

Children are facing more pressures nowadays from academic, social and commercial perspectives.

What are the causes of these pressures?

What measures should be taken to reduce this pressure?

In recent times, children have been experiencing mounting pressure from various aspects of their lives, such as academics, social interactions, and commercialism. In this essay, I will delve into the causes of these pressures and outline some measures that could be taken to alleviate them.

There are several reasons why children are facing an increasing amount of pressure. One of the main causes is the emphasis placed on academic performance. Schools and parents alike put significant pressure on children to excel academically, with the expectation that good grades will lead to better opportunities in the future. In addition, the rise of social media has contributed to the social pressure that children face. Social media platforms have become a

primary means of communication among young people, and the constant comparison to others can lead to feelings of inadequacy and anxiety. Finally, commercial pressures, such as advertising, can influence children's purchasing decisions and make them feel like they need to have the latest gadgets or clothing to fit in with their peers.

To reduce these pressures, various measures could be taken. Firstly, schools and parents should place less emphasis on academic performance and more on overall personal development. This would involve encouraging children to develop other skills, such as teamwork and creativity, and providing them with opportunities to explore different areas of interest. Additionally, social media usage should be monitored and limited to avoid overexposure and unhealthy comparisons. Finally, commercial advertising aimed at children should be regulated to ensure that children are not being unduly influenced by commercial interests.

In conclusion, the mounting pressures faced by children in contemporary society can have **detrimental** effects on their well-being and development. However, by addressing the **underlying causes** of these pressures and taking steps to alleviate them, we can create a more supportive and nurturing environment for children to grow and thrive in.

In recent times – nowadays

Mounting – ortib borayotgan

Commercial – tijoriy

Alleviate – mitigate – solve – combat

Academic performance – o'qish

Emphasis – urg'u

Put pressure – bosim o'tkazish

Excel – zo'r bo'lish

Expectation – umid

To meet parent's expectations –

Means – vosita

Comparison – taqqoslash

Adequate – talabga javob berish

Inadequacy – kamchilik

Anxiety –

Anxious – tashvish

Purchase – sotib olmoq

Purchasing decision –

Fit in –

Measure – chora

Personal development – shaxsiy rivojlanish

Exposure – duch kelish

Regulate – qonun bilan boshqarish

Unduly – meyordan ortiq

Detrimental – negative

Well-being – salomatlik

Underlying cause – asosiy sabab

Supportive and nurturing environment –
qo'llab quvvatlovchi muhit

Thrive – rivojlanish