Child Anxiety

Ashley Peele

California State University, Chico

Children who suffer from an anxiety disorder experience fear, nervousness, shyness, and they start to avoid places and activities. This phase is temporary and usually harmless. There are many different causes to why children experience these types of behaviors. Some of the causes include parental anxiety, parental over control and separation. Evidence has shown that these causes relate to higher levels of anxiety. In the next few paragraphs, evidence will be shown on how these causes effect children and their anxiety.

Parental anxiety plays a huge part in why children undergo the feeling of anxiety in their lives. Genetic influences, like personality characteristics, play a role in the development of anxiety. Parents show a similar interpretation bias for ambiguous situations involving themselves and their children (Affrunti, Nicholas W & Ginsburge, Golda S.). When parents experience and express their fears and nervousness around their children, the children tend to pick up on the behavior. If a parent is fearful of a situation or place, the child tends to be too because all their trust is put on their parents. Parents play a huge role in causing as well as helping children with anxiety.

The next cause that brings on child anxiety is Parental over control. Parental over control plays a huge role because the parent is restricting the child of their autonomy. The parent has a lot of involvement in the child’s daily routine and activities. They want to be involved in their children’s personal lives and encourage them to always depend on their parents for everything. By doing this, the child can find their environments threating and hard to manage by themselves. When the child does encounter a low threating environment they might get anxiety because they are never put in the situation before. Parents need to learn to let their children experience life and different situation on their own. If the parent doesn’t allow this, the child’s anxiety level through out life will continue to rise.

The third cause resulting in child anxiety is separation. When a child is separated from their parents, there is a huge sense of fear that enters the child’s body. There is a healthy and unhealthy separation anxiety. It is unhealthy for the child to be in complete fear when their parent leaves them for a few hours. If the child is taken away and or a parent just leaves them, they feel as if they aren’t loved anymore. A child needs a sense of consistency in their lives to make growing up easier. When a parent comes and goes in their lives, it can be confusing for them to know how long they are going to stay.

This situation needs to be addressed because the rate of child anxiety is increasing every year. Anxiety can have a huge impact on a child for the rest of their lives. If this anxiety is not treated or addressed it cause emotional consequences in the child’s life. The Child’s development can be altered in ways they can be hard to fix. If the anxiety is not addressed or worked on, the child could live the rest of their live with fear, shyness and nervousness. This could affect their lives personally and socially. They could have a hard time finding a companion because they have trust issues caused by separation. Finding a job could be difficult because they don’t have the experience of social interactions that most adults have.

There are two things can be done to help or prevent child anxiety. The first would to be stopping it before it starts. You could have programs and classes that help parents with their fears and anxieties. By helping the parent, you are helping the child. These classes could be as easy as just support groups. A place for the parent to talk about their fears and what makes them anxious. It could be a programs that talks about letting your child be more autonomous in life. Giving out information on what could happen to the child if your own anxiety is not under control. Parents working with other parents that experience the same situation could help with the recovery because they are relatable.

The second thing that could be done to help child anxiety is to have programs for the children to over come it. Just like the parents, there should be classes and programs that help with over coming their fears. Children could go to “Camp” and be with other children who have the same condition as them. The children could work together to talk about what in their lives scares them. But instead of support groups, there could be fun activities that the children could be involved with that help with their problems. There could be activities that have you talk, sing and dance. This programs can be fun and a way for the children to get out of their comfort zones and not be so fearful around people. Children couldn’t just go to one program and be completely better but over time their development could improve.

The ultimate outcome that I am looking for, is for child anxiety to decrease or completely go away. I know it is impossible for anxiety to go away completely but a decrease would help. Helping as many children as we can is the ultimate goal. With these programs that are suggested I think that children with anxiety could improve a lot and their development in life could improve. The first thing to do to improve these children’s lives is to just start. People caring and wanting to help is what is going to make the biggest difference in the child’s life.

Reference

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