

Anxiety Disorders

Anxiety disorder refers to a psychological health condition of worrying, anxiousness, and fear which are strong enough to interfere with a person's daily events. Anxiety disorders are in the form of panic attacks, obsession, and post-traumatic stress. The early symptoms for one to realize they have anxiety include continuous worry and inability to set it aside, and restlessness. Anxiety has adverse effects on the mental behavior and physiological functioning of the body.

The first type is a short-term anxiety disorder. In this case, anxiety can cause breathing and the rate of the heartbeat to increase. An increase in heartbeat may lead to concentration of blood circulation in the brain formulating a person to face tension. However, if the tension becomes enormous, the person may start feeling light-headed and motion sickness. (Leichsenring et al, 2009) research shows that short-term anxiety can be treated and if help is not sought immediately can easily outcome to generalized anxiety disorder.

Generalized anxiety disorder manifests from extreme cases of short-term anxiety. Worry and stress make a person's day-to-day activity, for about six months or more, the person is likely to suffer Generalized Anxiety Disorder. At this stage, the effects are intense and one is unable to run their daily undertakings and mental treatment may be administered. Research done by (Spitzer et al, 2006), indicates that Generalized Anxiety Disorder is a common clinical condition and there is no measure for assessing this kind of disorder. The study further gives its validity and reliability in evaluating the mental condition of patients.

Anxiety may also manifest from fear of social interactions. This is known as Social Anxiety Disorder. A person is afraid of public judgment and humiliation. In extreme cases, social

anxiety results in a feeling of loneliness, and ashamed. This is a secretive kind of anxiety and many people suffer for a long time before seeking help. According to research done by (Stein et al, 2008), social anxiety is an early kick-off age of about 11 years and affects about 80% of the population by the age of 20 years. The study further shows that social anxiety is much cultured than shyness. This anxiety is chronic, malicious, and underpins neurological body functioning.

Anxiety disorders are very prevalent in society today, especially in the younger generations. This topic interests me because I would like to research and explore the reasons as to why anxiety is such a huge problem and how it can be solved. I would also like to look at statistics regarding numbers of individuals who suffer from anxiety in different places, from different socioeconomic backgrounds, and different ages. Why is anxiety so prevalent in society today, especially in the younger generations, and what can be done to help reduce it?

Anxiety disorders are relevant in nursing because they have to do with mental health. Mental health is a very important topic but it also has a lot of stigma around it. As nurses, we must be ready to deal with all kinds of patients. We must also do our best to try to understand and evoke change, in any way that we can.

References

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