

# Political Division at Home Fuels Surging Youth Anxiety, According to Data from National Youth Mental Health Tracker

*As 60% of Young People Report Worrying About U.S. Politics, Report Reveals that Family Divisions on the Issue are Eroding Youth Mental Health*

WASHINGTON DC, DC, UNITED STATES, June 30, 2025 /EINPresswire.com/ -- A new report from Surgo Health identifies that household political dynamics is a critical and underrecognized driver of emotional strain among young Americans. Drawing on nationally representative data from its Youth Mental Health Tracker—developed in partnership with Pivotal and SHOWTIME/MTV Entertainment Studios—Surgo Health finds that political division within families is increasingly impacting how youth feel, behave, and relate to others.

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*Dr. Sema Sgaier, CEO of Surgo Health.*

Contrary to prevailing assumptions, the primary vector is not traditional media or social platforms. It’s parents and peers.

“The influence isn’t coming from social media or elected officials, it’s coming from the dinner table,” said Dr. Sema Sgaier, CEO of Surgo Health. “This data signals a fundamental shift: young people are internalizing political conflict through close relationships, not headlines.”

## Key Insights

### 1. [Political anxiety is now a baseline reality.](#)

60% of youth report worrying about U.S. politics.

Rates spike among girls (71%) and LGBTQ+ youth (79%).

Youth who oppose the current administration are 1.8x more likely to report recent mental health challenges.

2. Political division is damaging personal relationships.

1 in 5 youth say political arguments have disrupted family or peer dynamics.

Nearly 50% report anxiety when discussing politics in school or at work.

3. Parents and Caregivers are the top political reference point—and emotional proxy.

65% of youth report parents and caregivers as their most cited political source.

Youth who feel heard by their caregivers are 1.4x more likely to report a strong sense of meaning in life.

Those who feel dismissed are nearly 2x more likely to report hopelessness.

### Implications for Civic and Mental Health Stakeholders

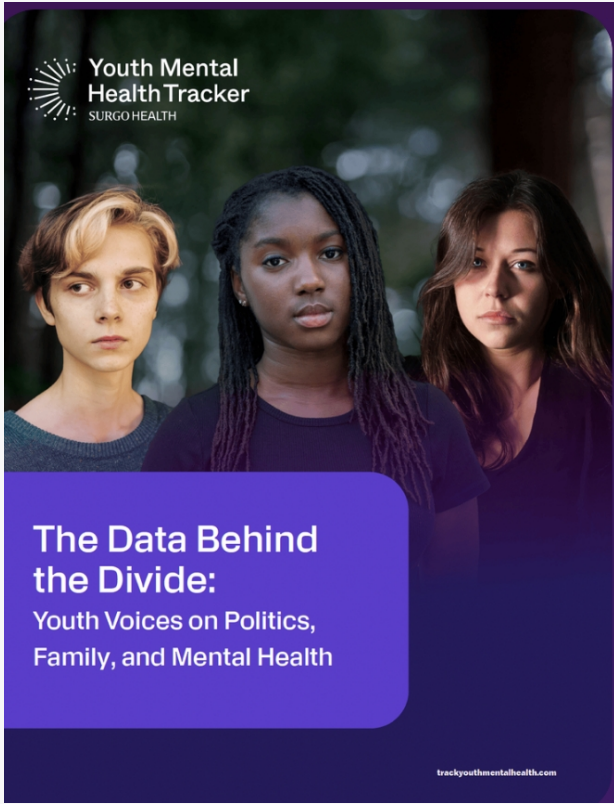
Surgo Health's findings suggest that the nation's polarization is not only eroding political discourse, it's reshaping emotional development and civic readiness. The data points to a new front in youth engagement: addressing the familial environments where civic identity is first formed.

"If we're serious about preparing the next generation for democratic participation, we must also account for the emotional terrain they're navigating today," Dr. Sgaier added. "What they're feeling now will define how they show up later."

### About Surgo Health

Surgo Health is a Public Benefit Corporation pioneering data and analytics to transform how the healthcare system understands people. We uncover the unseen drivers of health—people's beliefs, barriers, and behaviors—and transform that intelligence into scalable products that enable organizations to drive impact, reduce costs, and advance equity. By revealing the human side of healthcare, we're making it more personal, precise, and effective—for everyone.

The Youth Mental Health Tracker (YMHT) created by Surgo Health, with support from Pivotal and



The graphic features a purple background with a photograph of three diverse young people (two women and one man) looking thoughtfully at the camera. In the top left corner is the 'Youth Mental HealthTracker' logo with 'SURGO HEALTH' underneath. A white text box on the right contains the title 'The Data Behind the Divide:' followed by the subtitle 'Youth Voices on Politics, Family, and Mental Health'. The website 'trackyouthmentalhealth.com' is printed in small text at the bottom right of the graphic.

**Youth Mental HealthTracker**  
SURGO HEALTH

**The Data Behind the Divide:**  
Youth Voices on Politics, Family, and Mental Health

trackyouthmentalhealth.com

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SHOWTIME/MTVE Entertainment Studios, uncovers the complexities of youth mental health and wellbeing, providing actionable insights that equip communities, policymakers, and healthcare providers to foster environments where young people can truly thrive.

#### About SHOWTIME/MTV Entertainment Studios

SHOWTIME/MTV Entertainment Studios produces 120+ series annually, including some of today's biggest hits such as Yellowstone, Emily in Paris, 1923, 1883, George and Tammy, South Park, Tulsa King, The Daily Show, RuPaul's Drag Race, The Challenge and Jersey Shore, to name a few, as well as award-winning documentaries through its acclaimed MTV Documentary Films. MTV Entertainment uses its reach for social impact, spearheading broad change-driven coalitions, content and campaigns on mental health and civic engagement.

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