ANALYTICAL STUDY ON THE PREVELANCE OF ANXIETY AMONG ADOLESCENTS

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ABSTRACT

Adolescent mental health problems are becoming a more prominent concern in society as time goes on. Socially available diseases that influence students include common individual behavioral effects such as anxiety, stress, depression, anger, and post-traumatic stress disorder (PTSD). The purpose of this study was to determine the prevalence of anxiety among teenagers in local municipality schools, as well as the characteristics that are connected with anxiety. It was a cross-sectional questionnaire survey that was carried out among schools in the municipality regions under consideration. The information was gathered through the use of a self-report questionnaire that included questions about written informed consent, questions about socio-demographic and lifestyle-related variables, as well as psychometric scales to quantify anxiety.

Anxiety was shown to be prevalent in 24 percent of the participants in this study (108 students). On the basis of the GAD score, we found that the majority of students had minimal, mild, moderate, and severe levels of anxiety, with 31.48 percent having minimal, 39.81 percent having mild, 15.74 percent having moderate, and 12.96 percent having severe levels of anxiety. When it came to this study, the majority of students were between the ages of 16 and 18 years old (53.11 percent), were boys (59.78 percent), belonged to the Lower Middle Class (53.11), belonged to the Nuclear Family (73.11), lived with their families (78.67 percent), and had positive perceptions of their friendships (78.67 percent) (83.56 percent).

Students with anxiety were more likely to be from the 16-18 year old age group (61.11 percent), to be female (58.33 percent), to be from a nuclear family (62.96 percent), to live with family (62.96 percent), and to have a positive perception of their friendships (56.48 percent). The 16-18 year age group, females, nuclear families, students living with family, and students who perceived a positive relationship with friends were shown to have statistically significant differences in their anxiety levels compared to the general population. No regular physical activity, sleeping dissatisfaction, and smoking were all found to be strongly connected with anxiety in students when it came to lifestyle-related issues. Adolescent anxiety is a serious problem, and early detection and appropriate treatments are essential for reducing the total burden and disability associated with mental disorders in the teen population.

Keywords: *Anxiety, Adolescent life, Modern-day issues, Burden*

1. INTRODUCTION

A growing number of adolescents around the world are suffering from mental health issues. Children and adolescents were found to have a 13.4 percent prevalence of mental problems, according to a meta-analysis of systematic reviews and meta-analyses conducted around the world. Anxiety, stress, despair, anger, and post-traumatic stress disorder are all common individual behavioral impacts that affect students. These disorders are socially available and can be acquired. As a sensation of tension, worried thoughts and physical changes such as raised blood pressure describe anxiety, it is classified as a positive emotion. The majority of people who suffer from anxiety disorders experience recurrent intrusive thoughts or worries. An adolescent is particularly vulnerable due to hormonal and emotional changes, social circumstances, classmates, and professional objectives, among other factors. Anxiety disorders can manifest itself in a variety of ways during childhood and adolescence, ranging from temporary mild symptoms to full-blown panic attacks. According to studies conducted on children and adolescents, the lifetime prevalence of any anxiety disorders is approximately 20%. Adolescent mental health problems are becoming a more prominent issue in society these days. When it comes to mental development, adolescence can be a critical period, with increased risks of acquiring a variety of psychiatric disorders. Childhood and adolescent anxiety disorders that go undiagnosed and untreated may have negative consequences in maturity, a finding that calls into question previously held beliefs that high levels of worry are developmental norms. The social communication, peer interactions, schooling, and family life of a young person can all be hampered by anxiety disorders. Among teenagers enrolled in a local municipality school, the current study sought to determine the prevalence of anxiety as well as the characteristics that are linked with it.

2. OBJECTIVE OF THE STUDY

The main and primary objective of this research is to find the prevalence of anxiety among students.

3. MATERIALS AND METHODS

An exploratory cross-sectional questionnaire survey was done among schools in the municipality regions in the recent study. The research was carried out at Mahadevappa Rampure Medical College in India, under the supervision of the Department of Psychiatry. The study had a one-year duration. The present study was approved by the local institutional ethical committee, which may be found here. Three schools were picked, and school administration and instructors were given a brief explanation of the research. After conducting a pilot test on 30 students to ensure the reliability of the questionnaire, a total of 450 students from 9-12 grade from the three schools mentioned above were interviewed. The information was gathered through the use of a self-report questionnaire that included questions about written informed consent, questions about socio-

demographic and lifestyle-related variables, as well as psychometric scales to quantify anxiety. Age, gender, monthly family income, type of family, academic grade, relationship status, living together with family, and perceived relationship with friends are all sociodemographic data points to be gathered and reported. The lifestyle-related information includes questions about regular physical exercise, sleeping satisfaction, the number of hours of sleep per night, cigarette smoking, and the usage of the internet among other things. A modified version of the Generalized Anxiety Disorder (GAD-7) scale, consisting of seven items and administered in the participants' native language, was used to assess anxiety problems among the participants. GAD-7 has been shown to be effective in diagnosing anxiety in a variety of demographics, and it is thus widely used for its reliability. 7 The items in the questionnaire were used to test an individual's anxiety level on a scale ranging from '0' to '3', with 0 representing no worry and 3 representing practically every day. 8 Based on scores in the range of 0–4, 5–9, 10–14, and 15–21, the level of anxiety was divided into four categories: minimum, mild, moderate, and severe. Minimal, mild, moderate, and severe were the most severe categories. The data was gathered and assembled using Microsoft Excel, and the results were analysed using the SPSS 23.0 edition. Continuous variables were represented by the numbers of times they occurred in a given period, whereas categorical variables were represented by the numbers of times they occurred in a given period and the averages and standard deviations (SD). The difference in proportions across qualitative variables was examined using the chi-square test or the Fisher exact test, depending on which method was used. A p value of less than 0.5 was deemed statistically significant in this study.

4. RESULTS

Anxiety was shown to be prevalent in 24 percent of the participants in this study (108 students). A low, mild, moderate, and severe level of anxiety was observed in 31.48 percent, 39.81 percent, 15.74 percent, and 12.96 percent pupils, respectively, according to GAD grading.

Table 1 Distributuion according to levels of severeity of anxiety

Variable	No. of Students with Anxiety	Percentage
Mild (GAD score 0-4)	34	31.98
Moderate (GAD score 5-9)	43	39.81
Severe (GAD score 10-14)	17	15.74
Very Severe (GAD score 15-21)	14	12.96
Total	108	

In the current study, the majority of students were between the ages of 16 and 18 years (53.11 %), were male (59.78 %), belonged to a lower middle class (53.11 %), came from a nuclear family (73.11 percent), lived with their families (78.67 percent), and reported having positive relationships

with their peers (83.56%). Students with anxiety tended to be from the 16-18 year old age group (61.11 %), to be female (58.33 percent), to come from a nuclear family (62.96 %), to live with family (62.96 %), and to have a positive perception of their relationships with peers (56.48%). The 16-18 year age group, females, nuclear families, students living with family, and students who perceived a positive relationship with friends were shown to have statistically significant differences in their anxiety levels compared to the general population.

Table 2 Socio-Demographic Profile of the Respondents

Socio-Demographic Data	No. of Students (n=450) (%)	No. of Students with anxiety (%)	p-value
Age group (years)			0.032
13-15	211 (46.89%)	42 (38.89%)	
16-18	239 (53.11%)	66(61.11%)	
Gender			0.022
Boys	269 (59.78%)	45 (41.67%)	
Girls	181(40.22%)	63(58.33%)	
Academic Class			0.31
9th	101 (22.44%)	13 (12.04%)	
10th	137 (30.44%)	26 (24.07%)	
11th	105 (23.33%)	33 (30.56%)	
12th	107 (23.78%)	36 (33.33%)	
Socio-economic Status			0.24
Upper middle	162 (36.00 %)	38 (35.19 %)	
Lower middle	239 (53.11 %)	59 (54.63 %)	

Upper lower	49 (10.89 %)	11 (10.19 %)	
Type of Family			0.042
Nuclear	329 (73.11%)	68 (62.96%)	
Joint	121 (26.89%)	40 (37.04%)	
Living with Family			0.035
Yes	354 (78.67%)	68 (62.96%)	
No	96 (21.33%)	40 (37.04%)	
Perceived relationship with friends			0.019
Good	376 (83.56%)	61 (56.48%)	
Not Good	74 (16.44%)	47 (43.52%)	

In lifestyle-related factors, no regular physical activity, sleeping dis-satisfaction and smoking were significantly associated with anxiety in students ($p > 0.05$).

Table 3 Lifestyle-related information

Lifestyle-related information	No. of Students (n=450) (%)	No. of Students with anxiety (%)	p-value
Regular Physical Activity			0.025
Yes	198 (44%)	23 (21.30%)	
No	252 (56%)	85 (78.70%)	
Sleeping Satisfaction			.018
Yes	368 (81.78%)	78 (72.22%)	
No	82 (18.22%)	30 (27.78%)	

Sleeping Status			0.072
Less than normal	179 (39.78 %)	69 (63.89 %)	
Normal (7–8 hours)	218 (48.44 %)	34 (31.48 %)	
More than normal	53 (11.78 %)	5 (4.63 %)	
Cigarette Smoker			<.001
Yes	416 (92.44%)	92 (85.19%)	
No	34 (7.56%)	16 (14.81%)	
Internet Use			0.634
Yes	437 (97.11%)	106 (98.15%)	
No	13 (2.89%)	2 (1.85%)	

5. DISCUSSION

Due to stress of study, emotional changes, social conditions adolescent age group easily fall prey to mood disturbances such as anxiety and depression compromising their quality of life. The symptoms of these three disorders can lead to poor academic performance, lack of communication with friends and family members, substance abuse, feeling of abandonment, homicidal ideation, and suicidal tendency. Anxiety disorders have also been associated with headaches, sleep difficulties, stuttering and other speech disorders, and interfere with a young person's social, school, and family life. Anxiety manifests itself as a feeling of helplessness, uncertainty of oneself, lack of sufficient strength in the face of external factors, and exaggeration of their potency and strength. In a Lancet study conducted across states of India, prevalence of anxiety disorders in both sexes increased rapidly in adolescents and young adults and was higher in females than in males in most age groups. Similar findings were noted in present study. A descriptive study conducted on prevalence of stress, anxiety and its correlates among 1000 adolescents; 14.4% of boys and 17.2% of girls were having Stress. And 14.6% of boys and 18.8 % of girls were having anxiety.13 In a school based study from an urban school in New Delhi, Kumar A et al., overall prevalence of depression, anxiety and stress were found to be 47.9%, 65.3%, and 51.8% respectively. Most of

student suffered from moderate depression (46.8%), anxiety (33.3%) and mild stress (60.9%). It was noted that these were more common among female students, late adolescent age group, students alone/ away from family, students from separated/ single parents, consuming alcohol and family pressure to perform well in school. Harikrishnan et al., studied school going adolescents from urban areas of Sonitpur district, Assam. From 561 students, 14.6% had moderate level of social anxiety, 12.8% had marked social anxiety and 2.5% of the participants had severe social anxiety. Results from the present study showed that 38.3 % of the participants reported to have social phobia. Similar findings were noted in present study. Nag K et al., 15 studied 400 school students of Class IX–XII, from schools of municipality area of Tripura. Most of the students were suffering from mild anxiety (49.4%) followed by moderate anxiety (43.3%) and severe anxiety (7.3%). The mean anxiety score of the school students was 16.90 ± 9.02. Female students (10.9%) had more severe anxiety compared to male students (3.8%) and this difference of different grades of anxiety with gender was statistically significant. Different levels of anxiety are associated with a history of stressful occurrences in the preceding six months, according to the results of the study Anxiety affected people of all ages, but it was more common in women than in men. Anxiety levels among youngsters are also rising as they are being exposed to more hazardous content on the Internet, engaging in fewer physical activities, and interacting less with their peers and parents. It has been found that physical activity, such as playing sports and games, might improve adolescents' problem-solving abilities and even avoid the onset of mental health issues. Anxiety and depression can be treated through school-based mental health interventions and internet-based programmes. It is possible to diagnose mental illness and prevent suicide through screening programmes, support lines, school education, and life-skills programmes.

6. CONCLUSION

Adolescent anxiety is a significant problem, and early detection and appropriate intervention are essential for reducing the total burden and disability associated with mental disorders in the teen population. It is recommended that further study be conducted on preventive techniques among teenage school pupils in order to address the modern-day problem of anxiety and lessen the burden of anxiety disorder in this age group.

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