

# **DR. M. L. DHAWALE MEMORIAL HOMOEOPATHIC INSTITUTE, PALGHAR**

## **Understanding prevalence and Expressions of Anxiety Disorders in Adolescents**

Anxiety an emotion which can be related to self or the happenings in life, it not only prepares us to remain alert but also prepares to face adverse situations. Normal feeling of nervousness or anxiousness when become excess, results into constant and unavoidable anticipations related to the future concerns. As a result of which the individual starts to avoid situations which triggers their anxiety either at Job, School work or any personal relationships.

Adolescence is the period where major Anatomical, Physiological, Emotional, Intellectual and Social changes occurs which can bring turbulence into the individual. Facing up these changes can build up the future confidence of the adolescents and failure to do so can result into developing anxiety disorders. And studies also suggest that adolescents face many anxieties related disorders during these age.

So, Dr. M. L. Dhawale Memorial Homoeopathic Institute combined the academic interest of students (Research project) with that of community work of institute. A nearby college was approached by the institute with intensions of understanding the prevalence and expressions of anxiety and anxiety related disorders in adolescent age group. Covid-19 played as an obstacle for the project to get on track and delayed it start. Post first wave of Covid when colleges started the project started too. With initial orientation of students from all the streams (Arts, Science and Commerce) of 11<sup>th</sup> and 12<sup>th</sup> std, Hamilton A scale was applied.

Total of 831 students (370 from 11<sup>th</sup> std and 461 from 12<sup>th</sup> std) screened, out of which 641 (77%) shown mild anxiety, 116 (14%) shown moderate anxiety and 74 (9%) shown severe anxieties. Which shows that almost one fourth of the population was suffering from some or the other form of intense anxieties. Later based on the findings our institute and the respective college decided to organise one parental meeting (Zoom meeting, as covid cases again raise) to orient and inform the parents, also to suggest the need of management children needed under supervisions of college authorities. The results when disclosed to parents, they were found to be shocked and surprised, as many did not accept that their children are suffering from any form of anxiety at all. As a result of non-acceptance of the fact that their children are suffering from any anxiety related problems, majority of parents did not give their consent for going ahead of their child into the project. Some of the parents did accept that fact and even some children convinced their parents that they need support medically and otherwise, enrolled in study. Those children were further studied in detail and their expressions of anxieties were studied and managed homoeopathically along with some or the other counselling approaches.



