



**PREVALENCE OF ANXIETY AMONG ADOLESCENTS IN SELECTED PU COLLEGE, BANGALORE**

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**ARTICLE INFO**

**Article History:**

Received 13<sup>th</sup> July, 2019

Received in revised form 11<sup>th</sup>

August, 2019

Accepted 8<sup>th</sup> September, 2019

Published online 28<sup>th</sup> October, 2019

**Key words:**

Anxiety, Behavioural problems, Adolescents

**ABSTRACT**

**Introduction:** Anxiety in children and adolescents is a major concern as they become more complex and intense with children's transition into adolescence. It is very important to identify the problems at earliest age; hence the investigator felt there is need to "assess prevalence of anxiety among adolescents in selected PU College Bangalore".

**Objectives:**

1. To assess the prevalence of anxiety among adolescents in selected PU college.
2. To find out the association between level of Anxiety with selected socio-demographic variables.

**Methods:** Non-experimental descriptive Survey research design was adopted for the present study. 200 adolescents were recruited by non-probability purposive sampling method. Spence children's anxiety scale was used for assessing anxiety. The study was conducted at V.V. Puram PU College, Bangalore.

**Results:** The result shown that 35% of adolescents had elevated level of anxiety. The mean anxiety score was  $31.82 \pm 4.89$ . There was no significant association found between Anxiety with age, sex, religion, class, educational qualification of Father, educational qualification of mother, Occupation of Father, Occupation of mother and Monthly family income.

**Conclusion:** The study concludes that adolescents are at risk for behavioural problems mainly anxiety.

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**INTRODUCTION**

Child mental health problems are reflected by a variety of categories of behaviour problems. There is growing consensus that behaviour problems are apparent in early childhood, and that they often persist into adulthood particularly those associated with internalizing behaviour.<sup>1</sup> Internalizing behaviors are negative, problematic behaviors that are directed toward the self. Because they occur on the inside, internalizing behaviors are usually not visible to others.<sup>2</sup>

Globally, around 10 to 20 % of children suffer from a mental health problem.<sup>3</sup> A study conducted in five developing countries suggest that 10.5 % of children suffer from mental health problems.<sup>4</sup> An Indian study shows that Prevalence of behavioural and emotional problems in adolescents was found to be 30%, with girls exceeding boys in all age groups. Internalizing syndrome was the most common (28.6%) problem.<sup>5</sup> Anxiety disorders are among the most important health issues facing adolescents, and also their parents and those who work with and treat adolescents.

Anxiety is the most common psychiatric disorders among adolescents, with an estimated prevalence of 31%.<sup>6</sup> On the other hand, anxiety disorders are the most undertreated mental health problems in adolescents, with recent data indicating that only 18% of anxious adolescents were in treatment.<sup>7</sup>

Anxiety symptoms can manifest in a broad array of situations, ranging from life-threatening situations to school presentations and sports competitions. Anxiety symptoms can enhance the individual's ability to cope, both in dangerous situations and in situations where the individual is facing a positive, yet challenging situation.<sup>8</sup> Anxiety disorders are disabling for the individual<sup>9, 10</sup> and costly to society.<sup>11,12</sup> Globally in 2010, anxiety disorders were among the three leading causes for disability in adolescents.<sup>13,14</sup> Further, anxiety symptoms and anxiety disorders in adolescents are associated with impaired school functioning and school absenteeism, negative school environment, poor coping skills, and difficulties in relationships.<sup>15,16</sup> Elevated levels of anxiety symptoms during adolescence also predict subsequent depression, substance and alcohol abuse, and anxiety disorders in adulthood.<sup>17</sup>

The above figures and studies show that adolescence are affected with anxiety. It is very important to identify the problems at earliest age; hence the investigator felt there is

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need to “assess prevalence of anxiety among adolescents in selected PU College”.

### Objectives

1. To assess the prevalence of anxiety among adolescents in selected PU college.
2. To find out the association between level of Anxiety with selected socio-demographic variables.

**Assumptions:** The adolescents are risk for behavioural problems such as anxiety and low self-esteem

## METHODOLOGY

Non-experimental descriptive Survey research design was adopted for the present study. 200 adolescents were recruited by non-probability purposive sampling method. Adolescents aged between 16-18 years were selected for study.

Tool consisted of two sections. Section-I: Demographic characteristics and Section-II: Spence children's anxiety scale (standardised tool). Reliability of the tool was assessed by test-retest method. Reliability obtained was 0.87. Approval had been obtained from Institutional human ethics committee. Formal permission was obtained from Principal and informed consent was taken from Adolescents and their parents. The data was collected through self-report questionnaire method. The collected data were analysed and organised according to the objectives of the study using descriptive statistics.

## RESULTS

### Demographic characteristics of Adolescents

In the present study, Majority (60%) of the adolescents were in the age of 17 years, most of them were male (65%). Majority (82%) of the adolescents were Hindus and highest numbers (66%) of the adolescents were studying in I PUC. 54% of the adolescents' father and mother educational qualification is primary education and No formal education respectively. Majority (48%) of the adolescents' father occupation is Private Job and Mother Occupation is House maker (65%). Highest number (56%) of the adolescents' family monthly income is up to Rs 10000.

### Anxiety and self-esteem among children of alcoholic parents

It was observed that 35% of adolescents had elevated level of anxiety. The mean anxiety score was  $31.82 \pm 4.89$ .

### Association between level of Anxiety with selected socio-demographic variables

The findings of this study revealed that there was no significant association found between level of Anxiety with age ( $X^2=0.75$ ;  $p=0.56$ ), sex ( $X^2=0.93$ ;  $p=0.68$ ), religion ( $X^2=2.05$ ;  $p=0.07$ ), class ( $X^2=0.36$ ;  $p=0.72$ ), educational qualification of Father ( $X^2=3.65$ ;  $p=0.63$ ), educational qualification of mother ( $X^2=2.56$ ;  $p=0.09$ ), Occupation of Father ( $X^2=0.36$ ;  $p=0.74$ ), Occupation of mother ( $X^2=0.96$ ;  $p=0.84$ ) and Monthly family income ( $X^2=1.36$ ;  $p=0.21$ ).

## DISCUSSION

Anxiety is a normal human emotion and involves behavioral, affective, and cognitive responses to the perception of danger. It is considered to be excessive or pathological when it is out of proportion to the challenge or stress or when it results in significant distress and impairment.<sup>18</sup> The study revealed that 35% of adolescents had elevated level of anxiety and this was

supported by a prior study conducted by Zarafshan H on Prevalence of Anxiety Disorders among Children and Adolescents in Iran: A Systematic Review shows that prevalence rates ranging from 6.8% to 85%.<sup>19</sup> The study conducted by Mishra SK *et al* in India shows that prevalence of anxiety disorder was found to be 15%<sup>20</sup> and study conducted by Sandal RK *et al* among school going adolescent in Chandigarh shows that prevalence of anxiety was 80.85%.<sup>21</sup>

**Limitations:** The study was limited to 200 adolescents from V Puram PU College Bangalore, and small number of subjects limits generalization of the study.

## CONCLUSION

The study finding shows that adolescents had elevated level of anxiety. Anxiety disorders are the most prevalent mental health concern facing adolescents today, yet they are largely undertreated in India. There is an urgent need by the health care members to focus on the identifying anxiety and provide proper treatment.

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**How to cite this article:**

Vidya Raju Saliyan and Raj Rani (2019) 'Prevalence of Anxiety among Adolescents in Selected PU College, Bangalore', *International Journal of Current Advanced Research*, 08(10), pp. 20227-20229. DOI: <http://dx.doi.org/10.24327/ijcar.2019.20229.3944>.

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