

Anxiety in Childhood: Challenges and Remedial Strategies

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ABSTRACT

Anxiety disorders are the most common mental health disorder in children and adolescents, and they can significantly impact a child or adolescent's physical and emotional well-being. Anxiety in general can interfere with a child or adolescent's ability to learn, socialize, and participate in activities. In this review we look at the way development of anxiety in children takes place, what are the challenges faced by children suffering with anxiety. There are many assumptions, about the remedial strategies that can be used to treat anxiety and we'll look at the most effective ways of treating anxiety in children. Methodology used for this study is a descriptive review where a conclusion is drawn with the study of already existing literature of similar topics. The literature is taken from years 2018-2022 with major source being Google scholar.

Key Words : Anxiety, Development, Remedial strategies, Challenges

INTRODUCTION

Anxiety is a normal and natural part of life, and it is common for children and adolescents to experience anxiety at different times during their development. Anxiety can be a normal response to stress, change, or new situations, and it can help children and adolescents cope with challenges and make healthy decisions. However, when anxiety becomes intense, frequent, or interferes with a child or adolescent's daily life and functioning, it may be a sign of an anxiety disorder. Anxiety disorders are the most common mental health disorder in children and adolescents, and they can significantly impact a child or adolescent's physical and emotional well-being. Anxiety disorders can also interfere with a child or adolescent's ability to learn, socialize, and participate in activities. If you are concerned that your child or adolescent may be experiencing an anxiety disorder, it is important to speak with a mental health professional. A mental health professional can help identify the cause of the anxiety and develop a treatment plan to manage the symptoms and improve the child or

adolescent's quality of life. Treatment may include therapy, medication, or a combination of both.

Murray (2009) conducted an integrative review of the development of child anxiety, after reviewing multiple studies came up with few causes of development in children and young adolescents, first of them being traumatic events, the review tells us how traumatic events leaves a mark in young brains and leave them vulnerable and more susceptible to anxiety disorders like PTSD, other than that there are 2 main reasons for development of anxiety in kids. The first is usually described as a modelling or a vicarious acquisition process and involves the youngster observing other people's fear. The second involves sharing with the youngster information about the potentially dangerous aspects of the environment, known as informational acquisition. The part information that conveys threat plays in causing fear and avoidance in children.

Anxiety in children can present a number of challenges for both the individual experiencing anxiety and their caregivers. Some of the challenges that may arise include: Difficulty with school and academic

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performance as anxiety can interfere with a child or adolescent's ability to concentrate, remember information, and complete tasks, which can lead to academic challenges and difficulty keeping up with schoolwork. Social and relationship difficulties as anxiety can lead to social isolation and difficulty making and maintaining friendships. Children and adolescents with anxiety may also have trouble participating in group activities or joining clubs or sports teams. Physical symptoms because anxiety can cause physical symptoms such as stomachaches, headaches, and fatigue, which can impact a child or adolescent's overall well-being and quality of life. Difficulty managing emotions in children and adolescents with anxiety may have difficulty expressing and managing their emotions, which can lead to behavioral problems or difficulty managing stress. Impact on the family because anxiety can affect not just the child or adolescent experiencing it, but also their family members. Caregivers may feel overwhelmed, stressed, or frustrated as they try to support their child or adolescent and manage their own emotions. It is important to recognize the challenges that anxiety can present and to seek help from a mental health professional if necessary. With appropriate treatment and support, children and adolescents with anxiety can learn to manage their symptoms and improve their overall quality of life. Some strategies that may be helpful in managing anxiety in children include, Helping the child identify their feelings, it's important to help children understand and label their emotions, as this can help them better cope with their anxiety. Encouraging relaxation techniques for children, helping them learn relaxation techniques, such as deep breathing or progressive muscle relaxation, to help them manage their anxiety. Establishing a routine in this day and time is very important, having a predictable routine can help children feel more in control and reduce their anxiety. Encouraging physical activity as it can help reduce anxiety and improve mood. Encouraging your child to participate in activities that they enjoy, such as sports or dancing. Limiting screen time, excessive screen time can contribute to anxiety, so it's important to set limits on the amount of time children spend on electronics. Lastly, talking to a mental health professional, if your child's anxiety is severe or persists despite trying self-care strategies, it may be helpful to seek the help of a mental health professional. A therapist or counselor can help your child develop coping skills and work through their anxiety. It is important to remember that each child and adolescent is unique, and

what works for one may not work for another. It may be helpful to try a variety of strategies and work with a mental health professional to find what works best for the individual. In this study through reviewing different range of researches we would try to understand the development of anxiety in children along with challenges and remedial ways to fight it.

Objectives of study:

- To explore the development of anxiety in children.
- To explore the variety of challenges faced by children with anxiety.
- To explore remedial strategies to deal with anxiety in children.

Literature Review:

In this study, the data is analyzed from the years 2018 to 2022 some of the exceptions being the researches added in the introduction, the review revolves around anxiety in children and adolescent, its development, and challenges faced by the them and their caregivers.

McElroy (2018) discussed the various risk factors and protective factors that have been identified in the literature for depression and anxiety in each of the three developmental periods. They note that these risk and protective factors may be specific to either depression or anxiety, or may be more general in nature and affect both disorders. The researcher concludes by emphasizing the need for further research on the network of depression and anxiety symptoms across development in order to better understand the complex and dynamic relationships between these disorders and to inform the development of more effective prevention and treatment strategies (Achenbach, 2019). TM Achenbach in his research assessment of anxiety in children (2019) suggests "anxiety disorders are common and impairing conditions that often emerge in childhood and persist into adulthood. Accurate assessment of anxiety in children is essential for proper diagnosis and treatment planning. This review provides an overview of the current state of the science in the assessment of anxiety in children and adolescents, with a focus on self-report measures, behavioral measures, and physiological measures. The review also discusses the use of these measures in clinical and research settings and the strengths and limitations of each type of measure. The author concludes by highlighting the importance of using multiple methods in

the assessment of anxiety in children, and the need for further research to improve the accuracy and effectiveness of these assessment tools (Hurrell, 2017). Research talks about how Parental meta emotion philosophy (MEP) and emotion coaching (EC) are two parenting practices that have been identified as important in the development and maintenance of children's and adolescents' emotional health. This review aims to provide an overview of the current literature on the relationship between parental MEP and EC in families of children and adolescents with an anxiety disorder. Findings suggest that parental MEP and EC may be related to the development and maintenance of anxiety in children and adolescents, but the nature of this relationship is complex and may vary depending on the specific dimensions of MEP and EC being considered. The review also highlights the importance of considering the role of parenting practices in the treatment and prevention of anxiety in children and adolescents, and the need for further research in this area (Thabrew, 2018). Research mentioned, E-health interventions have the potential to improve the mental health of children and adolescents with long-term physical conditions (LTPs). This review aims to provide an overview of the current literature on the effectiveness of e-health interventions for the treatment of anxiety and depression in children and adolescents with LTPs. Findings suggest that e-health interventions may be effective in reducing anxiety and depression in this population, but more research is needed to confirm these findings and to identify the specific features of e-health interventions that are most effective. The review also highlights the importance of considering the unique needs and preferences of children and adolescents with LTPs when designing and implementing e-health interventions, and the need for further research in this area (Osmanagaoglu, 2018). The researcher conducted a meta-analysis of the existing literature on the relationship between IU and anxiety and worry in children and adolescents. They found that IU is significantly related to anxiety and worry in this population, and that the strength of this relationship may vary depending on the specific measure of IU being used. The researcher also discusses the potential role of IU in the treatment and prevention of anxiety and worry in children and adolescents, and the need for further research to better understand the relationship between IU and these disorders. They conclude by emphasizing the importance of considering the role of IU in the

development and maintenance of anxiety and worry in children and adolescents and the need for more research in this area (Anna-Kaisa, 2022). The existing research on economic analyses for the prevention of anxiety disorders in children and adolescents was identified and summarized in this review. The databases of EBSCO, Scopus, Web of Science, ProQuest, Cochrane, and PubMed were thoroughly searched. According to research, preventing anxiety in children and adolescents can be done at a reasonable cost by using therapies like parent education and cognitive behavioral therapy. Due to the small number of research, small sample sizes, and short follow-ups, the evidence for cost-effectiveness is only tenuously correlated (Warwick, 2017). In randomized controlled trials of cognitive behavioral therapy (CBT) for anxiety disorders in children and adolescents, clinician-rated diagnostic measures are frequently regarded as the "gold-standard" for measuring treatment effects. The number of randomized controlled trials that assessed the results of CBT for anxiety disorders in children and adolescents has grown quickly. This review emphasizes how inconsistent the diagnostic results employed in these trials were (Kodish, 2022). With an emphasis on the pharmacological treatment's evidence-base and significant clinical factors to optimize care, this article examines diagnostic and treatment considerations for anxiety disorders in young people. After that, they discuss how anxiety affects the neural components of the fear circuitry in order to show how therapies may lessen deficits by enhancing plasticity. Overall, medication for anxiety disorders is successful in alleviating clinical symptoms, especially when used in conjunction with psychotherapy (Rogers, 2020). In this comprehensive study and meta-analysis, it was discovered that maternal perinatal anxiety and depression were linked to less favorable social-emotional, cognitive, linguistic, motor, and adaptive behavior development in offspring. Developmental outcomes continued into childhood and adolescence beyond birth. (Brown, 2018) The review starts off with a thorough examination of typical tendencies in sleep development and how children's emotional deregulation and sleep quality are related. The current research on sleep disturbance in children with clinical anxiety is then thoroughly reviewed, with an emphasis on subjective as opposed to objective sleep metrics. The reciprocal relationship between sleep and emotion regulation is reviewed in the final section (Cook and Mineka, 1987). Animal tests, particularly those of

Mineka and colleagues with rhesus monkeys, clearly demonstrate how persistent phobias may emerge after observing other people's frightened reactions, with the quantity of fearfulness fluctuating as a function of the degree of fear mimicked, and this manner modeling of anxiety leads to development of anxiety in young minds (Hadwin, 2006). The impact was modified by the type of information delivered, its source, and prior experience, indicating that there are highly complicated processes at play. Parents have a particularly significant role through instruction and information transfer in the development of a child's anxieties and anxiety, according to learning accounts of this process that have been consistently discovered.

METHODOLOGY

In this research the study was focused around a descriptive review, which is a type of literature review that aims to describe and summarize the findings of existing research on a specific topic. A descriptive review does not involve the analysis or synthesis of the data, but rather provides an overview of the research that has been conducted on a topic. It is important to carefully plan and execute a descriptive review to ensure that the review is comprehensive and accurately reflects the existing research on the topic (Murray, 2009).

Critical Comments:

Anxiety is a part of human life in this hectic whirlpool of a world, that is in the cases of adults as they have to face many stresses of the day-to-day life, but for children the development of anxiety is much more serious and affective as their young minds are not prepared to deal with this emotion. Based on the above review of literature here are few critical comments which are highlights on our earlier stated objective.

- Development of anxiety in children is caused by several different factors including genetics, environmental factors, lack of parental care and support but most prominent are anxiety caused by traumatic events, learned through modeling and information acquisition.
- Findings suggest that parental meta emotion philosophy and emotion catching may be related to the development and maintenance of anxiety in children and adolescents.
- It is really important to learn correct assessment

techniques, only through multiple assessment we can determine the presence and intensity of anxiety in children.

- It was discovered that maternal perinatal anxiety and depression were linked to less favorable social-emotional, cognitive, linguistic, motor, and adaptive behavior development in offspring.
- Preventing anxiety in children and adolescents can be done at a reasonable cost by using therapies like parent education and cognitive behavioral therapy.
- Medication for anxiety disorders is successful in alleviating clinical symptoms, especially when used in conjunction with psychotherapy.

Conclusion:

To conclude, we have reviewed how the development of anxiety in children takes place, there were many factors that affected this development such as genetics, when faced by trauma, environmental factors but majorly it's the role of the parents that affects development of anxiety in children, whether it's through imitation, modeling or information acquisition. We also saw that challenges faced by children can lie anywhere between stress in day-to-day life, such as school to severe anxiety disorder. And lastly, medication and therapy (CBT, REBT, play therapy) are the most effective strategies in combatting anxiety in children.

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