

Need another word that means the same as “uptight”? Find 32 synonyms and 30 related words for “uptight” in this overview.

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The synonyms of “Uptight” are: **edgy, high-strung, jittery, jumpy, nervy, overstrung, restive, anxious, disturbed, perturbed, troubled, bothered, distressed, concerned, upset, distraught, worried sick, disquieted, uneasy, ill at ease, fretful, agitated, in a state of agitation, nervous, like a cat on a hot tin roof, tense, overwrought, worked up, keyed up, strung out, stressed, under stress**

## Uptight as an Adjective

### Definitions of "Uptight" as an adjective

According to the [Oxford Dictionary of English](#), “uptight” as an adjective can have the following definitions:

- *Being in a tense state.*
- *Anxious or angry in a tense and overly controlled way.*

### Synonyms of "Uptight" as an adjective (32 Words)

<b>agitated</b>	Physically disturbed or set in motion. <i>She was red and <b>agitated</b> with the effort of arguing.</i>
<b>anxious</b>	(of a situation or period of time) causing or characterized by worry or nervousness. <i>Spent an <b>anxious</b> night waiting for the test results.</i>
<b>bothered</b>	Caused to show discomposure. <i>I m not particularly <b>bothered</b> about how I look.</i>

<b>concerned</b>	Culpably involved. <i>A memorandum to those <b>concerned</b>.</i>
<b>disquieted</b>	Afflicted with or marked by anxious uneasiness or trouble or grief. <i>Spent many <b>disquieted</b> moments.</i>
<b><u>distraught</u></b>	Very worried and upset. <i>He is terribly <b>distraught</b>.</i>
<b>distressed</b>	Generalized feeling of distress. <i>A <b>distressed</b> leather jacket.</i>
<b>disturbed</b>	Having the place or position changed. <i>The <b>disturbed</b> books and papers on her desk.</i>
<b><u>edgy</u></b>	Tense, nervous, or irritable. <i>Their songs combine good music and smart <b>edgy</b> ideas.</i>
<b><u>fretful</u></b>	Feeling or expressing distress or irritation. <i>The baby was crying with a <b>fretful</b> whimper.</i>
<b>high-strung</b>	Being in a tense state.
<b>ill at ease</b>	Presaging ill fortune- P.B.Shelley.
<b>in a state of agitation</b>	Holding office.
<b>jittery</b>	Being in a tense state. <i>Caffeine makes me <b>jittery</b>.</i>
<b>jumpy</b>	Being in a tense state. <i>A <b>jumpy</b> pulse.</i>
<b>keyed up</b>	Serving as an essential component.
<b>like a cat on a hot tin roof</b>	Equal in amount or value.
<b><u>nervous</u></b>	Of or relating to the nervous system. <i><b>Nervous</b> disease.</i>
<b>nervy</b>	Bold or impudent. <i>A <b>nervy</b> thing to say.</i>
<b>overstrung</b>	(of a piano) having strings in sets crossing each other obliquely. <i>An <b>overstrung</b> archery bow.</i>
<b>overwrought</b>	Deeply agitated especially from emotion. <i>She was too <b>overwrought</b> to listen to reason.</i>
<b>perturbed</b>	Thrown into a state of agitated confusion; (‘rattled’ is an informal term). <i>She didn't seem <b>perturbed</b> about the noises around her.</i>

<b>restive</b>	Being in a tense state. <i>The government has done nothing to ease restrictions and manufacturers are growing <b>restive</b>.</i>
<b>stressed</b>	Strengthened by the application of stress during manufacture prestressed. <i>He dropped out of the race clearly <b>distressed</b> and having difficulty breathing.</i>
<b>strung out</b>	That is on a string. Pronounced with relatively tense tongue muscles e.g. the vowel sound in beat. <i>She tried to relax her <b>tense</b> muscles.</i>
<b><u>troubled</u></b>	Characterized by unrest or disorder or insubordination. <i>His <b>troubled</b> private life.</i>
<b>under stress</b>	Located below or beneath something else.
<b><u>uneasy</u></b>	Relating to bodily unease that causes discomfort. <i>An <b>uneasy</b> coalition government.</i>
<b>upset</b>	(of a person's stomach) having disturbed digestion, especially because of something eaten. <i>The Bills <b>upset</b> victory over the Houston Oilers.</i>
<b>worked up</b>	Getting higher or more vigorous.
<b>worried sick</b>	Mentally upset over possible misfortune or danger etc.

## Usage Examples of "Uptight" as an adjective

- *He is so uptight about everything.*

## Associations of "Uptight" (30 Words)

<b>aroused</b>	Aroused to action. <i>The <b>aroused</b> opposition.</i>
<b>constrained</b>	Lacking spontaneity; not natural. <i>A <b>constrained</b> smile.</i>
<b>constricted</b>	Narrowed, especially by encircling pressure. <i>People seek an environment where they don't feel <b>constricted</b>.</i>
<b>defuse</b>	Make (a situation) less tense or dangerous. <i>A scheme that teaches officers how to <b>defuse</b> potentially explosive situations.</i>

<b>dejection</b>	A state of melancholy depression. <i>He was slumped in deep <b>dejection</b>.</i>
<b>excitability</b>	Excessive sensitivity of an organ or body part.
<b>excitable</b>	Responding too readily to something new or stimulating; easily excited. <i>These alkaloids act on nerve cells to make them more <b>excitable</b>.</i>
<b>flighty</b>	Guided by whim and fancy. <i><b>Flighty</b> young girls.</i>
<b>fret</b>	Provide a musical instrument with frets. <i>There was a simple <b>fret</b> at the top of the walls.</i>
<b>fretful</b>	Nervous and unable to relax. <i>The baby was crying with a <b>fretful</b> whimper.</i>
<b>irritability</b>	An irritable petulant feeling. <i>Symptoms include insomnia and <b>irritability</b>.</i>
<b>jittery</b>	Being in a tense state. <i>Caffeine makes me <b>jittery</b>.</i>
<b>nervous</b>	Of or relating to the nervous system. <i>He s <b>nervous</b> of speaking in public.</i>
<b>nervously</b>	With nervous excitement. <i>Kevin <b>nervously</b> glanced at his watch.</i>
<b>nervy</b>	Bold or impudent. <i>It was kind of <b>nervy</b> for Billy to be telling him how to play.</i>
<b>paralyze</b>	Cause to be paralyzed and immobile. <i>The poison <b>paralyzed</b> him.</i>
<b>peevish</b>	Having or showing an irritable disposition. <i>A thin <b>peevish</b> voice.</i>
<b>petulance</b>	The quality of being childishly sulky or bad-tempered. <i>A slight degree of <b>petulance</b> had crept into his voice.</i>
<b>querulous</b>	Habitually complaining. <i>She became <b>querulous</b> and demanding.</i>
<b>restlessly</b>	In a restless manner.
<b>sensitize</b>	Make sensitive to a drug or allergen. <i>He was not <b>sensitized</b> to her emotional needs.</i>
<b>skittish</b>	Unpredictably excitable (especially of horses). <i><b>Skittish</b> investors withdrew their money from equity markets.</i>
<b>strained</b>	Of a mainly liquid substance having been strained to separate out any solid matter. <i>Her voice was <b>strained</b> as she asked the question.</i>

<b>stressed</b>	Strengthened by the application of stress during manufacture prestressed. <i>Elision after a <b>stressed</b> syllable.</i>
<b>temper</b>	Make more temperate acceptable or suitable by adding something else moderate. <i>The display is a single sheet of glass <b>tempered</b> for strength.</i>
<b>tense</b>	Become stretched or tense or taut. <i><b>Tense</b> piano strings.</i>
<b>troubled</b>	Beset by problems or difficulties. <i>These <b>troubled</b> areas.</i>
<b>uneasy</b>	Lacking a sense of security or affording no ease or reassurance. <i>An <b>uneasy</b> silence fell on the group.</i>
<b>volatility</b>	The property of changing readily from a solid or liquid to a vapor. <i>A week of historic stock market <b>volatility</b>.</i>