ANXIETY DISORDER AND PSYCHOLOGICAL FACTORS IN ADOLESCENTS

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ABSTRACT

Adolescence is when the individual develops and changes physically and spiritually, which begins after childhood. The individual started forming his ideas and thoughts and tried establishing his independence and identity in this period. In this process, the individual grows physically with her biological development and tries to understand her sexist identity with her sexual story. Because she has passed into the abstract period, she also forms her cognitive development. In adolescence, the period when all these developments are experienced, the individual is to gain and create his own identity. With the psychological effect of changes, adolescents are in stress and anxiety. As the state of anxiety causes positive situations in adolescents, this anxiety in which the physical and mental balance cannot establish causes psychological-based disorders. Anxiety disorder is one of them. Anxiety disorder occurs due to genetics, drugs, stress, and chemical substance use. It is a mental and physical disorder that the individual shapes without any relation to reality, has consequences on the adolescent, and affects the development and life functioning of the adolescent. These are panic attack disorder, generalized anxiety disorder, social anxiety disorder, obsessive-compulsive disorder, and separation anxiety disorder. Conditions such as the adolescent's not continuing his education, his family's attitude, and the adolescent's personality traits affect this situation.

Keywords: adolescence, anxiety disorders, anxiety.
INTRODUCTION

Anxiety defines as the individual's feeling of incompleteness in the environment, the uneasiness or inner apprehension caused by fear in this process, the emotional state that does not make the individual feel good, and the reaction he will show against the dangers he will face. (Akduvan, 2014). Anxiety arises from the unconscious individual's interpretation of objects in their way and seeing them as threats. (Öztürk, 1981). The person experiences constant inner uneasiness independent of external events and phenomena, interprets them differently and perceives them as a threat to herself, and therefore is constantly on the alert, causing anxiety to complicate the individual's life. In the case of anxiety, the individual has a general state of worry and gives mental and physical reactions. While these anxiety states sometimes show very mild symptoms, they sometimes occur at a level that affects the functional competence of the individual. (Tükel, 2006). In the periods when anxiety is most intense, symptoms that tire the individual physically and mentally are observed. These concerns emerge because the individual cognitively miscodes events and objects. (Köroğlu, 2011).

Many experts have made many definitions on topics such as the definition of anxiety, its causes, and its emergence. According to Cannon, anxiety is an effort to adapt to threatening events that will disrupt the physical balance of the individual. On the other hand, Goldstein explained that the factor that causes the emergence of anxiety is that the individual's current abilities are different from what they should be or what is expected from the individual, as a state of incompatibility. (Geçtan, 1978). Freud stated that the emergence of anxiety is due to suppressed libido. Moreover, he says that conflicts occur in different personality processes and cause anxiety. According to Freud, pressure consists of three types. These; are ego-based realistic anxiety, id-based neurotic anxiety, and superego-based moral anxiety. (Snowden, 2013, Akt: Şahin, 2019).

Anxiety also helps to create a reaction against danger and prepare the individual against it in situations that the individual deems dangerous. This situation is closely related to the individual's cognitive dominance and bodily integrity. It can have positive effects as well as negative effects. Since the anxiety process is stimulating to the individual, it can show performances above the individual situation. In the negative case, it also
affects the developmental process of the individual. Since anxiety disorder impairs functionality in the individual, it forces the individual's functioning and flow of life and causes problems. (Toluç, 2020).

Anxiety disorders occur when the state of anxiety becomes permanent in the individual's life and affects the individual from physiological and psychological aspects. More than one anxiety disorder has been defined under anxiety disorders. In DSM-5 are the categories of anxiety disorders that negatively affect the individual and disrupt his life. Anxiety disorders are generalized anxiety disorder, selective mutism, specific phobia, social anxiety disorder, panic attack disorder, agoraphobia, separation anxiety, substance/drug-induced anxiety disorder, anxiety disorder due to another health condition, and other specified anxiety disorders, an unspecified anxiety disorder. (Kafes, 2021)

CAUSES OF ANXIETY
There are many reasons for the emergence of anxiety. An individual's feeling weak, perceiving events and facts as a threat to himself, being under stress, and feeling helpless in the face of events cause anxiety. Anxiety disorder defines as the continuity of this situation and the negative impact on the individual's life. The causes of anxiety differ from person to person. However, as a result of the research, good causes of stress in all societies were determined. These; include internal conflict, withdrawal of support, uncertainty, and waiting for a bad outcome. (Cüceloğlu, 2007; Mckenzie, 2006). Again, Freud stated in his studies that the definition of anxiety emerged as a result of sexual inhibitions. On the other hand, according to psychoanalytic theorists, anxiety results from the individual's internal conflicts. Definitions of anxiety are generally caused by the inability to keep internal stress and worries in cognitive and behavioral balance. Behaviorist theorists describe anxiety as what the individual sees and learns from their environment and sees their family as a role model. According to cognitive theorists, it is not events or facts but how the individual understands them. According to the biological understanding, it is explained as the emergence of symptoms such as accelerated heartbeat and breathing and increased blood pressure with the growth of sympathetic activity in the individual's nervous system. (Özpoyraz, 2005, Snowden, 2013).
Another study on anxiety explained that anxiety stems from childhood life. The individual's environment and the attitudes and thoughts of the people he is within social relations have also been shown to cause concern. (Geçtan, 2019).

As a result of studies on anxiety disorder, it has been explained that there are many causes. The generally accepted reasons are:

- **Genetics:** the presence of psychological or mental disorders in the parents or close relatives of the individual increases the risk of developing an anxiety disorder.
- **Neurochemical changes:** There are chemical interactions between nerve cells in the brain. In the absence of this chemical interaction, an anxiety disorder occurs in the individual.
- **Stress:** The primary condition that causes anxiety disorder is stress. The stress factor the individual encounters during the day with his family, friends, or work life is the cause of anxiety disorder.
- **Some chronic diseases:** Chronic diseases that the individual has experienced cause anxiety. Diseases such as diabetes, heart, lung, chronic pain, tumors, and asthma are diseases that cause anxiety disorders. These diseases, which are recurrent and occur at any time, are risk factors for anxiety disorder.
- **Medications:** medications used by the individual for a long time cause anxiety as a side effect (medicalpark.com).

**THE SIMILARITIES AND DIFFERENCES OF SYMPTOMS SEEN IN ANXIETY AND FEAR**

As a result of the research, similarities and differences detect between fear and anxiety. The cause of fear is known. Fear emerges as an emotion accepted by everyone. Anxiety is an individual situation that occurs according to the individual's feelings and thoughts. Anxiety is a phenomenon that is unique to the personal and does not create the same sense for everyone. On the other hand, fear is more severe in development and takes a shorter time as a process. It starts with the existence of the phenomenon that will cause the individual to be afraid and ends with the disappearance of this phenomenon. In anxiety, the situation is different. Anxiety is a concept that is less severe than fear, but its effect lasts longer
than fear. Since fear has judgments everyone accepts, the reactions given in the fear process are normal for everyone. Still, because the anxiety process is special, not everyone is met with the same responses. The normal reaction of the individual to the fear process of others provides the individual with the motivation to defend against the feared event. While fear comes from momentary events and gives the individual the right to protect himself consciously, anxiety leaves the individual in a state of constant uneasiness because it comes from the individual's past life. Fear leaves the individual vulnerable, as it may not be due to the event but to be in thought. (Şahin ve Seven, 2020).

WHAT IS ADOLESCENCE?
Adolescence is when the individual develops and changes physically and spiritually, which begins after childhood. The individual started forming his ideas and thoughts and tried to establish his independence and identity in this period. In this process, the individual grows physically with her biological development and tries to understand her sexist identity with her sexual story. Because she has passed into the abstract period, she also forms her cognitive development. In adolescence, the period when all these developments are experienced, the individual is to gain and create his own identity. Adolescence is the transition period to adulthood, the period of preparation for adulthood. (Parlaz ve ark., 2018). Adolescence consists of three phases. These are early adolescence, middle adolescence, and late adolescence. The early adolescence period, the beginning stage, covers the ages of 12-14. During this period, the adolescent tries to understand and adapt to his rapidly developing body and spiritual changes. Adolescents start thinking and discussing political and philosophical issues during this period, as there is a transitional phase from concrete thought to abstract thought. Gender identity develops during this period. Peer communication and togetherness gain importance for adolescents and family communication remains in the background. The middle adolescence period covers the ages of 15-18. Adolescents are very fond of their independence and freedom during this period. He tries to impose himself and his thoughts on his family. In this process, he has conflicts with his family. This situation may negatively affect the adolescent's self-concept. Bilateral relations gain importance in this period. Adolescents need to know what their peers think about them during this period. The late adolescence period begins at 18 and ends with the adolescent forming
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his own identity. Adolescents try to form their identities within the framework of social and psychological situations. If the adolescent can answer questions such as "who am I" in this period, it is explained as having completed his identity development; if he cannot, this shows that the adolescent is in identity confusion that can continue until adulthood. During this period, the adolescent can establish close relationships and choose a spouse and job. During this period, moral and cognitive development increases. Also, late adulthood is called early adulthood. (Derman, 2008).

Due to spiritual development during adolescence, emotions increase; because of this increase, contradictions in feelings and thoughts are seen in adolescents. Adolescents experience internal conflicts in this process, which reflects in all their relationships. During adolescence, there are emotional states such as daydreaming, wanting to be alone, shyness, and uneasiness. (Koç, 2004). Adolescence has been named a stressful and stormy period as the adolescent's mood. Youth, in which psychological changes and developments are experienced, is stated as a period in which psychological disorders increase—factors such as hormonal change, psychological change, neurological change, and environment cause many diseases in adolescents. It was determined that the symptoms of schizophrenia increased mostly between late adolescence and early late adulthood. (Balaban, 2020).

Some factors cause psychological problems experienced by adolescents during adolescence. These;

- Adolescent age group
- Attitudes of the adolescent's family
- Continuity of education
- Individual differences between adolescents
- It is the social acceptance period of the adolescent. (Koç, 2004).

The age group of the adolescent, the society they live in, whether the adolescent continues their education and the attitude of the adolescent's family affect the adolescent psychologically. Psychological disorders experienced cause anxiety disorders in adolescents.
ADOLESCENCE ANXIETY DISORDERS

An individual's reaction to the events and phenomena he encounters within the scope of stress is explained as anxiety. These individual reactions appear as behavioral, cognitive, emotional, or physiological. Anxiety disorder is a developmentally related psychological disorder that occurs at any age. The concept of anxiety emerges according to the individual's perception and internalization of events. Anxiety includes individual differences. It is said that most individuals in adolescence have an anxiety disorder. Adolescents' most common anxiety disorders are social phobia, generalized anxiety disorder, obsessive-compulsive disorder, separation anxiety disorder, and panic disorder. Psychological, physiological, and hormonal changes in adolescents cause anxiety disorder. (Balaban, 2020).

Anxiety Disorders in Adolescents

1. Social phobia
2. Generalized anxiety disorder
3. Obsessive compulsive disorder
4. Separation anxiety disorder
5. Panic Disorder

1-SOCIAL PHOBIA IN ADOLESCENTS

Social phobia is an anxiety disorder that usually appears in adolescence, which begins with the thought of being watched by the people around him. It is also known as social anxiety. The individual who thinks he is being watched avoids being in crowded environments. The individual who believes that other people are watching him is constantly afraid. The basic reason for fear the individual is that he thinks that he will do something that will humiliate him, that he will be ashamed.

Symptoms of social phobia;

1. Being introduced to others
2. Introducing authorized persons
3. Using a phone
4. Receiving guests
5. Being watched while doing something
6. Joking
7. Eating with acquaintances  
8. Eating at a restaurant  
9. Writing in front of others  
10. Using public restrooms  
11. Speaking in a public  

Adolescents with social anxiety disorder cannot express themselves in crowded environments. These situations affect all social relations of the adolescent, such as school, family, and friends. When adolescents want to go shopping or eat out, they think they are watched by other people and become uneasy. The social anxiety disorder of the adolescent, trying to create himself and gain his identity under the influence of hormones during adolescence, causes internal conflicts and bodily reactions to discomforts. It is observed that adolescents with social anxiety remain passive in their interpersonal communication and are reluctant to speak in public and speak to the opposite sex. (Demir, 2009). Social phobia negatively affects adolescents, especially in the developmental age, because humans are social creatures. On the other hand, the adolescent cannot escape this phobia as he is constantly together with people (Butler, 1989). The individual, who will pass into adulthood after adolescence, has problems in relationships such as work and marriage due to social anxiety disorder. Therefore, we should treat social phobia as soon as possible.

2- GENERALIZED ANXIETY DISORDER IN ADOLESCENCE

Although individuals with generalized anxiety disorder do not experience attacks, they generally feel nervous or anxious. Adolescents are overly anxious and uncontrollable about many issues, such as health, family, school, and money. On the other hand, physiological symptoms include fatigue, muscle tension, irritability, and sleep problems. Since the adolescent spends most of the day in anxiety and worry, he experiences difficulties in his daily life. (Şahin, 2019).

**Generalized anxiety disorder symptoms;**

1. Inability to calm down (restlessness) or to be nervous or constantly on edge,
2. Getting tired easily,
3. Difficulty concentrating or mental discharge,
4- Getting angry easily,
5- Muscle tension,
6- Sleep disturbance (difficulty falling asleep or staying asleep, or an unsatisfying sleep that is not restful) (Başer, 2020).

Conditions such as the genetic structure of the adolescent, environmental factors, health status, school life, family structure, and personality traits cause the adolescent to experience a generalized anxiety disorder. A diagnosis of generalized anxiety disorder is made if these symptoms are present for at least six months and at least three of the symptoms are present. Adolescents experience problems in their social relationships, such as school, family, and friends, because they cannot keep this process under control. Fear of failure in education life due to generalized anxiety disorder. Patients with generalized anxiety disorder cannot relax, affecting their physiological and mental systems. Cognitively, adolescents have symptoms such as focusing problems and mental confusion. On the other hand, their education life can also fail due to excessive anxiety and lack of control. The most common condition is the lack of balance of consciousness and unexpected cognitive deterioration. Although there may be individual differences, the severity and frequency of occurrence vary from person to person. The extremely anxious state of the adolescent affects his whole life, such as education and family-friend relations. Physically, it appears as symptoms such as tremors, tiredness, aches, and muscle pains. It can be seen together with depression and other anxiety disorders and can also occur with substance addictions. The treatment process is important for the positive and healthy progress of the adolescent's life, such as in school and family life. (Bal, 2018).

3- OBSESSIVE COMPULSIVE DISORDER IN ADOLESCENTS

Obsessions and compulsions impair the individual's function in life and affect them negatively. An obsession with a set of repetitive thoughts in mind causes the individual distress and involuntarily experiences environmental conditions. It is called compulsion when the individual becomes rigid and unresponsive to these behaviors. It is explained that obsessive-compulsive disorder is caused by genetic, biological, and psycho-social factors, the individual's personality, the structure of the cognitive scheme, neurochemical substances, and the relationship of the individual with the mother. Obsessions, also known as addictions, are repetitive behaviors that distress the individual and that they know are not
true. Compulsions are behaviors done to get rid of obsessive thoughts. Since adolescence is a developmental period, obsessive-compulsive disorder is seen in adolescents. It arises as a result of the cognitive distortions of the adolescent. (Savaş, 2019). There are specific definitions of obsessions and compulsions. These include doubt, symmetry, contamination, sexuality, religious issues, hoarding, desire to keep under control, frequent washing, and approval. Examples include being unsure of what the adolescent is doing, having doubts, wanting things to be symmetrical, collecting some items or objects he does not need, and constantly washing his hands.

**Obsessive Compulsive Disorder Symptoms in Adolescents**

**Common obsession symptoms:**
- Excessive skepticism and the need to constantly feel safe
- Desiring everything to be in order, symmetry, and perfection,
- Excessive religious sensitivity, fear of falling into sin
- Fear of making mistakes or making mistakes
- Fear of hurting other people
- Thinking that the environment is dirty and that it is dirty and that you will get a germ

**Common compulsion symptoms:**
- Avoiding handshakes, not holding doorknobs
- Continuous hand washing and showering
- Collecting and hoarding non-needed, non-valuable objects
- When making a business plan, do it in a certain number and a certain order
- Eating meals in a certain order
- Being stuck on thoughts and images that are restless, disrupt sleep, haunt the mind
- Desire to do things aloud or by counting while doing routine daily tasks.
- Placing items in their particular order
• The desire to constantly check the items that should be turned off when not in use, such as stoves, keys, and irons (www.medicalpark.com).

Adult and adolescent obsessive-compulsive symptoms are similar. Contagion obsession is the most common obsession among adolescents. Shows are washing, cleaning desires, and avoiding behavior. Handwashing behavior is the most common. Adolescents constantly exhibit handwashing behavior in their social life. The second most common obsession is doubt. Adolescents approach all events and behaviors with suspicion. Another common compulsion in adolescents is the desire to control. The other is thoughts repeated in mind. During adolescence, these thoughts focus on sexuality or aggression. After these thoughts, the patient feels ashamed of himself. Then they are followed by symmetry, precision, slow down, and hoarding. Obsessive-compulsive disorder negatively affects the developmental process and social life of the adolescent. (Karaman ve Erdem, 2011).

4- Separation Anxiety in Adolescents

When people are born, they want to feel safe. In this process, she creates a trust-based bond with her mother, the closest primary caregiver. Insecure attachment occurs when this bond is not established. Moreover, this relationship affects individuals' social relations in adolescence and adulthood. On the other hand, the death of a family member and leaving home can lead to traumatic situations. Separation anxiety disorder, which starts in childhood, can continue until adulthood, and some separation disorders may appear later. Illness in the family or individual, mental problems, change of place or school, the birth of a sibling, bullying at school, over-protective parents, or having a dependent personality of the parents cause separation anxiety in adolescents. (mentalica.com).

Symptoms of Separation Anxiety;

A. Having at least three of the mentioned diagnoses, having too much anxiety and fear at a level that is not suitable for the development of the individual after separating from the person with whom they are connected:

1. Excessive repetitive anxiety in case of separation or the possibility of separation from the individual's home or person,
2. Thinking that the individual will lose the people with whom they are connected, worrying that something bad will happen to them,

3. The individual thinks that they will break up with the person they love, as a result of bad events, that these thoughts are constantly repeated,

4. Not wanting to leave the bonded person, not agreeing to go to school or other places,

5. Not wanting to be alone at home due to separation anxiety, not wanting to be in other environments without the people with whom they are connected, and being uneasy because of the possibility of this happening,

6. Not wanting to stay outside of their own home, not accepting to sleep unless they are with the bonded person,

7. The individual has constant nightmares by thinking about the separation and worrying about it,

8. Physical symptoms include recurrent headaches, abdominal pain, nausea, and vomiting when separation is experienced or possible with the person with whom the bond is established

B. Reactions such as avoidance, fear, and anxiety are persistent, lasting at least four weeks in children and adolescents and at least six months in adults,

C. Separation anxiety disorder negatively affects all personal social relations, such as school and work

D. A different mental illness cannot explain separation anxiety disorder, such as: showing excessive resistance in autism and not leaving home, reactions to separation in psychosis disorders, not being in an unsafe place in agoraphobia, worrying that something will happen to your loved one in generalized anxiety disorder. (Kaya, 2021).

In separation anxiety disorder, factors such as the adolescent's reluctance to go to school, constantly worrying that something bad will happen to the people he loves, and disruption of sleep patterns create negative reasons for the adolescent in the developmental period. At this point, the family needs to understand and recognize the adolescent and early diagnosis.
5- PANIC DISORDER IN ADOLESCENTS
Panic disorder is an anxiety disorder in which the individual may experience other attacks that occur unexpectedly with symptoms such as shortness of breath, palpitations, dizziness, fear of death, avoidance, and behavioral changes due to aggression. If the panic disorder in childhood continues, it encounters general medical and mental problems, alcohol addiction, and problems in marriage and business life. Panic disorder is a risk factor because it is in the development process of adolescents. In its emergence, Factors such as genetic reasons, personality structure, tobacco and alcohol use, chemicals, habits, anatomical disorders, and past events are effective. Suicide attempts increase as panic attacks progress. (Sapma ve ark., 2017).

Panic Attack Symptoms:
- Palpitations, hearing heartbeat, rapid heartbeat
- Sweating
- Shaking or hugging
- Feeling as if choking on the shortness of breath
- Shortness of breath
- Feeling pain in the chest and feeling distressed
- Nausea, abdominal pain
- Dizziness, feeling like you are about to pass out
- Derealization (unrealism) or depersonalization (feeling detached from one's self.)
- Fear of losing control and fear of going crazy, fear of death

Feeling numb, feeling cold, experiencing sudden hot flashes

A diagnosis of panic disorder is made if at least four of the symptoms are found and their severity increases within ten minutes, and if anxiety and fear are felt (Kavak, 2009). Since adolescence is a period in which individual recognizes and develops themselves mentally and physically, it poses a risk of panic disorder. In this process, adolescents should be helped to know themselves well and to gain identity. Early diagnosis is important so that panic disorder does not affect the adolescent's future life.
CONCLUSION

Adolescents go through a psychologically sensitive developmental period under the influence of the adolescence period. Changes in the environment and physiological structure affect the adolescent. Adolescent searching for identity tries to establish a balance in this period, which puts them adolescent under stress which causes anxiety disorders. Anxiety disorders affect all adolescent relationships, such as education, family, and social life. Psychological anxiety disorders also cause physiological conditions such as physical palpitations, tremors, headaches, and abdominal pain. Anxiety disorders that occur due to the adolescent's cognitive distortions and environmental factors continue in adulthood and negatively affect the individual's life when not treated.

REFERENCES


INTERNET SOURCES