

Anxiety



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Anxiety Anxiety is a term used to describe a normal feeling people experience when faced with threat, anger, or when stressed; when people become anxious, they feel upset, uncomfortable, and tense (National Mental Health Strategy [NMHS], 2007). Anxiety is a normal feeling that everyone experiences from time to time. It is when you feel scared and worried a lot of the time and sometimes you are not even sure why is that happening to you; other words for anxiety are 'feeling tense' and 'feeling nervous' (Scope, 2008). Some definitions of anxiety are given below: "Anxiety is the displeasing feeling of fear and concern (Davison, 2008). Anxiety is a normal response to threat or danger, which can be helpful as it mobilises energy reserves and improves performance (Watson, 2011) Barlow (2002) also defined anxiety and fear as, anxiety is a future oriented mood state associated with preparation for possible, upcoming negative events; and fear is an alarm response to present or imminent danger (real or perceived). Anxiety is a normal part of living. According to Anxiety Disorders Association of America (ADAA, 2006), It's the body's way of telling us something is not right, It keeps us from harm's way and prepares us to act quickly in the face of danger; However, for some people, anxiety is persistent, irrational and overwhelming. It may get in the way of day-to-day activities and even make them impossible; this may be a sign of an anxiety disorder or phobia. Lang (1968) classified the symptoms of fear and anxiety into a system of three-responses: verbal-subjective, overt motor acts, and somato-visceral activity. In this system, and in accordance with the definitions of anxiety and fear, the symptoms of anxiety include worry in verbal-subjective, avoidance in overt motor acts, and muscle tension in somato-visceral activity (Craske et al., 2004). The term "anxiety disorders" describes a group of conditions

including generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), panic disorder, posttraumatic stress disorder (PTSD), social anxiety disorder (SAD) and specific phobias (ADAA, 2006). SOCIAL ANXIETY Social anxiety is defined as a cognitive and affective experience that is triggered by the perception of possible evaluation by others (Schlenker & Leary, 1982). It includes unpleasant physiological arousal, and fear of psychological harm (Leary & Kowalski, 1995). The definition focuses on a feeling or state of arousal that is centered on interactions with others (Henderson & Zimbardo, 2009). According to Newcastle, North Tyneside and Northumberland Mental Health Trust (2001), People who suffer from shyness or social anxiety often believe that other people will think badly of them or that people will be judging them. They think that they are being closely observed by other people and they would like to give a good impression. At the same time they fear that they are not as good as other people and that they are unable to meet the expectations of other people by them. They suffer symptoms of anxiety such as tension, rapid heartbeat and light headedness in social situations. When a person feels extremely fearful and unsure around other people most of the time, and these worries make it hard for him to do everyday tasks like run errands or talk to people at work or school, it may have a social anxiety disorder or social phobia (National Institutes of Health [NIH], 2010). According to National Institute of Mental Health (NIMH) (2009), People with social phobia have an intense, persistent, and chronic fear of being watched and judged by others and of doing things that will embarrass them; Even if they manage to confront their fears and be around others, they are usually very anxious beforehand, are intensely uncomfortable throughout the encounter, and worry about how they were judged for hours

afterward. Social phobia can be successfully treated with certain kinds of psychotherapy or medications.