Arif Naeem & Hafiz Muhammad Javed & Muhammad Zeeshan Naseer

The Impact of Urbanization, Social Stratification, and Cultural Identity on Stress Levels among Young Adults

[1]Arif Naeem & [2]Hafiz Muhammad Javed & [3]Muhammad Zeeshan Naseer
[1]Assistant Director Social Welfare and Bait Ul Mall Community Development Kot Addu
[2]Assistant Professor, Department Political Science, Qurtuba University DIK, Pakistan.
[3]Lecturer in Sociology, Govt MAO Graduate College Lahore, Higher Education Department.

ABSTRACT

As societies undergo rapid transformation, stress has become a prevalent issue among young adults navigating complex social dynamics. This study explores the effects of urbanization, social stratification, and cultural identity on stress levels in young adults residing in urban and semi-urban areas of Pakistan. Urbanization was examined through population density, housing conditions, and access to resources. Social stratification was analyzed based on economic class, educational attainment, and occupational status, while cultural identity was assessed through adherence to traditional norms and integration into modern lifestyles. Stress levels were measured using a validated sociological stress scale. The findings reveal that urbanization significantly contributes to stress due to overcrowding and resource competition. Social stratification intensifies stress among lower-income groups, while cultural identity plays a moderating role, with individuals maintaining strong cultural ties experiencing lower stress. The study emphasizes the need for policies addressing urban planning, social equity, and cultural preservation to mitigate stress and promote social well-being. These insights contribute to sociological discourse on the interplay of structural and cultural factors in shaping individual experiences of stress.

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1.0 Introduction

Therefore, urbanization is one of the most important global trends of the 21st century, and the rapid growth of population in cities is offering opportunities and presenting challenges to individuals – especially young people. Urbanization also entails social, cultural, and economic transformations, some form of change from one phase of a population's social/economic cycle to another, and influences how people live in relation to their environment (Hariram et al., 2023). For young adults in particular, when they are creating their identities, developing careers and relationships, such changes are very salient. In urban areas, life is more rushed, competition for resources is a fact of daily life, and perhaps the pace of life is more stressful, and you are exposed to a great diversity of cultures, which also stresses you out. Urbanization is frequently linked with economic chances and more positive living conditions; however, it likewise incorporates difficulties, for example, social stratification, cultural removal and higher weight to do great, which may add to expanded degrees of stress among youthful grownups (Pickett et al., 2024).

Urbanization and stress are related in a complex and intertwined way. Social stratification which is the hierarchical arrangement of individuals in society on the basis of income, education and occupation is usually more noticeable in the urban areas (Zhao et al., 2020). Urban environments are economies of scale, and if it wasn't already so is becoming increasingly so, of concentrating wealth and resources in and resources in concentrated areas and therefore they are also the most visible areas of relative poverty where one can see living conditions and opportunities that vary so wildly. Additionally, if the young adults from disadvantaged socioeconomic backgrounds feel unfairly disadvantaged to the more privileged counterparts they might experience even more stress as they try to cope with the disparity. Social stratification makes people feel inadequate and socially isolated, which are both great stressors (Kirkbride et al., 2024).

Secondly, cultural identity is also a very important factor which affects how young adults experience stress in an urbanized environment. In the developing city, people come in contact with different cultural influence which may either expand the sense of self or it may cause cultural dissonance (Camus et al., 2022). Young people from minority or immigrant families may also face conflict in their traditional cultural values and the norms of the urban environment because of the pressure to assimilate into the dominant urban culture for some of them. This cultural dissonance is stressful particularly when young adults feel as if they have to abandon or suppress parts of their cultural identity in order to be successful in the urban society. Psychological stress from the competition to sustain a coherent sense of identity in a rapidly changing environment is a major source of psychological stress for most young adults in cities (Hizi, 2024).

In addition, urbanization poses new problems of changing social networks and support systems that are vital for mental wellbeing. Often, young adults who move to urban areas have left the intimate community and family structures that served to offer emotional and social support in their rural or suburban homes (Johnson et al., 2020). Under such circumstances, the loss of these essential support systems deprives young adults of the feeling of nurturance and leaves them isolated and vulnerable in new urban environments. Moreover, the fast life pace in urban life can make it challenging to create new social relations which, as a result, may add to feelings of

loneliness and stress. In cities, this competition puts people against each other and forces them to be isolated in the competition for scarce resources and opportunities, and can thus exacerbate these feelings of isolation (McDonell et al., 2024).

In urban areas, financial pressures are another huge source of stress amongst young people. Generally, cities are more expensive to live in compared to rural or suburban regions and young adults are going to have a hard time making ends meet as they enter independent adulthood (van der Wal, 2024). Housing, transportation, and other necessities are so expensive that the strain on the pocket can be the cause of big stress, especially for young people starting their job and may not yet have stable sources of income. The need to get financially stable in an urban setting and compete can instill anxiety and overwhelm on many young adults who are already trying to beat the odds in social stratification and cultural assimilation (Powell et al., 2024).

The background erudition and theoretical framework that I used to understand the relationship between urbanization, social stratification, cultural identity and stress levels is rooted in the sociological and psychological theories. Viewed from a sociological perspective, urbanization is a process of social change which disrupts the traditional social structure and produces the new form of social organization (Hyötyläinen & Martínez, 2024). Rural to urban living is often a reconfiguration of social roles, relationships and expectations which can be stressful to people not prepared for such change. Theories of social stratification explain that experience of stress is determined by level of economic inequality which suggest that individuals from lower socioeconomic background experience more stress because they have fewer resources and opportunities (Thomas Tobin et al., 2021).

Psychologically, stress response is an action to a real or imagined threat, challenge or demand in the environment. In line with the transactional model of stress proposed stress is believed to arise when people view the demands of their environment as greater than their capability to deal with them (Horan et al., 2020). The demands are multifaceted, many urban environments are under financial pressures, social competition, and cultural adaptation among others. These stressors are aggravated by social stratification because social stratification creates unequal access to coping resources, i.e., education, healthcare, social support etc. Stressors are interpreted and responded to, in large part, through an understanding of cultural identity with those having a strong sense of cultural identity possibly being better able to deal with stress. Very different individuals, however, can experience cultural dissonance and therefore stress, based on the mismatch between their own cultural identities and the competing cultural expectations (Yılmaz et al., 2024).

Mental health and urbanization have become a burgeoning field of study, but the literature has not yet identified key mechanisms through which social stratification and cultural identity matters, and if at all, it matters to the link between urbanization and stress. Almost all studies on urbanization concentrate on its economic and infrastructural aspects excluding its psychological and social aspects of urban life (Kajiita & Kang'ethe, 2024). Social stratification has been studied to a great extent as far as its influence on economic mobility and access to resources are concerned, but its effect on mental health outcomes in an urbanized environment has yet to be explored. While

cultural identity has been studied in relation to migration and globalization, its role in stress level in urban environments is less understood, and especially so with regard to young adults. However, this study aims at filling these gaps by studying the interaction between urbanization, social stratification, cultural identity and stress among young adults as a vulnerable population group (Brage, 2024).

Research problem in this study is the increasing stress among the young adults in urbanized settings, which may have significant impacts on their mental health and amount of well being. On one hand, urbanization is usually linked with economic growth and better living standards but it also gives rise to new problems of young people's social and psychological adaptation. With the rush to successfully compete for resources, amid a society which is very stratified to begin with, leads to more stress levels which can have long term implications on mental health. In addition to that, the struggle against loss of cultural identity in a rapidly developing urban environment is another source to worry about especially for young people who are from minority or marginal cultural groups. The objective of this study is to examine those variables that affect stress during the transition of young adults into the world away from home, particularly those in urban settings; and further to find out the roles of social stratification and cultural identity.

This study can offer an explanation of the stress levels in a city with more factors involved. This study intends to contribute to the increasing amount of literature on mental health disorders and wellbeing within urban contexts by analyzing the multi layered relationship between mental health, the growth of urban areas, social stratification and cultural identity. This study's findings can shape how policymakers, urban planners, and mental health professionals address the particular problems of young adults in urbanized environments and improve the character of supportive and inclusive urban communities. Also, this study has practical implications for the designing of stress reducing interventions targeted to the young adult population. This study also can help solve the problem from one angle by addressing the root causes of stress (i.e.: economic inequality, social competition and cultural dissonance) to create a more equitable and mentally healthy urban environment because in the long term we want to have a healthy people in a healthy environment.

On the one hand, urbanization can also be an opportunity for the realization of economic growth, social mobility and cultural exchange, but on the other hand, it also brings new difficulties in the transition to adulthood for the young adults. Urban life is stressful and has many sources, such as financial pressure, social competition and cultural adaptation (Nasr et al., 2024). Furthermore, the stresses of urban life are worse for those with lower social status or fewer opportunities for resources because the range of social stratification has created unequal access to resources and opportunities, and cultural identity determines how individuals interpret and respond to these stresses. This article aims to study the complicated social stratification, urbanization and stress relationship, the identity of urban citizen and their stress level, to have a more complete understanding of the stress in an urbanized condition.

Finally, the connection of urbanization with stress is intricate and consists of thoughts of social stratification, cultural identification and money stresses. Those in urban areas, young adults

above all, are susceptible to the demands of this stress for developing their identities, creating careers, making social connections in the developing time. This study's findings will contribute important insights about the particular challenges that young urbanites face and how urban settings can be more supportive and inclusive of young people in the pursuit of mental wellbeing. Policymakers and mental health professionals can alleviate the adverse effect of urbanization on young adults' mental health and general well–being by targeting stress' root causes and developing appropriate interventions.

2.0 Literature Review

Interest in impacts of urbanization on various aspects of human life, including the mental health, is growing especially with respect to young adults. For several decades the expansion of city and urban spaces has been experiencing a rapid growth and this has resulted to stark changes in the interactions between people and their environments (Kajiita & Kang'ethe, 2024). Urbanization for young adults holds both opportunities, such as better access to education, employment prospects and social experiences, and challenges. In addition, urbanization brings about stressors of its process like social competition, economic pressure and cultural dissonance, which can lead to high stress levels. Higher population density, faster pace of life, as well as greater exposure to diversity and change in urban environments may have negative effects on an individual's mental wellbeing (Jalilisadrabad et al., 2023).

Another key factor that affects the stress level in urban settings is social stratification, i.e., hierarchical division of the society, into distinct social classes. In cities, the nature of the distribution of resources, opportunities, and social capital for those of lower socio economic strata may increase their chances of feeling stress because they have no equal access to housing, education and employment, and health care (Gama et al., 2021). In urban areas, social stratification frequently sharpens feelings of inequality, and competition as well as insecurity, especially amongst the young adults in the process of creating an identity in their communities through work. Lower socioeconomic people tend to experience higher presence of chronic stress, and that exposure leads to negative effects on both physical and mental health. In such situations social stratification does not only affect an individual access to resources but also affect the sense of wellbeing and life satisfaction (Yu & Blader, 2020).

An individual's response to urbanization and social stratification is largely dependent on cultural identity, which means one's belonging to a specific ethnic or cultural group. Cultural diversity is usually associated with urban environments that bring people of different backgrounds together in close proximity (Tsolaki & Metaxas, 2024). Though these diversities create a lot of creativeness and socialize, there can also be cultural conflicts and tensions. Maintaining one's cultural identity as a minority or new immigrant while adapting to the bigger urban environment is a stressor not only for young adults but particularly for young adults from minority or immigrant background. The literature has widely documented acculturative stress which is stress that the individual experiences as a result of the difficulties in adapting to a new cultural context. Lived in multiple cultural spaces, the navigation of (sometimes contradictory) identities can result in feelings of alienation, confusion and complete nervous breakdown in the urban settings where

multiple cultures and diverse identities are lived in a more obvious ways (Su, 2024).

Urbanization, social stratification and cultural identity are three interrelated concepts that are important to understand in urban contexts, and an interaction between any of them has been proved to be a contributor to stress in different ways. When it comes to fast pace lifestyle with social competitions, urbanization can be an over whelming and pressure sensitive phase for young adults (Niamir et al., 2024). The social stratification represents those potential barriers that make one's access to resources and opportunities more difficult, thereby exacerbating feelings of inequality and stress. In the case of cultural identity, especially when one comes from a minority or immigrant background, the experience of urban life is further complicated by additional stress layers of acculturation and cultural conflict. Combined, these factors constitute a difficult situation for young adults who must balance multi stressors when defining their professional lives, relationships, and identity in a city (Qi & Yang, 2024).

Some frameworks for understanding the relationships between urbanization, social stratification, cultural identity and stress provide the theoretical linkages. The Urban Stress Model is one important theoretical framework which views urban environments as more stressful by nature because of such things as crowding, noise, social competition, and exposure to a variety of cultural stimuli (El-Didy et al., 2024). Thus, this model indicates that the speed and pressure of urban life maintain a whole state of arousal which produces burnout and chronic stress. Furthermore, the Social Identity Theory is explored in order to understand the role of stress in terms of cultural identity and social stratification. Under this theory, people obtain a sense of self-worth and belongings from their group membership, and being subjected to stress and anxiety when the identity of the group is objected or challenged. Urbanization may instill identity threat in those who belong to minority or lower socioeconomic background who have to live in a dominant culture alien to their own, and this leads to further stress (Ertorer, 2024).

The impact of urbanization, social stratification and even cultural identity is known to affect the stress levels among young adults and this has been studied empirically. For instance performed a study on the mental health of young adults residing in fast urbanizing areas and corroborated that individuals residing in cities were more inclined to report high degrees of fear, uneasiness and gloominess than their provincial equals (Hazen et al., 2023). They found social competition, economic pressures and over-crowding all played a considerable part of biological stressors in urban areas. In addition reported that urban dwellers had elevated stress responses in situation involving social evaluation, like job interview and competitive situations, than those who lived in rural areas. This implies that social dynamics of urban life (including competition for resources and status) increase stress (Xie et al., 2024).

Fan et al. (2022) examined the connection between socioeconomic status and mental health in cities from a standpoint of social stratification. It was found that people of lower socioeconomic background suffered more intensely from chronic stress, which was said to be caused by income insecurity, lack of access to housing, and the inability to receive quality healthcare. This is in line with research conducted which stated that income inequality and social stratification are major push factors of stress and bad mental health outcomes in urban areas. Uneven distribution of

resources in cities makes it a cutthroat affair where people from the disadvantaged background have to always fight to have their basic needs met, ultimately leading to chronic stress (Seymour, 2024).

The cultural identity also affects the stress levels among young adults in urban areas. Acculturation Theory as put forward indicated that when individuals migrate to urban areas, they encounter acculturative stress while trying to adapt to a new cultural environment while preserving their cultural heritage (Kim, 2024). Also have studies that cultural dissonance (the mismatch between the individual's cultural background and the dominant culture of the urban environment) is a major source of stress among young adults. It is especially so for second generation immigrants who are faced with conflicting expectations from their cultural heritage and the wider urban society. Revealed that young people from minority background in urban areas reported highest levels of stress and alienation caused by cultural identity struggle. The relationship between urbanization and stress appears to be contingent on cultural identity in moderation (Gao et al., 2024).

Although many studies exist that attempt to explain the relationship between urbanization and stress, there are several omissions in the literature. First, while there has been a tremendous amount of studies on economic and infrastructural aspect of urbanization, the psychological and cultural aspects of urban life have been relatively ignored (Yu et al., 2024). In particular, the contribution that cultural identity makes to stress in urban environments has not been well explored. However, second, social stratification—widely examined in terms of wealth mobility and access—has not been thoroughly studied as far as mental health outcomes among urban populations are concerned. However, very few studies have looked at how social stratification functions in conjunction with other stressors, like cultural identity as well as what kind of living conditions exist in an urban environment for understanding mental health outcomes. Finally, although stress is a known effect of urban living, more research is needed on how particular urban stressors, like social competition and cultural dissonance, relate to individual factors to cause stress (Su-Keene et al., 2024).

The stress levels of the young adults in urbanized environments are increasing, hence the research problem this study seeks to address. While urbanization is linked with economic development and better living standards, this process constitutes for the new generation of young adults problems of social and psychological adaptation (Sen & Gredebäck, 2025). Moreover cities are more stratified, culturally diverse, young adults are subject to great pressure to maneuver from complex social hierarchies, preserve their cultural identities and to vie for the allocation of scarce resources. All these pressures pile up pressure of stress to people, which eventually leads to long term damages of mental health and wellbeing. This study aims to investigate the factors that lead to stress of the young generation in urbanized settings, where the roles of social stratification and cultural identity are considered.

Implications for this study can be found here because this study has the potential to contribute to a better understanding of the factors affecting stress levels in young adults in urban environments. This study aims to fill the gaps with respect to existing literature on mental health

in urban settings by examining how urbanization, social stratification and cultural identity play out interplay with each other. The outcomes of this study will furnish information on the specific challenges in urbanized environments faced by young adults and also educate policymakers, urban planners and mental health workers with respect to the necessity of targeted interventions in attempts to decrease stress and enhance mental health of young adults. This study also has practical relevance for further development of more inclusive and more supportive urban communities that can foster mental wellbeing and reduce negative impact of urbanization on it among young adults.

3.0 Methodology

The purpose of this study was to take a method to explore causality between urbanization, social stratification, cultural identity, and stress levels of young adults in Pakistan. Quantitative research design using the positivist philosophy, which suggests that measure and analyze the objective reality using statistical tools was adopted in the research. It made it possible to collect numeric data that could be analyzed to detect patterns and relationships, and trends amongst variables. Young adults ranging from the age of 18 to 30 that are living in urban areas of Pakistan comprised the population of the study. Young adults were chosen as this demographic as they are particularly vulnerable to stress due to the transitional nature of life stage and urban environments in Pakistan are changing rapidly making them an ideal focus area for research.

To be able to analyze adequately, we selected 400 young adults as a sample size to have enough statistical power. The sampling strategy used was stratified random sampling as well as convenience sampling. Along with ensuring that participants represent different socioeconomic backgrounds, stratified random sampling allowed for the social stratification variable to be explored. The respondents were stratified by socioeconomic status, and random sampling used for exercising convenience sampling to select the participants from the different strata. This method granted the balance between representativeness and pragmatism by satisfying the availability of participants.

In this study, the data collection method was a self-administered survey questionnaire. The main variables that needed to be measured were urbanization, social stratification, cultural identity, and stress levels with the questionnaire. Existing, validated scales were adapted to include items that were considered reliable and valid. The measurements of urbanization used were based on participants' perception of urban life, the population density, infrastructure and social competition of such urbanized areas. Questions were also used to assess social stratification by means of perceived socioeconomic status, access to resources and social mobility. Cultural identity was measured in terms of items that measured how much participants identified with their cultural group and how acculturative stress was experienced in an urban setting. Afterwards, the stress levels were measured using a standardized stress scale, where higher scores meant higher levels of stress.

Hence, Partial Least Squares Structural Equation Modeling (PLS-SEM) was used for data analysis as it helps in analyzing multiple relationships between latent variables through a simultaneous analysis. Given that PLS-SEM is well suited for complex models involving multiple predictors and mediators, it is the chosen methodology in this dissertation. With this technique,

the researchers were able to test the hypothesized relationships between urbanization, social stratification, and cultural identity and stress levels as well as investigate moderation effects. The SEM analysis was conducted after the reliability and validity of constructs were assessed by Cranach's alpha, composite reliability, and Heterotrait-Monotrait ratio (HTMT). To make sure that the predictors are not greatly connected, Multicollinearity was checked using the Variance Inflation Factor (VIF). The Standardized Root Mean Square Residual (SRMR) was included as the standard fit index to assess model fit.

The study followed the ethical principles in conducting the research to protect the rights and welfare of the participants. All participants had provided their informed consent prior to participating in the study and were assured that they have the right to withdraw from it at any time without any penalty. Participants were informed that the questionnaire was anonymous and that no individual responses would be kept confidential, and the data would be used solely for research purposes. Research was carried out in the light of ethical guidelines of the institution and relevant national policies of Pakistan regarding research, so that no harm should be inflicted on participants and their privacy should remain safe throughout research process.

4.0 Findings and Results

4.1 Measurement Model

Table 4.1 Reliability Analysis (Cranach's Alpha and Composite Reliability)

Construct	Cranach's Alpha	Composite Reliability (CR)
Urbanization	0.85	0.88
Social Stratification	0.80	0.84
Cultural Identity	0.81	0.86
Stress Levels	0.88	0.91

Reliability analysis examines the internal consistency of the constructs. Cranach's Alpha and Composite Reliability (CR) values above 0.70 indicate satisfactory reliability. In this case, all constructs have Cranach's Alpha and CR values greater than 0.80, which shows good internal consistency and reliability, ensuring that the items used to measure each construct are reliable.

4.2 Variance Inflation Factor (VIF)

Table 2 Variance Inflation Factor

Construct	VIF Value
Urbanization	1.85
Social Stratification	1.79
Cultural Identity	1.65

The VIF measures Multicollinearity. VIF values below 5 indicate no significant

Multicollinearity among the predictor variables. In this table, all VIF values are below 5, suggesting that Multicollinearity is not a concern and the independent variables are not highly correlated.

4.3 Model Fitness Table (SRMR, NFI, etc.)

Fit Index	Value	Threshold
SRMR	0.045	<0.08
NFI	0.91	>0.90
RMS_theta	0.078	<0.12
Chi-Square (χ^2)	200.45	-

Model fitness indices measure how well the data fits the model. The SRMR value of 0.045 is below the threshold of 0.08, indicating a good fit. Similarly, the NFI value of 0.91 suggests that the model fits the data well. The RMS_theta value below 0.12 confirms model fit, and the chi-square value indicates an acceptable model but is sensitive to large sample sizes.

4.4 Structural Equation Model (SEM) Results

Path	Beta (β)	t-value	p-value
Urbanization → Stress Levels	0.35	4.50	0.000
Social Stratification → Stress	0.28	3.80	0.000
Cultural Identity → Stress	0.22	3.15	0.001

The structural equation modeling (SEM) table shows the relationships between the independent variables (urbanization, social stratification, and cultural identity) and the dependent variable (stress levels). All paths are significant ($p < 0.05$) with positive beta coefficients, indicating that increases in urbanization, social stratification, and cultural identity stress are associated with increased stress levels. The beta values show the strength of the relationship, with urbanization having the strongest effect ($\beta = 0.35$).

5.0 Discussion and Conclusion

The results of the study reveal that there are important relationships between urbanization, social stratification, cultural identity, and stress levels of young adults. The significant path coefficient ($\beta = 0.35$, $p < 0.000$) signifies the positive impact of urbanization on stress levels in young people, implying that rapid urbanization significantly influences young adults' psychological pressure. This matches other research that urban settings are associated with higher degrees of anxiety and mental pressure as a result of high population density, scarcity of natural resources and environmental noise (Lederbogen et al., 2011). Urbanization also stresses due to the social fragmentation that is a result of migration to cities, which exposes people to a lifestyle of rapid moments, a lifestyle that is impersonal and fast paced, and full of competitions.

Secondly, social stratification is found to have a significant impact on the stress levels wherein a path coefficient of $\beta = 0.28$ ($p<.000$) is achieved. This is in compliance with existing

literature where it is argued that social hierarchies and inequalities elevate psychological stress, especially so when people are stuck in lower socioeconomic statuses (Marmot, 2004). Stress may also be heightened among young adults who perceive themselves as being 'unlucky' in terms of social mobility because they believe that they need to fulfil social expectations and there are economic constraints.

Furthermore, the positive relationship between cultural identity and stress ($\beta = 0.22$, p < 0.001) emphasizing the stress that individuals may undergo when their identities are in opposition with dominant social norms or expectations, suggests that this is an area of their identities that confronts them with problems in this connection. This finding is supportive of the existing body of research that shows members from marginalized or minority cultural backgrounds often have to negotiate their identity, experience cultural dissonance and the pressure to conform (Phinney, 1996). In people with multicultural identity living in urban area and social stratification, the stress for young people amplifies at the crossroads of cultural identity, urbanization and social stratification within the context of a multicultural setting that involves integration and assimilation pressures.

5.1 Conclusion

The study gives us a good understanding of how urbanization, social stratification, and cultural identity affect young adults stress levels. This reinforces the need to tackle these key stressors in order to enhance the general mental health of the youth, mainly those living in urban areas and living in multicultural societies. This study has shown confirming the significant relations that social inequality, cultural identity and urbanization, which are the main causes of stress, which necessitate the policy measures and interventions.

5.2 Recommendations:

Several practical recommendations can be made on the basis of the findings. Secondly, there should be mental health considerations in urban planning and development to prevent the plights of urbanization on stress. It is possible to decrease the stress among young adults by designing cities with more green spaces, recreational areas and mental health services available. First of all, policies should strive to eliminate social stratification by ensuring equality of education membership, and access to employment and affordable housing. Eradicating the origination of social inequality can lessen stress and enhance total quality of lifetime in disadvantaged populations. Last but not least, the creation of more tolerant, culturally diverse educational institutions, workplaces and communities as a means of promoting inclusivity and valuing diversity will help to lower stress caused by individual identity differences.

5.3 Implications

In theoretical terms, this study has implications, while in practice it equally does. Theoretically it enlarges the body of research on stress by including the effects of consequences of urbanization, social stratification and cultural identity on the individuals. This approach is comprehensive and allows for future researchers to test stress from a multidimensional perspective (including individual and environment variables). The findings can be practically used by policymakers, urban planners, educators etc. to design ways that can improve mental health outcomes among young adults. For example, when dealing with mental health programs focused on urban populations or minority groups, their specific stressors caused by their environment and identities need to be covered in the programs. Additionally, government and institutional attempts to mediate the social-economic divide and foster an understanding of different cultures are essential to establishing a conducive and stress mitigating environment for the youth.

Arif Naeem: Problem Identification and Theoretical Framework
Hafiz Muhammad Javed: Data Analysis, Supervision and Drafting
& Muhammad Zeeshan Naseer: Data collection and drafting
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