

Adolescent Anxiety

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The word Anxiety is emotional response which is caused by the aggregation of tension, worry, distress which leads to the alteration in thoughts and physiology in the person. Anxiety can be associated with any change in environment and daily living patterns. Anxiety is a normal response to any undue situation. The nature of anxiety changes from situation to situation, sometimes anxiety can occur in response to natural happenings and sometimes to man-made situations, all these responses produce a nervous feeling in the individual. But if the severity of anxiety increases and goes uncontrolled then anxiety becomes a disease.

Adolescents and Anxiety are very closely related. It is the age group which have more affinity towards anxiety. They experience emotional ups and downs. Adolescence is a transaction of life from one phase to another, the different changes and new situations to be faced by adolescents make them more anxious. Adolescents have a lot of areas where they may develop anxiety like academic areas, developing interpersonal relations with peers and teachers, extracurricular activities, healthy relation with family members, meeting demands of society, all these areas can be reasons for anxiety in adolescent. Yet these areas producing anxiety are normal and necessary for the positive outcomes.

This is the age when independence from parents is demanded, more focus is given on the physical appearance and one wants to be recognised by the society and individual wants to have appealing personality among the friends. Sometimes the adolescent gets disturbed and uncomfortable by the intense fear of not fulfilling criteria's which results in disturbance in thoughts and feelings of anxiety resulting in symptoms like restlessness, fatigue, breathlessness, increased heart rate, and if these feelings are not under the control of adolescents the individual can develop impulsive behaviours which can result in negative and anti-social consequences.

Anxiety is positive experience for many individuals, however if anxiety is harder to control then it can lead to mental health disorder known as "Anxiety disorder", which has drastic influence on the individual especially adolescents which are risk of developing this disorder and which in turn develops nervousness in them. Various anxiety disorders that occur are:

- General Anxiety Disorder.
- Separation Anxiety.
- Panic Disorder.
- Phobias.

Adolescents developing the anxiety disorder can have the triggering points in their childhood for example; any traumatic incidence in childhood, hereditary factors, dysfunctional families. Anxiety disorders can have impact on various aspects in adolescents and can lead to various problems:

- Abnormal Psychological wellbeing.
- Developing unhealthy relationships.
- Difficulty in building trust.
- Poor academic performance.
- Drug addiction.
- Antisocial activities.
- Behavioural problems.

Adolescence being an adventurous experience and full of new situations and upcoming challenges, anxiety steps with the adolescents with every demand. It is very important to help the adolescents in managing the anxiety and keeping it to the level acceptable for meeting new demands.

Reference

1. Mary C Townsend (2014), psychiatric mental health nursing, concepts of care in Evidence Based Practice, 8th edition

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