ANXIETY IN AMERICA COLLEGE STUDENTS

Institution Affiliation

Name

Date

Introduction

Anxiety is the way our body's naturally reacts to stress. Anxiety is the feeling of uncertainty or suspicion, nervousness and worrying about what is to follow. However, if the feelings of anxiety are radical and prolonged for more than high a year and are messing with an individual's life will result in a condition called anxiety disorder that will actually cause physical signs. The mild anxiety is usually uncertain and unsettling whereas the severe anxiety can seriously affect the standard daily living. It’s common to feel uncertain when moving to a new station, taking a new task, or being involved in a test. This type of anxiety is unfriendly, but it may encourage you to work even harder and perform a better job. Ordinary anxiety is a feeling that comes and goes but does not interfere with your everyday life. For instance, one can be anxious in certain situations such as a job interview, first day in school or even the first time to give a speech to a vast crowd.

Types of anxiety disorder include; the panic disorder such that an individual tends to experience sequence panic attacks at odd times making the suffered individual to live in fear of the succeeding panic attack. Phobia is the condition of extreme fear of a particular material, situation or action. Social anxiety disorder is another type of anxiety in which one has an excessive fear of being mediated by people in social states. Obsessive-compulsive disorder is the condition in which the individual experiences sequence of contradictory opinions that eventually, makes him/her to perform and repeat certain conducts. Illness anxiety disorder is also termed as hypochondria which enables on to have anxiety concerning their health. Lastly on the type of anxiety disorder is the post-traumatic stress disorder (PTSD) which is as a result of the recurring traumatic incidents (Beck, 2005).

When students go to college they usually faced with many ‘First’ some of these may include new friends, new roommates, modern lifestyles, and a new way of doing things. Students usually struggle to manage on how to handle these issues, and as a result of these, they could easily fall into anxiety since they are yet to understand the various ways of dealing with these first.

Anxiety among college students can also be attributed to the immense pressure the students face to do well and obtain good grades. Students assign good grades to s brighter future and will increase their anxiety as now they will have to struggle to compete with their peers and should they not be able to meet their targets and set objectives this will lead to a lot of anxiety and in turn affect their performance even further.

Many college students experience anxiety as a result of drug and substance abuse. It is a typical scene in most if not all colleges to understand that a big part of a college student’s life consists of drug abuse and a lot of alcohol intake (Beiter, 2015). This regular intake of alcohol and other drugs over time leads to addiction which in the long run leads them to experience a lot of anxiety.

Adjusting to college life is usually stressful for the students who are overprotected with their parents. When such students go to college, they normally experience Identity Disorientation because the familiar people whom they are used to are no longer available to reinforce the identity in which they have adopted for themselves for a very long time. This creates anxiety as they feel as if they have lost their self.

Most of the counseling centers in colleges are often flooded with demand which makes many people to question how well they are equipped to handle the sudden changes in mental health needs. Colleges also tend to use more problematic and defensive ways to tackle these challenges. This leads to anxiety as college students dealing with anxiety since they cannot trust the various institutions charged with the mandate.

When students go to college, they are faced with even more responsibility that they usually have in their normal life. Students now have to deal with different situations like managing difficulties such as financial responsibility, management time, meeting deadlines as far as assignments are concerned. These have proven to be very stressful hence the anxiety.

Impact of anxiety on college students in America can be classified into two.e academic and emotional. The academic impact may make it difficult for a student to concentrate on their studies as they are not aware of how things will play out shout they fail. This lack of concentration will make the student not to remember what was taught and even remove the urge to study. What follows up is that the student will be easily distracted and in the long run, this will affect his performance and even worsen the situation.

The emotional impact is usually more pronounced as the student will feel more anxious without any reason, the student may feel useless and incompetent and will perceive life as not worth living. This will make the student to l worry unnecessarily leading to other psychological problems like lack of appetite and even have difficulty sleeping which will affect the overall health of the student and trigger other unwanted diseases. The student may become hostile since they can be easily provoked and their response is usually a violent outburst.

Anxiety among college students is one of the learning sources mental problems facing most teenagers, and unless handled properly it has a far-reaching implication. Anxiety among college students can be managed using various methods and techniques.

To handle anxiety a college student must know how to manage his or her self. When a student can manage whatever stress they are experiencing they reduce or avoid any anxiety that they could have experienced if this was not the case.

**A student should be very careful of their environment and who they surround themselves with in order to handle or avoid anxiety. It is common knowledge that bad friends bring stress and distraction and if this is the company that one keeps, then it is inevitable that the said student is to find him or herself in a lot of trouble and hence the increased anxiety to escape from the ills. However, if a student is surrounded by the right people who bring joy, contentment and challenge the student to deliver the best out of him, then the student will avoid being in a state of anxiety.**

**To avoid anxiety, college students are advised to be true to themselves and acknowledge the good things that they do. College students should have hope that even though things are not going to place, the situation will not stay like that forever and acknowledge that there are things which are beyond their control and soon everything will be fine (**Fritz, 2008)**.**

Rest is one of the killers of anxiety. It is therefore essential that college students have regular rest and take breaks. This is also critical for the well being of the body as after rest one will feel rejuvenated and more energized, and the anxiety will have gone by then.

College students are encouraged that as soon as they experience signs and symptoms that are linked to anxiety, then they should immediately seek counseling either from the college facility or any other accredited facility that can handle anxiety cases.

To tackle anxiety college students are usually encouraged to take part in leisure activities otherwise known as recreational activities. This will re-create their spirit and nurturing one's spirit is a great way which goes a long way in reducing stress and anxiety.

Regular exercise is also one of the ways of reducing and eliminating anxiety. Exercises will release endorphins, which are known to improve one's mood which is a good way of dealing with anxiety.

Counselors are also adviced that they should listen more to the problems of the student suffering from anxiety and propose better ways of dealing with the situation rather than judging the student and rebuking them (Mahmoud, 2012).

**To combat anxiety it is necessary that college students understand their self-worth, set up goals and targets which are achievable and should they not meet the set targets then they should not blame themselves but instead identify the areas that caused them the most challenges and come up with better strategies on how to deal with such should they present themselves again in the unforeseen future.**

Reference

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