



## THE ANXIETY DISORDER IN HIGH SCHOOL STUDENT

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### Abstract

*Stress situations such as study tight deadlines or important social obligations. Of fen makes nervous or fearful. In high school students they facing educational and social problems. This period is already growth & development period at this time so many body changes occurs in the students body. Individuals with anxiety disorder experience excessive anxiety. Fear as worry, causing them either to anode situations. The result of survey on the basis of anxiety disorder in high school students. Is very high in ahmednagar tarakpur in some area. They need special treatments for educational development.*



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### Introduction :-

The High School Student are always feels anxious due to education problems and biogeo-sociological period of growth and development. Stress situations such as study tight deadlines or important social obligations. Of fen makes nervous or fearful. There high school student experiencing mild anxiety may help a person become more after focused on facing educational challenging or threatening circumstanced.

In high school students they facing educational and social problems. This period is already growth & development period at this time so many body changes occurs in the students body. Individuals with anxiety disorder experience excessive anxiety. Fear as worry, causing them either to anode situations. That might precipitate the anxiety or to develop compulsive rituals that lesson the anxiety the every student feels anxious in response to specific educational problems. Some time the students individuals with an anxiety disorder have excessive and unrealistic feelings that inter with their lives in their social relationship, school and work performance and doily activities.

### Types of Anxiety Disorders:-

In high school students there are several types of anxiety disorders as following is characteristics.

**1) Generalized anxiety disorder :-**

The high school students with generalized anxiety disorder have securing fears or worried such as above educational problems. Health or fenced and high school students often have a persistent sense that something bad is just about to happen in student.

**2) Specific phobias :**

In high school students the specific phobias may involve things such as encountering certain animals of flying in airplanes while social phobias. Involved fear of social settling or public placed.

**3) Post traumatic stress disorder :-**

In this anxiety someone who suffers severe physical or emotional trauma such as from a natural disaster or serious accident or crime ma experience. Thought feelings and behavior piteous become seriously afflicted by seminude of the events.

**4) Social anxiety disorder :-**

The high school students in school or social at that time they exposure to social or performance situations almost invariantly provokes an immediate anxiety response that may include palpitations, tremors, sweating, gastrointestinal discompose. Diarrhea, muscle, tension, blushing or confusion & panic attack in severe cases.

**5) Obsessive compulsive disorder :-**

In High school student fear from persistent thoughts, ideas, impulse, images that are intrusive and inappropriate and that cause marked anxiety or assess.

The student compulsion repetitive behaviors such as playing, counting or repeating words that occurs in response to an or in a ritualism way.

**6) Panic Disorder :-**

In panic disorder involved sudden, intense and unprovoked healings of terror and dead student who supplier from this disorder generally develop strong jeans about when & where their next panic attack mill occur and they often street their activities as a result

**Objective :-**

To the educational development in Dailey liter the high school student must stress tree.

1. To reduce maximum anxiety.

2. In higher school student appropriate management are imperative in order to enhance the quality of education.
3. To develop educational concentration.
4. To develop memory power.
5. To develop well behavior in social life
6. Physical & mental health sound.
7. All type of anxiety disorder effectively treated for educational development.

**Data collection process :-**

To high school student. The anxiety disorder test constricted. The researches hall discussion with experts regarding anxiety disorder test they researched selected available and develop tools for this research work.

**Analysis process :-**

Researches analysis & by using percentage and average analyzed the date

**Table :- 1 Status of High School Student anxiety disorder.**

Sr. No	Types of Anxiety Disorder	% anxiety Disorder.
1	Generalized Anxiety Disorder	12
2	Specific Phobia	64
3	Post traumatic Stress Disorder	02
4	Social Phobia	59
5	Obsessive compulsive Disorder	21
6	Panic Disorder	01

**Results and Endings :-**

The anxiety disorder in high school student

1. The anxiety disorder type generalized anxiety disorder status is -12% average of four high school students.
2. The anxiety disorder type Specific Phobia disorder status is 64% average of four high school students.
3. The anxiety disorder type Post traumatic Stress Disorder status is -02 % average of four high school students.
4. The anxiety disorder type Social Phobia disorder status is 59 % average of four high school students.

5. The anxiety disorder type Obsessive compulsive Disorder status is 21% average of four high school students.
6. The anxiety disorder type Panic Disorder status is 01-% average of four high school students.

### **Interpretation :-**

The ending from the conducted survey suggested that ahmednagar Tarakpur area high school student anxiety disorders are necessary to enhance maximum student achievement score is below --26.50 % hence it can be conducted that anxiety disorder for high school students enhancement of educational development.

### **Conclusion :-**

The result of survey on the basis of anxiety disorder in high school students. Is very high in ahmednagar tarakpur in some area. They need special treatments for educational development.

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