

ANXIETY VS MEXICAN STUDENTS



PRESENTED BY
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- **The Safety Gap:** According to INEGI (2025/2026), public transport is one of the top 3 places where Mexicans feel most vulnerable.
- **Gendered Fear:** Over 69% of women report feeling unsafe in urban areas; for students, the fear of "indecent contact" in crowded spaces is a constant mental burden.
- **Environmental Stress:** In 2026, the Mexico City Metro surpassed 100 million monthly passengers. UNAM studies show this overcrowding triggers "Environmental Stress," leading to chronic exhaustion before the first bell rings.
- **The "Double Toll":** Students spend an average of 2 to 3 hours daily in transit.

CHUCHITO



JUANITA



CHUCHITO



- Case Study – "Chuchito" & the Identity Crisis
- Demographic Reality: 52.8% of the Mexican population identifies as having a dark skin tone (ENADIS-INEGI).
- The Weight of Colorism: 20.4% of Mexicans over 18 report discrimination based on skin tone, features, or socioeconomic status.
- The "Relajo" Mechanism (Jorge Portilla):
- It is a devaluation of serious values that feel alien or oppressive.
- Joking is a defense against the "Mexican Anguish" of not belonging to the Western ideal.

- The "Borrowed Culture" (Samuel Ramos):
- Mexican students often study Western models (Philosophy/Psychology) that don't apply to their actual context.
- Result: A sense of inauthenticity and an urge to "escape" the country.
- Anxiety & Coping Mechanisms:
- 35.5% of students report excessive alcohol consumption; 15% have experimented with drugs (ENCODAT).
- These "vices" are often maladaptive coping mechanisms for chronic anxiety and lack of a safe identity.
- Symptoms in the Classroom: Hypervigilance, difficulty concentrating (Brain Fog), and somatization.

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SOCIOECONOMIC DATA:

- UPPER CLASS: 1.2% OF HOUSEHOLDS.
- MIDDLE CLASS: 39.2% OF HOUSEHOLDS.
- LOWER CLASS: 59.1% OF HOUSEHOLDS.

SOURCE: INEGI (2023). CUANTIFICACIÓN DE LA CLASE MEDIA EN MÉXICO.

PSYCHOLOGICAL SYMPTOMS FOR JUANITA:

- SOMATIZATION: PHYSICAL EXPRESSION OF STRESS (HEADACHES, GASTRITIS).
- CIRCADIAN DYSREGULATION: INTENTIONAL SLEEP DEPRIVATION TO MEET HIGH-STAKES GOALS.
- APPROVAL SEEKING: A CORE ANXIETY DRIVER WHERE SELF-WORTH IS TIED TO EXTERNAL PRAISE.

JORGE PORTILLA'S CONNECTION:

- PORTILLA ARGUES THAT "SERIOUSNESS" CAN BE JUST AS INAUTHENTIC AS RELAJO. WHEN JUANITA CLINGS TO THE "TRADWIFE" OR "MODEL STUDENT" MASK, SHE IS PRACTICING "SERIEDAD FINGIDA" (FEIGNED SERIOUSNESS). SHE IS NOT BEING HERSELF; SHE IS HIDING BEHIND A RIGID SOCIAL ROLE TO ESCAPE THE ANGUISH OF HER TRUE CONTEXT.



- DOMESTIC VIOLENCE IN MEXICO: ACCORDING TO THE ENDIREH (INEGI, 2022/2023), 70.1% OF WOMEN OVER 15 HAVE EXPERIENCED AT LEAST ONE INCIDENT OF VIOLENCE. IN TERMS OF CHILD/ADOLESCENT DOMESTIC VIOLENCE, REDIM (2025) REPORTS THAT THOUSANDS OF MINORS ARE ATTENDED TO IN HOSPITALS ANNUALLY DUE TO FAMILY-RELATED PHYSICAL AND PSYCHOLOGICAL ABUSE.
- THE SCHOOL DROPOUT CRISIS: THE SEP (2024/2025) INDICATES THAT THE MAIN REASONS FOR DROPPING OUT AT THE HIGH SCHOOL LEVEL ARE ECONOMIC HARDSHIP (38%) AND FAMILY PROBLEMS/LACK OF INTEREST (22%).
- THE COST OF "FREE" EDUCATION: WHILE TUITION IS FREE, THE "HIDDEN COSTS" (TRANSPORTATION, MATERIALS, FOOD) REPRESENT UP TO 25% OF THE MONTHLY INCOME OF A MINIMUM-WAGE HOUSEHOLD, MAKING ANY DOMESTIC CRISIS A DIRECT THREAT TO SCHOOLING.



Many more of my peers have seen their grades collapse, a tragedy, yes, but far less important than the toll on their mental health, their safety, and their struggle to avoid the trap of addiction. In Mexico, for many, the 'high-achieving student' is a luxury they simply cannot afford.

THANK YOU!!



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