020

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

† 그림1의 연도별 지표값은 2005년 추계인구로 연령표준화

출처 : 2020년 국민건강통계, <https://knhanes.kdca.go.kr/>

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## Noncommunicable disease statistics

## Trends in prevalence of perceived stress, 2010–2020

The prevalence of perceived stress among those aged 19 years and more has not changed during the recent 5 years. Three out of 10 adults reported 'extreme' or 'high' stress in 2020 (Figure 1). Moreover, the percentage of individuals in their 30s followed by 20s was relatively the highest than those of other age groups (Figure 2).

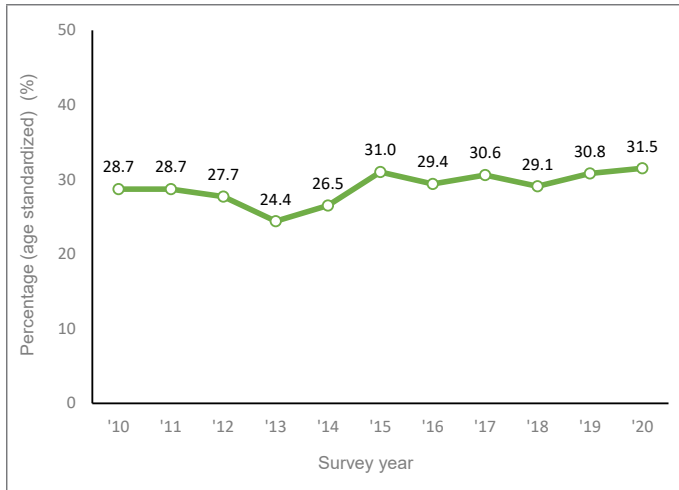


Figure 1. Trends in prevalence of perceived stress, 2010–2020

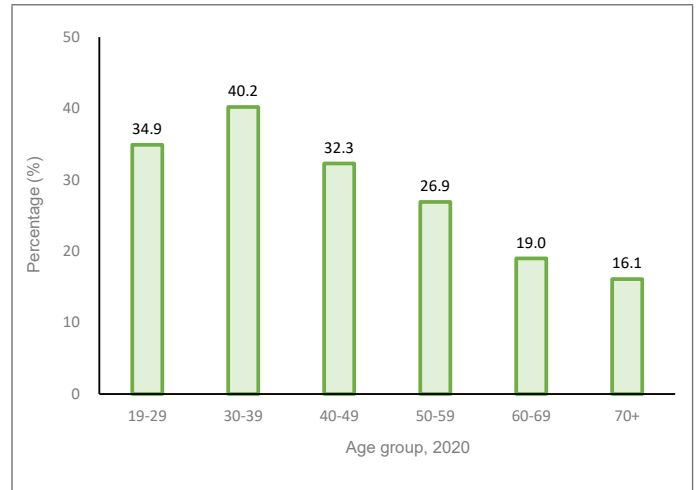


Figure 2. Prevalence of perceived stress by age group, 2020

\* 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 2020, Korea National Health and Nutrition Examination Survey, <https://knhanes.kdca.go.kr/>

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