

Stress increases in Indians due to work and finance related issues: Survey

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Cigna's India business, Cigna TTK Health Insurance, a joint venture between U.S.-based global health services company, Cigna Corporation and Indian conglomerate TTK Group, released the results of its 2018 Cigna 360° Well-Being Survey, Future Assured.

The findings reveal that stress levels are high in India compared with other developed and emerging countries including the United States, UK, Germany, France, China, Brazil and Indonesia.

About 89 percent of the population in India says they are suffering from stress compared to the global average of 86 percent.

In addition, one in eight people has serious trouble in dealing with stress, with Millennials suffering more than other groups.

Nearly, 75 percent of respondents in India do not feel comfortable talking to a medical professional about their stress, cost is one of the biggest barriers to seeking professional help.

Now in its fourth year, the 2018 Survey adopted more forward-looking approach #Future Assured, exploring people's perceptions and concerns on health and their sense of well-being across five key areas like physical, family, social, finances and work.

This year's survey is Cigna's most global yet, talking to nearly 14,500 people in 23 markets around the world.

India takes the top spot in the overall global well-being Index for the fourth year running. The country only showed slight declines in Physical, Social and Family wellness this year, while respondents remain optimistic about Work and Financial well-being.

The largest percentages fall are in the Physical area were seen in weight and nutrition management, followed by sleep-related challenges. In the Social pillar, over 50 percent of people from India said they are not spending sufficient time with friends nor have enough time for hobbies.

The dip in Family well-being is mostly due to growing concerns about the ability to financially support parents and children.