Why Are More American Teenagers Than Ever Suffering From Severe Anxiety

# Summary

Parents, therapists, and teachers are struggling hard with students and children to help them deal with anxiety and depression as one-third of American teenagers are suffering from anxiety disorders. Not, fortunately, disappointment was one of the student’s major fears. Taking a case of Jake, he was concerned regarding failure secretly; perhaps he could not progress with his classmates, possibly he would not be able to prosper in life was his major fear (Denizet-Lewis, 2017). The persistent determination to evade such a destiny appeared to come from deep inside led him to suffer from anxiety.

For adults, going to school and get bad scores in academics is a shame and the biggest disappointment. They unexpectedly sensed it impossible because they think people will certainly be judging them. They feel everything ended in the worst situation. These students think that they cannot achieve and do anything. Overwhelming anxiety is the major reason for students seeking counseling in recent years (Denizet-Lewis, 2017). It is a feeling when a person has a stomach lurch after entering the classroom having a surprise quiz. Jake’s parents took their son to the primary care physician and he prescribed him an anti-depressant Prozac, the first and initial treatment that can be prescribed to patients suffering from depression.

Nothing seemed to work with anti-depressant however, the situation surprisingly changed to worst and Jake attempted to drown himself in the bathtub. He became more stressed, more anxious and more depressed for skipping school after 4 days' hospitalization as he was longing for the University of North Carolina at Chapel Hill, however, it seems impossible for him now. He was sent to Mountain Valley in New Hampshire for further treatment. Overhauled depression in college-going students is recurrently observed in recent years. In a yearly review of scholars, the American College Health Association established a noteworthy upsurge to 62% from 50% in the year 2016.

18% of the students reported in the year 1985 to suffer from depression or felt overwhelmed and the figure is increased to 41% last year. Combined with the double number of hospitalization of individuals attempted suicide because they felt overwhelmed is increasing in current years. Laurie Farkas, director at Northampton public schools in Massachusetts said that there is an unbiased sturdy growth of severely anxious scholars in recent years. Adolescents who reach Mountain Valley, a not-for-profit package that outlays $910 per day and proposes various need-based support and facilities for anxious students. It is generally the last option next to conventional treatment and management and prescription failure for patients suffering from depression and anxiety.

# Treatment Methods

Mountain Valley Center reported that a range of depression and anxiety diseases including obsessive compulsory disease, separation anxiety, social depression, and post-traumatic stress disorder are prevailing among young students. The therapies include responses about their feelings, stresses, and major sufferings. For example, one of the sessions includes writing about three negative beliefs about themselves with a strong and powerful response (Denizet-Lewis, 2017). This therapy is usually easy to write about it by the patients suffering from anxiety and depression as these candidates have many negative thoughts about themselves. The therapy is delivered by a therapist Sharon McCallie-Steller for students suffering from anxiety. In the center, various therapies are offered such as equine therapy, exposure therapy, and art therapy. All of these therapies are intended to improve the mindful techniques of the students to overcome symptoms of anxiety. The most important one is exposure therapy by which students are exposed to their fears. Several therapies were offered to Jake including therapies that made him cope and tolerate imperfection, distress, and failures. Another plan that was helpful for the students is the 504 plan. It states: spend more time on homework, enter the classroom from backdoors and skip classes when found it anxious. Problem-based learning to solve their problems by thinking and equipping themselves with as many solutions for a problem. Advocacy and counseling was the major therapy that can help students to cope with their fears and failures. Yoga, virtually reality aided therapy, cleaning activities and certain medicines such as Klonopin and Prozac can aid reduce anxiety symptoms. The New England Journal of Medicine suggested that 60% effective therapy is cognitive brain therapy than the antidepressant Zoloft that is 55% effective, however, the utmost operative therapy 81% was a combination of the two.

# Possible Etiological Factors

One-third of adolescents are affected by anxiety in the United States. Various etiological factors are aggravating the mental health problems in the United States including social factors, cyberbullying, fear of failure, separation problems, and violence. Some of the factors are raising and growing in an abusive family and a violent neighborhood. Poverty and low socio-economic status is also associated with developing depression and anxiety symptoms in adolescents. The largest solitary stressor for numerous young individuals is that they would never achieve the point they want to. There is always something to do to achieve success in class however, these candidates feel that they cannot achieve and the pressure and stress to compete with the peers is increasing.

Many children suffer from anxiety when they found that their parents are not at their back to support and encourage them (Denizet-Lewis, 2017). Increasing terrorism in the societies and its display in the movies create stress among students of growing age that they found to go outside is not safe for them. Smartphones and social media are another related factor that acts as a tool for depression and anxiety for many students. The timeline, pictures, tours, and stories appeared to be stressful sometimes for students that they judge from these platforms. However, it appears to be a relaxed and handy tool to avoid stress for many students as well. Researcher has found that overbearing and parenting style of anxiousness predisposed children to anxiety and depression-related disorders.

References

Denizet-Lewis, B. (2017, October 11). Why Are More American Teenagers Than Ever Suffering From Severe Anxiety? *The New York Times*. Retrieved from https://www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html