**EFFECTS OF ANXIETY ON YOUNG ADULTS AND THEIR COPING MECHANISM**

This article aims to explore the effects of anxiety on young adults and their coping mechanisms. The objective is to analyze the different ways anxiety manifests in young adults, ranging from physical symptoms to emotional distress and impaired academic performance. Furthermore, this article will extensively examine the coping mechanisms employed by young adults facing anxiety.

**INTRODUCTION**

**Anxiety** refers to a complex emotional state characterized by fear, dread, and apprehension of future events and situations, whether facts or opinions. It is often accompanied by physical symptoms such as increased heart rate, sweating, tremors, and difficulty concentrating. Anxiety can range from mild to severe and interfere with daily functioning and quality of life. As young adults navigate the challenges of transitioning into adulthood, they often face increased pressure and responsibilities, leading to heightened levels of anxiety.

Some types of anxiety disorders are

1. Generalized Anxiety Disorder (GAD): Involves excessive worry and anxiety about various life situations, including work, relationships, health, and everyday situations.
2. Panic Disorder: Panic disorders are characterized by sudden, unexpected, sudden and intense feelings of fear or depression, accompanied by physical symptoms such as heart palpitations, sweating, shaking, shortness of breath, and a sense of impending doom.
3. Social anxiety disorder (social phobia): characterized by an intense fear of social or work situations in which the person feels scrutinized, judged or embarrassed. People with social anxiety disorder avoid social gatherings, public speaking, and meeting new people for fear of being humiliated or rejected. Physical symptoms, such as flushing, sweating, and tremors, can occur in social situations.
4. Specific phobia: Includes an intense fear or fear of specific things or situations, such as heights, spiders, flying or closed spaces. People with specific phobias experience extreme anxiety when faced with fearful things or situations, go to great lengths to avoid them, and have a significant impact on their lives every day.
5. Separation anxiety disorder: characterized by excessive fear or anxiety of separation from an attachment figure, such as a parent or caregiver. This is common in children, but can also occur in adults.

**Effects of anxiety**

* Academic performance: Anxiety can impair concentration, memory, and cognitive processing, making it difficult to learn and retain information. This can lead to decreased academic performance, decreased productivity, and difficulty completing work or assignments on time.
* Social relationships: Teens with social anxiety may have difficulty forming and maintaining friendships or romantic relationships. They may avoid social situations or withdraw from social activities altogether for fear of judgment or rejection.
* Physical health: Chronic anxiety can affect your physical health, causing symptoms such as headaches, muscle stiffness, fatigue, bowel problems and insomnia. Over time, if anxiety is left untreated, these physical symptoms can worsen and lead to a host of health problems.
* Emotional Well-Being: Anxiety can lead to constant worry, fear, irritability, and panic, which can affect your emotional well-being and quality of life. Young adults may experience mood swings, panic attacks, and hopelessness or despair, and may experience more severe symptoms of anxiety.
* Risk behaviors: Some youth may engage in problem behaviors such as substance abuse, self-harm, and negative coping mechanisms to relieve anxiety or escape emotional distress. These behaviors can have long-term effects and cause further damage to mental health.

**Signs and symptoms**

* Recurring fears and worries about routine parts of everyday life
* Irritability
* Trouble concentrating
* Extreme self-consciousness or sensitivity to criticism
* Withdrawal from social activity
* Avoidance of difficult or new situations
* Chronic complaints about stomach aches or headaches
* Drop in grades or school refusal
* Repeated reassurance-seeking
* Sleep problems
* Substance use

**Coping with anxiety**

1. Mindfulness: It involves focusing on the moment without judgment. Mindfulness practices such as meditation, deep breathing, and body awareness can help people increase awareness, reduce clutter, and better manage inner thoughts and feelings.
2. Relaxation techniques: Relaxation techniques such as muscle relaxation, guided imagery, and visualization can help relieve symptoms of anxiety by reducing muscle tension, lowering heart rate, and promoting a sense of calm and relaxation.
3. Correct breathing techniques: Correct breathing techniques, such as diaphragmatic breathing (abdominal breathing) or chest breathing, can help people regulate their breathing and activate the body’s natural reflexes and relaxation, reducing the physical symptoms of anxiety , such as rapid breathing
4. Cognitive therapy: Psychotherapy, including cognitive behavioral therapy (CBT), focuses on identifying and challenging negative thought patterns and beliefs that cause anxiety. By correcting negative thoughts and developing coping strategies, people can learn to manage anxiety.
5. Behavior therapy: Behavior therapy, such as psychotherapy and relaxation techniques, helps reduce anxiety and reduce avoidance behavior by repeatedly exposing people to fearful situations and stimuli in a controlled manner.
6. Counselling: Counselling is talking to a trained professional, such as a counsellor or advisor, in a safe and supportive environment. Counseling allows people to explore their feelings, learn about the causes of anxiety, and develop coping skills and strategies.
7. Exercise: Regular physical activity, such as aerobic exercise, strength training, or yoga, can help reduce anxiety by increasing endorphins, improving mood, promoting relaxation, and providing a healthy outlet for stress.
8. Building Self-Esteem: Building self-esteem involves cultivating a positive self-image, celebrating strengths and achievements, setting meaningful goals, and being compassionate. Improving self-esteem can help a person feel more confident and able to cope with anxiety.
9. Support groups: Joining a support group or peer-led organization for those with anxiety can give you a sense of community, acceptance and understanding. Sharing your experiences, coping strategies, and resources with others facing different challenges can be supportive and encouraging.

In conclusion, anxiety is a prevalent issue among young adults that can have profound effects on various aspects of their lives. It has been found to impact their mental well-being, academic performance, social relationships, and physical health. However, through the identification and utilization of effective coping mechanisms, young adults can mitigate the negative consequences of anxiety. These coping mechanisms can include seeking professional help, engaging in physical activity, practicing mindfulness and relaxation techniques, and fostering strong social support networks.