

## 만성질환 통계

## 1. 청소년의 스트레스 인지율 추이, 2007~2020

◆ 우리나라 청소년의 스트레스 인지율은 2007년 46.5%에서 2020년 34.2%로 12.3%p 감소하였음. 2020년 기준 남학생 28.1%, 여학생 40.7%로 여학생이 남학생보다 스트레스를 더 많이 느끼는 것으로 나타났음(그림 1). 또한 중학생(30.4%) 보다 고등학생(37.9%)이 더 높은 스트레스 인지율을 보였음(그림 2).

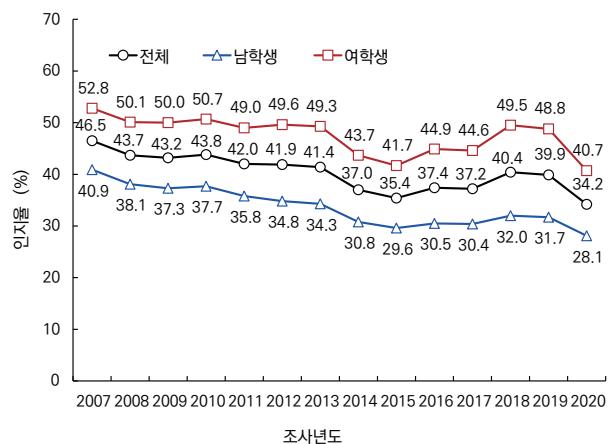


그림 1. 남녀학생별 스트레스 인지율 추이, 2007~2020

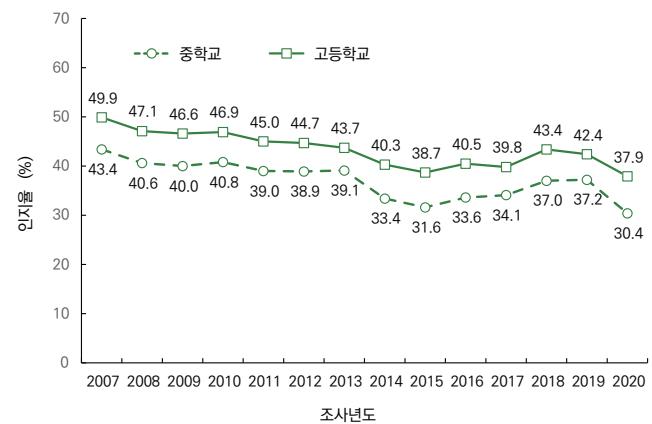


그림 2. 학교급별 스트레스 인지율 추이, 2007~2020

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

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출처 : 제16차(2020년) 청소년건강행태조사 통계, <http://www.kdca.go.kr/yhs/>

## 2. 청소년의 우울감 경험률 추이, 2007~2020

◆ 우리나라 청소년의 우울감 경험률은 2007년 41.3%에서 2020년 25.2%로 16.1%p 감소하였음. 2020년 기준 남학생 20.1%, 여학생 30.7%로 여학생의 우울감 경험률이 1.5배 더 높았으며(그림 3), 중학생(22.9%)보다 고등학생(27.4%)이 더 높은 우울감 경험률을 보였음(그림 4).

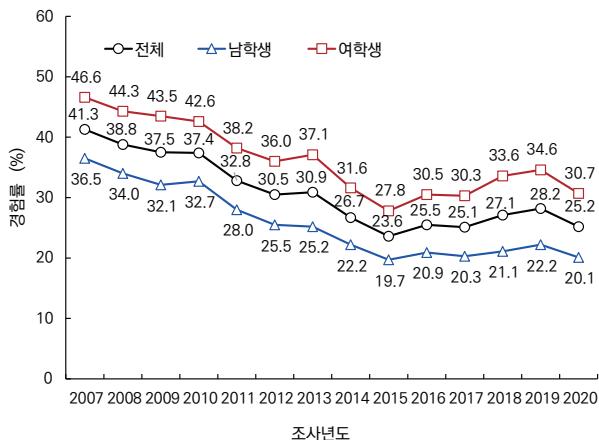


그림 3. 남녀학생별 우울감 경험률 추이, 2007~2020

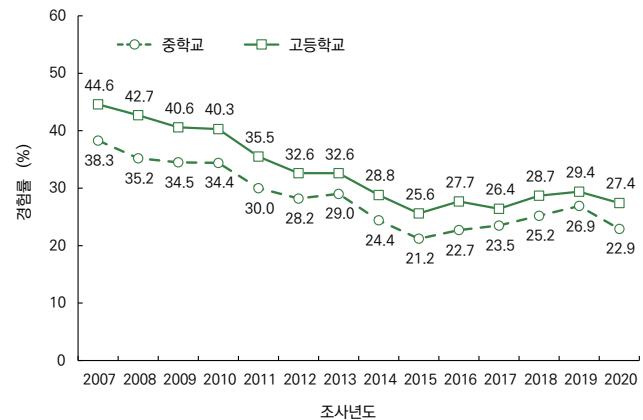


그림 4. 학교급별 우울감 경험률 추이, 2007~2020

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

※ 조사대상 : 중학교, 고등학교 재학생

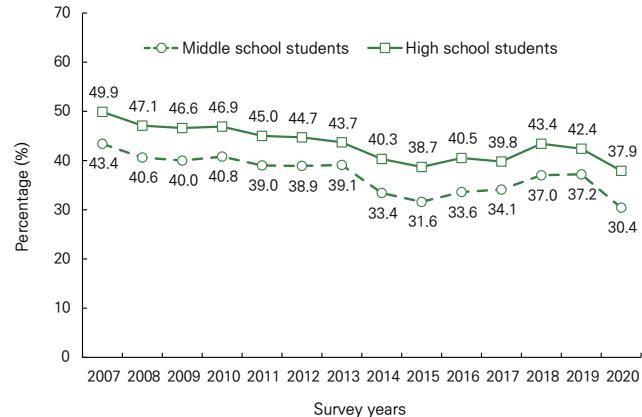
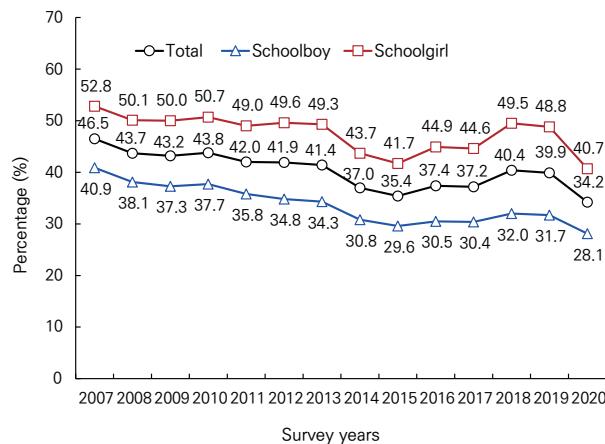
출처 : 제16차(2020년) 청소년건강행태조사 통계, <http://www.kdca.go.kr/yhs/>

작성부서 : 질병관리청 만성질환관리국 만성질환관리과

## Noncommunicable Disease (NCD) Statistics

## 1. Trends in prevalence of psychological stress among Korean adolescents, 2007–2020

◆ Prevalence of psychological stress among adolescents in Korea decreased by 12.3%p, from 46.5% in 2007 to 34.2% in 2020. The data in 2020 indicated that girls feel more stress than boys, with the proportion in boys being 28.1%, and girls 40.7% (Figure 1). The proportion was also higher in high school students (37.9%) than middle school students (30.4%) (Figure 2).



**Figure 1.** Trends in Prevalence of psychological stress in male and female students, 2007–2020

**Figure 2.** Trends in Prevalence of psychological stress by school levels, 2007–2020

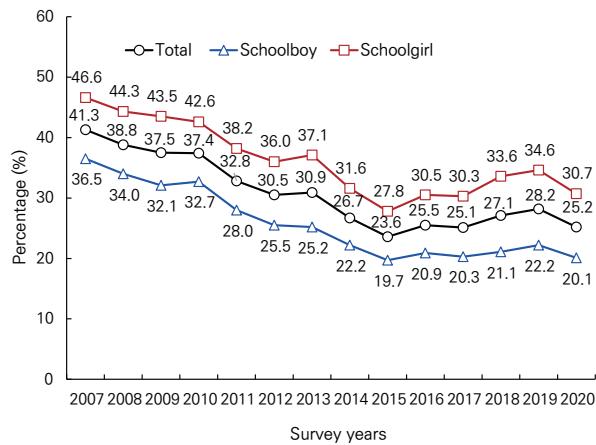
\* Prevalence of psychological stress: proportion of those who feel “much” or “very much” stressed psychologically in everyday life  
※ Surveyed population: middle school and high school students in Korea

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

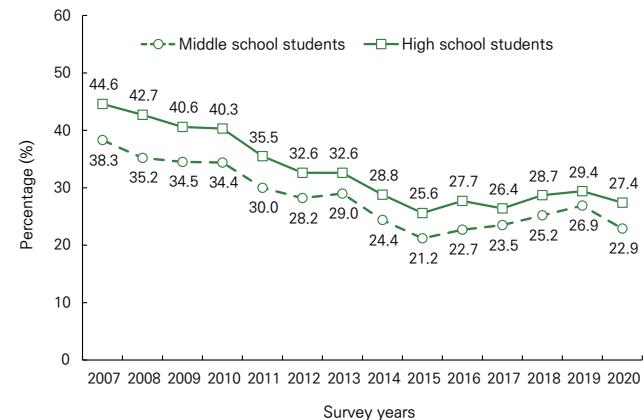
\*The Korea Youth Risk Behavior Survey is a national school-based survey to assess the prevalence of and monitor trends in health-risk behaviors among Korean adolescents.

## 2. Trends in proportion of Korean adolescents who experienced depression, 2007–2020

◆ The proportion of adolescents who experienced depression decreased by 16.1%p, from 41.3% in 2007 to 25.2% in 2020. According to 2020 data, the proportion was 1.5 fold higher in girls (30.7%) than boys (20.1%) and high school students (27.4%) displayed higher proportion than middle school students (22.9%) (Figure 3, 4)



**Figure 3.** Trends in depression experience of male and female students, 2007–2020



**Figure 4.** Trends in depression experience by school levels, 2007–2020

\* 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://www.kdca.go.kr/yhs/>

\*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 Disease Control and Prevention Agency