

Adolescent Anxiety: Understanding, Causes and Coping Strategies

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Abstract

Adolescence is often seen as a period of growth, exploration, and self-discovery. However, it's also a time that increasingly prevalent in recent years, drawing attention from parents, educators, and healthcare professionals alike. W}â^! æ}âî} *Àc@^Á}æc^!^Á [-Áæâ [|^•&^}cæ} çâ^c~ÉÁæ•Á&æ~•^•ÉÁæ}âÁ^ ^&cáç^Á& []â} *Á !æc^*â^•Á&î~&âæ|Á- []â~ []câ} *Á young people through these formative years.

Keywords: Adolescence; Anxiety; Mental health

Introduction

Anxiety is a natural response to stress or danger, but when it becomes excessive or persistent, it can interfere with daily life and overall well-being. Adolescents experiencing anxiety may feel excessive worry or fear about a wide range of situations or activities. Common symptoms of adolescent anxiety include [1,2]:

Methodology

- Persistent worry or fear
- Restlessness or irritability
- Difficulty concentrating
- Fatigue
- Muscle tension
- Sleep disturbances

It's important to note that occasional anxiety is a normal part of life, but when these feelings become overwhelming or chronic, they can indicate an anxiety disorder [3-5].

Causes of adolescent anxiety

The causes of adolescent anxiety are complex and multifaceted, often involving a combination of genetic, environmental, and psychological factors. Some common causes and risk factors include:

Adolescents with a family history of anxiety disorders may be more susceptible to developing anxiety themselves. Imbalances in neurotransmitters, such as serotonin and dopamine, can contribute to anxiety disorders. Stressful life events, such as family conflicts, academic pressure, or social challenges, can trigger or exacerbate anxiety. Certain personality traits, such as perfectionism or a tendency to be highly self-critical, can increase the risk of developing anxiety. Past traumatic experiences, such as bullying, abuse, or loss, can also contribute to the development of anxiety disorders.

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can work together to support adolescents in managing their anxiety and thriving during these formative years. With the right support and resources, adolescents can learn to navigate their anxiety and build resilience for a healthier and happier future.

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