

Anxiety Problems in Children

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Introduction:

Anxiety is an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure. For children it is normal to feel worried or anxious from time to time – such as when they're starting school or nursery, or moving to a new area. But for some children, anxiety affects their behaviour and thoughts every day, interfering with their school, home and social life. This is when person may need professional help to tackle it.

Signs of anxiety in children

Symptoms to look out for in the child are:

- finding it hard to concentrate
- not sleeping, or waking in the night with bad dreams
- not eating properly
- quickly getting angry or irritable, and being out of control during outbursts
- constantly worrying or having negative thoughts
- feeling tense and fidgety, or using the toilet often
- always crying
- being clingy
- complaining of tummy aches and feeling unwell

What causes anxiety disorders in children?

Some children are simply born more anxious and less able to cope with stress than others. Children can also pick up anxious behaviour from being around anxious people.

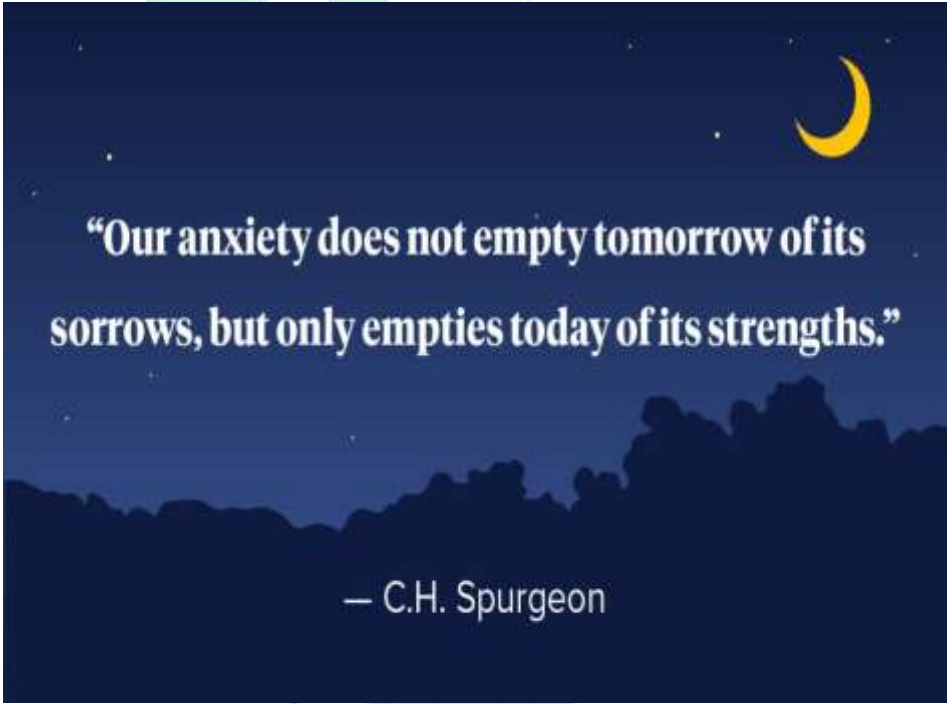
Some children develop anxiety after stressful events, such as:

- frequently moving house or school
- parents fighting or arguing
- the death of a close relative or friend

- becoming seriously ill or getting injured in an accident
- school-related issues like exams or bullying
- being abused or neglected

Conclusion:

Counselling can help the child understand what's making them anxious and allow them to work through the situation. Cognitive behavioural therapy (CBT) is a talking therapy that can help the child manage their anxiety by changing the way they think and behave. Anxiety medicines may be offered to the child if their anxiety is severe or does not get better with talking therapies. They're usually only prescribed by doctors who specialise in children and young people's mental health.



“Our anxiety does not empty tomorrow of its sorrows, but only empties today of its strengths.”

— C.H. Spurgeon