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A Study of Anxiety Disorders among Young Children and Adolescents aged 15-25 years of Ajmer City, Rajasthan (India)

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Abstract: ***Anxiety disorders are becoming a serious issue and global health problem in India as well as other countries in young children and adolescents because of the changing life style and changing socio cultural factors. Anxiety is considered to be an emotion and is characterized by uncomfortable state and a negative feeling which may turn causes many health problems in young children and adolescents. Even though anxiety disorders are curable, but only 36.9 % of such patients approach experts and receive good treatment. The present study aims to study the prevalence of anxiety disorders in young children and adolescents.***

Key words: Anxiety disorders, neurotic disorders, emotions, adolescents

I. INTRODUCTION

Anxiety is a normal human emotion, which stimulates an anticipatory and adaptive response to challenging or stressful events. Adolescence and young adulthood are periods of stress, critical development and transition, and the onset of symptoms of anxiety in young people is sometimes overlooked as being part of this phase transition. At this juncture, young people undergo major physical, cognitive, and psychosocial changes, and can be very susceptible to the development of anxiety disorders leading to serious issues like depression and many other health problems and may result in psychological, social, occupational, biological, and other impairment.[1]

Thankfully, there are numerous effective treatments for anxiety disorders that allow most people to live normal and productive lives. Some of the behavioural symptoms may include irritability, restlessness, and hyper vigilance. However, with these behavioural symptoms there are a few cognitive symptoms such as lack of concentration and racing thoughts. A study shows that people also suffer from body symptoms such like fatigue, sweating, insomnia and nausea. Studies have shown that 5 to 19 % of the young people suffer from anxiety. Factors such as gender, parenting stress, parental anxiety and depression, low income, early use of alcohol and tobacco can be associated with anxiety disorders in adolescents. Even though anxiety disorders are curable, but only 36.9 % of such patients approach experts and receive good treatment.

The present study was done to determine the prevalence of anxiety disorders and associated factors in young adults of Ajmer City of Rajasthan (India). Its relevance lies in contributing to the understanding of the prevalence of anxiety disorders in a mostly undiagnosed and untreated adolescent population.

II. OBJECTIVES OF THE STUDY

1) To assess the prevalence of anxiety disorders in young children and adolescents aged 15-25 years
2) To analyze the symptoms of anxiety in young children and adolescents
3) To highlight the methods of prevention related to anxiety

III. SIGNIFICANCE AND EVIDENCE OF THE STUDY

The worldwide anxiety statistics show that anxiety disorders are quite common around the world. According to the World Health Organization statistics, about 264 million(3.6%) individuals worldwide are suffering from anxiety disorders. Moreover, about 2.6 percent of males and 4.6 percent of women are affected by anxiety globally. [2]

A NIMH study shows anxiety disorders are more prevalent in older adults
than in younger adults. Almost 22.3 % adults aged 18-29 are affected by anxiety disorders and 22.7 % of those aged 30 to 44 are affected by such disorders. Individuals aged 45 to 59 are affected by 20.6 percent of anxiety disorders.

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It is less common for older adults to suffer from anxiety disorders, with only 9 percent of those 60 years or older suffering from anxiety disorders. Teenagers are more likely to suffer from anxiety disorders.[3]

In 2017, it is estimated that 970 million people globally had a mental or substance use disorder. Evidently, the largest number of people had an anxiety disorder, which sums up to around 4% of the population.[4]

IV. MATERIALS AND METHODS

The present cross sectional study was conducted on 130 young children of Ajmer city of Rajasthan (India) to determine the anxiety disorders in young children and adolescents aged 15-25 years. All cases were investigated on a special comprehensive Performa which was especially developed to gather and monitor information pertaining to anxiety disorders in young children and adolescents

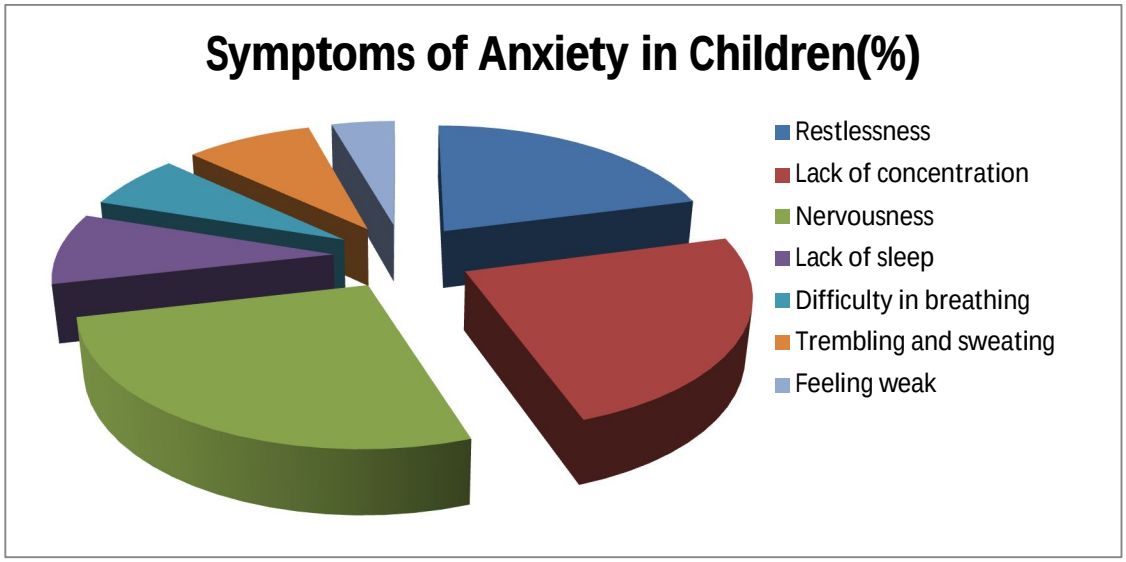
V. RESULTS AND DISCUSSION

The results of the present study obtained from the data `are discussed and presented below:

Out of the total 130 subjects 115 (88%) knew what anxiety was ,5(4%) answered no and rest of the subjects were not very sure about anxiety. 86 (66%) of the subjects suffered from anxiety and 44 (34%) did not suffered from any type of anxiety. Professional therapy was taken by only 6 subjects and the other 124 subjects were not taking any professional therapy in spite they knew what anxiety was. The symptoms which were present in the subjects when they suffered from anxiety were restlessness 56(43%) lack of concentration was found in 64(49%) nervousness was found in 72(55%) lack of sleep was found in 23(18%) difficulty in breathing in 18(14%) trembling and sweating was found in 23(18%) only 12 (9%) young children and adolescents felt weak when they suffered from anxiety. To cope with the anxiety disorders only 6(5%) were taking medications and antidepressants and the others were doing yoga, meditation, spending quality time with the family members and listening to good music.

Table showing the symptoms present at the time of anxiety in Young children and adolescents

S. No	Symptoms at the time of anxiety	Number of subjects	% of subjects
1.	Restlessness	56	43.08%
2.	Lack of concentration	64	49.23%
3.	Nervousness	72	55%
4.	Lack of sleep	23	18%
5.	Difficulty in breathing	18	14%
6.	Trembling and sweating	23	18%
7.	Feeling weak	12	9%



VI. CONCLUSION

From the present study it can be concluded that:

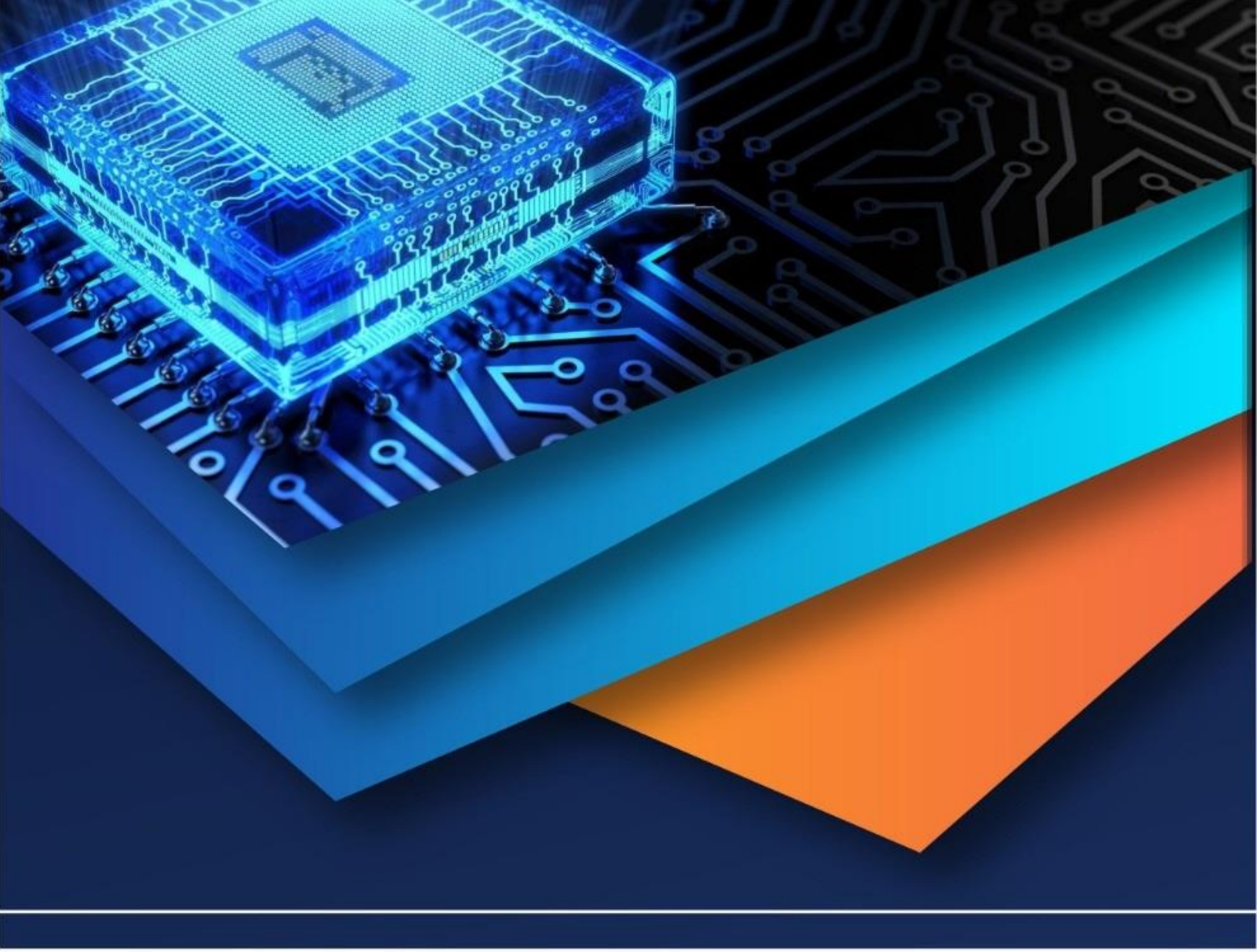
1) Anxiety disorders are becoming prevalent in young children and adolescents who in turn leave a wide scope for the medical practioners and clinical therapist to help these young children to resolve the problem of anxiety and to progressively improve the mental physical well being of these children and adolescents.

2) From the present study it can also be concluded that in spite most of the children knew about anxiety but because of the social and psychological barriers they were not taking any medical help

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