**Effects of Anxiety on Health and Well-being of the Individuals**

**Dr. Radhika Kapur**

**Abstract**

The main objective of this research paper is to generate information in terms of effects of anxiety on health and well-being of the individuals. The individuals normally experience anxiety, when they are participating in any tasks or activities that are complicated. In order to overcome anxiety disorders, they need to take help and assistance from others or may implement measures on their own. When the individuals experience anxiety within the course of putting into operation tasks and activities, then the important factors are, they need to be well-prepared and possess efficient knowledge. When they are unable to put into operation the measures and approaches to overcome anxiety disorders, then it is recommended, they should not participate in such situations. For instance, if entering elevators causes anxiety disorders, then one may avoid entering them and make use of staircase. The individuals, who make provision of support and assistance include, family members, supervisors, instructors, colleagues, professional counsellors, medical practitioners and health care specialists. When anxiety and anxiety disorders are in a major form, then appropriate strategies and methods need to be put into operation to overcome them. The main areas that have been taken into account in this research paper are, understanding the meaning of anxiety and anxiety disorders, types of anxiety disorders, and causes of anxiety disorders.

**Keywords:** Activities, Anxiety, Anxiety Disorders, Apprehensiveness, Health, Situations, Tasks, Well-being

Anxiety is a normal and often regarded as a healthy emotion. When individuals feel disproportionate levels of anxiety, it turns into a mental disorder. Anxiety disorders form a category of the mental health diagnosis that leads to apprehensiveness, vulnerability, worry and fear. These disorders alter how the individuals are required to behave and react to different kinds of situations (Browne, 2020). When an individual is to participate in any task or activity, such as, an exam, interview, competition and so forth, then it is likely possible that he or she may experience anxiety. Anxiety is referred to the body’s natural response to stress or apprehension in terms of what is to take place. When the feeling of anxiety is extreme, last for the time period of more than six months, it is possible that the individuals may experience anxiety disorder. When the individuals are feeling anxious in terms of education or job, this type of anxiety is unpleasant, but it may motivate the individuals to focus on their job duties (Legg, 2018).

Anxiety disorders are referred to the most common forms of emotional disorders and can have an effect upon anybody of different age groups. Anxiety feels different depending upon the individuals experiencing it. Experiencing nightmares, panic attacks and painful thoughts are different ways in which individuals express anxiety. In the case of an anxiety disorder, the feelings of fear, apprehensiveness and vulnerability will be with the individuals all the time. It is intense and in some cases debilitating. When the individuals experience anxiety disorders, they do not take pleasure in tasks and activities that they enjoyed at particular point of time. Some of the examples of anxiety disorders are, the individuals feel apprehensive in entering the elevators, crossing streets, implementing certain tasks or communicating with other individuals. The individuals need to ensure that they take proper treatment to overcome anxiety disorders and prevent them from assuming a major form. Women are more likely to be diagnosed with anxiety disorders as compared to men (Legg, 2018).

**Understanding the Meaning of Anxiety and Anxiety Disorders**

Anxiety is experienced by individuals belonging to various age groups. But children experience them on a large scale as compared to adults. When the individuals have not participated in any activities before or have not carried out any tasks or functions before, it is likely possible that they will experience anxiety and anxiety disorder. In accordance to the research studies, the elderly individuals, who are above 70 years of age do not feel comfortable in making use of technologies. They may make use of them for leisure and recreational purposes, but they do not feel comfortable in making use of them to carry out other tasks and activities, such as, sending emails, paying bills and so forth. In order to carry out these tasks, they need to obtain help and support from others. In some cases, one may alleviate anxiety and anxiety disorders, but in other cases, they may not alleviate them and take help and support from others throughout their lives.

It is unfortunate that anxiety disorders are common. In accordance to the research studies, one in four adults have anxiety disorders in their lives. These disorders are regarded as one of the most common mental health problems in women as compared to men (Rector, Bourdeau, Kitchen & Joseph-Massiah, 2008). Men too experience anxiety disorders, but these are more common in women. These are regarded as major barriers within the course of implementation of various tasks and activities. These include, carrying out household responsibilities, travelling, learning, developing competencies and skills, using technologies and so forth. When the individuals experience anxiety in putting into operation various tasks and activities, one of the important measures that needs to be implemented to alleviate it is to be well-prepared. The individuals need to augment their knowledge and understanding in terms of various areas and develop confidence. Therefore, when one is well-prepared, the individuals will not only be able to overcome anxiety disorders, but also carry out their job duties well.

The individuals in most cases live with anxiety disorders for years, before they are diagnosed and treated (Rector, Bourdeau, Kitchen & Joseph-Massiah, 2008). When the individuals feel anxious in terms of acquisition of education, they either work diligently and conscientiously to acquire an efficient understanding of the lesson plans and academic concepts or they may change their subjects or they may even discontinue their education. On the other hand, when the individuals experience setbacks within the course of implementation of their job duties, they may either work diligently or provide solutions to their problems or they may change their jobs. But when the individuals experience phobia in terms of various objects or situations, then it is likely possible that they may not obtain treatment and these may continue for even long term time period. It is recommended that treatment should be obtained as soon as the phobias are identified. In this manner, they will not have detrimental effects upon the overall lives of the individuals.

Anxiety disorders provide description of the group of related mental illnesses (Learn about Anxiety Disorders, 2013). In most cases, when the individuals experience different forms of anxiety disorders, they impose impediments within the course of enriching one’s overall quality of lives. In most cases, individuals feel anxious before any particular tasks or situations. For instance, the individuals experience health problems as they age. When the individuals attain the age of 70 and above, they experience a decline in the vocabulary and usage of words. On the other hand, elderly individuals experience other health problems as well, such as, pain in the joints and in some cases, they are unable to carry out the activities of daily living, such as, eating, bathing, dressing, toileting and transferring, whereas, in other cases, they are not ambulatory. Therefore, when the individuals experience health problems and illnesses, they feel anxious and need support and assistance from others. Health problems can take place among individuals belonging to various age groups. Therefore, it can be stated, anxiety and anxiety disorders are usually prevalent among individuals with health problems and illnesses.

**Types of Anxiety Disorders**

The different types of anxiety disorders are generalized anxiety disorder, panic disorder with and without agoraphobia, agoraphobia, specific phobia, social phobia, obsessive compulsive disorder, post-traumatic stress disorder and co-occurring mental health problems. These are stated as follows: (What is an Anxiety Disorder? n.d.).

**Generalized Anxiety Disorder**

Generalized anxiety disorder is characterised by excessive, uncontrollable and unrealistic worry in terms of aspects such as, health, family, relationships, education, finances, employment and career. This is regarded as one of the severe disorders, which would have detrimental effects upon the overall lives of the individuals. The individuals belonging to all categories and backgrounds need to pay attention towards these aspects. All individuals aspire to achieve the best in terms of all these factors. Hence, when they experience any types of problems and challenges, they develop generalized anxiety disorder. Generalized anxiety disorder is developed, when the individuals experience severe problems and setbacks and aim to overcome them. When the individuals develop the generalized anxiety disorder, they feel like imposing harm upon their own-selves as well as their loved ones. They feel apprehensive and vulnerable to a major extent. Therefore, in order to promote good health and well-being, it is important for the individuals to put into operation the measures and approaches to prevent this disorder from assuming a major form. Seeking help and support from professional counsellors, experts, medical practitioners and health care specialists is regarded as one of the indispensable ways of curbing the generalized anxiety disorder and preventing it from assuming a major form.

**Panic Disorder with and Without Agoraphobia**

The individuals with this form of disorder experience panic attacks to a major extent. These are experienced in situations, in which most individuals will not experience any kind of vulnerability and apprehensiveness. In other words, when the situations and circumstances are not risky and hazardous and the individuals depict panic attacks, then these are not considered as normal. When this problem is experienced, immediate attention should be paid towards it. The panic attacks are accompanied by unpleasant physical symptoms of anxiety, such as a feeling as if the person is having a cardiac arrest. In addition, the individuals tend to lose their mental balance and this has detrimental effects upon their personality and overall quality of lives. In some cases, the individuals as well as others, i.e. their family members and caregivers feel that panic disorders with and without agoraphobia may prove to be fatal. In such cases, it is of utmost significance for the individuals to seek medical and health care treatment. Medical assistance is regarded to render a significant contribution in conveying to the individuals in terms of methods and approaches, which would be helpful in providing solution to this problem and enabling the individuals to live enriched lives.

**Agoraphobia**

Agoraphobia is not regarded as a specific disorder, but it is a component of the anxiety, which is characterised by the fear of being in places or situations from which it may be embarrassing and difficult to get away with and the fear that one will not be able to attain any help or assistance, when they will need it. The individuals need help and assistance in the implementation of various tasks and activities. When the tasks are important and they need to complete it within a particular time frame and need assistance from others and they feel that assistance will not be available on time, they experience agoraphobia. The individuals with agoraphobia in most cases, develop fear and apprehensiveness in various types of situations and places. The places include, marketplaces, stores, means of public transportation, and elevators. Whereas, situations can be within as well as outside the homes. In such cases, the individuals do not usually feel comfortable in the presence of some individuals, particularly the ones, who they find difficult to interact and deal with. Therefore, in order to promote good health and well-being, the individuals need to promote the company of amiable and friendly individuals and implement the measures and approaches to curb this form of disorder and prevent it from assuming a major form.

**Specific Phobia**

Everyone has some irrational fears. But phobias are regarded as intense fears in terms of particular situations or objects. When the individuals feel that certain objects, or things are interfering with their lives, they will develop specific phobia. These might include the fear of heights, water, animals, darkness, closed spaces, insects and so forth. The individuals are fine and normal when these specific objects or things are not present. They carry out their job duties and responsibilities appropriately and lead normal lives. But this type of anxiety disorder is experienced, particularly when the individuals experience objects or things that cause specific phobia. When the individuals observe or come across objects, insects, or animals or situations, which would cause anxiety disorder, they experience panic attacks. When the individuals get affected by phobias can go a long way to avoid these situations. In other words, it is lengthy and time consuming for the individuals to alleviate the effects of specific phobia. One of the important ways is to avoid situations, objects, insects or animals that causes specific phobia. Therefore, when measures are put into operation in an appropriate manner, one may alleviate the effects of specific phobia on their personalities and overall living standards.

**Social Phobia**

Social phobia is referred to as the strong and persistent fear of social as well as performance situations. The individuals fear that they will be scrutinized and negatively judged by others. Social phobia interferes in a significant manner with the overall living conditions. The reason being, the individuals normally cope with difficult situations by avoiding them or enduring them with distress. In some cases, the individuals do experience problems in their personality. These include, visual impairments, hearing impairments, speech disability, obesity, and so forth. When the individuals are obese in some cases, they do not feel comfortable in presenting themselves before others in different areas. But this is infrequent. As individuals do not let obesity to turn into a barrier in enhancing their career prospects. On the other hand, when the individuals experience visual impairments, hearing impairments, and speech disabilities, they normally undergo problems in communicating with others in a verbal and written form as well as in the implementation of tasks and functions. But these problems can be curbed and one can prevent them from turning into impediments. Therefore, it can be stated, the individuals can deal with this type of anxiety disorder with or without obtaining help from others.

**Obsessive Compulsive Disorder**

The obsessive compulsive disorder involves constant and unwanted thoughts and often results in the performance of rituals. The performance of rituals is in an attempt to control or alleviate persistent thoughts. The rituals are time consuming and interfere with the daily lives of the individuals. For instance, in some households, it is a principle that the individuals will not enter the kitchen without taking a bath, whereas, in some households, a particular time is set for the individuals to carry out ones tasks and activities, such as, watching television, sleeping, working out, having meals and so forth. When the individuals are required to carry out tasks and activities in accordance to the timings, in some cases, they experience an obsessive compulsive disorder. All individuals aspire to attain independence. All individuals aspire that they should be given the freedom to carry out their tasks and activities in accordance to their own timings. In accordance to the research studies, when the individuals experience this form of anxiety disorder, they are unable to communicate in terms of it with their friends and other individuals. Therefore, it can be stated, obsessive compulsive disorder has to be alleviated, so it does not have unfavourable effects upon the overall lives of the individuals.

**Post-Traumatic Stress Disorder**

Post-traumatic stress disorder is the disorder, which the individuals experience as a result of any calamitous situation. These include, war, accidents, death, setbacks in one’s career, loss of property and financial resources and so forth. This incidents have unfavourable effects upon the mind-sets as well as the overall lives of the individuals. Not all the individuals experience this type of disorder. The reason being, the individuals are different from each other in their personality traits. Hence, they have different ways of dealing with situations. The individuals with post-traumatic stress disorder find it difficult to cope with the effects of the traumatic event and it may last for long-term as well. In such cases, medical treatment is obtained. The medical practitioners and health care specialists have their own methods and ways of coping with problems and difficulties, which are caused due to post-traumatic stress disorder. But the individuals need to ensure that they abide by these methods and approaches in an appropriate manner to alleviate this anxiety disorder and prevent it from assuming a major form. Therefore, it can be stated, post-traumatic stress disorder needs to be analysed and when analysis has been conducted, measures need to be put into operation to alleviate it.

**Co-occurring Mental Health Problems**

When the individuals experience one anxiety disorder, they are likely to experience the other. For instance, when the individuals experience stress because they are unable to carry out their job duties in accordance to the expectations of their employers, then it is likely possible that they will feel depressed as well. On the other hand, when the students experience problems in acquiring an efficient understanding of the academic concepts, they will feel stressed as well as depressed. Hence, it can be stated, when the individuals experience problems and difficulties within the course of implementation of various types of tasks and activities, it causes stress as well as depression. But when the individuals form the viewpoint that they need to overcome the psychological problems of stress and depression and carry out their job duties in a well-organized manner, they put into operation the measures, approaches and strategies. In educational institutions and in employment settings, when the individuals form amiable and cordial terms and relationships with others, then they are able to obtain support and assistance in not only achieving the desired goals, but also in alleviating co-occurring mental health problems. Therefore, it can be stated, co-occurring mental health problems need to be checked and alleviated in a timely manner.

**Causes of Anxiety Disorders**

There are number of interrelated factors that are associated with the occurrence of anxiety disorders. The causes of particular disorders may differ and it is not all the time possible for the individuals to determine the causes of anxiety disorder in every case. When the individuals are performing a task or an activity for the first time, it is possible that they may experience anxiety. But when they experience anxiety within their own homes or with communicating as well as dealing with other individuals, including family members, then they are unable to determine the causes of anxiety disorders. The various causes of anxiety disorders are genetic factors, biochemical factors, temperament, learnt response and stress. These are stated as follows: (What is an Anxiety Disorder? n.d.).

**Genetic Factors**

It is comprehensively recognized that the tendency to develop anxiety disorders emerges from families. This is similar to a predisposition to other illnesses, such as, heart diseases, diabetes and so forth. The individuals may learn responses from parents as well as other family members. In one’s family, when the parents, siblings or any other immediate family member experiences anxiety disorders, then the individuals are also likely to develop anxiety disorders. The genetic factors are regarded as crucial in the development of anxiety disorders. The genetic factors that lead to the development of anxiety disorders are, generalized anxiety, separation anxiety, social phobia and panic attacks. Depression is one of the psychological problems that is not caused due to genetic factors. One of the unfavourable points which needs to be highlighted in the case of genetic factors is, the parents as well as other family members have not paid much attention that their problems should not get transmitted to their children. When the individuals experience anxiety disorders, as well as various types of psychological problems, it is of utmost significance for them to pay attention on an immediate basis and put into operation the measures and approaches to bring about improvements. Therefore, it can be stated, genetic factors is one of the primary causes of anxiety disorders.

**Biochemical Factors**

The biochemical factors are the ones, which establishes connections with the anxiety disorders. The neurotransmitters that regulates the feelings and physical reactions may be involved. There are neurotransmitters in the body that regulates the feelings, thoughts and physical reactions within the body. These are also regarded as one of the major causes of anxiety disorders. The neurotransmitters regulates positive as well as negative feelings. The positive feelings play an important part in leading to an increase in constructive feelings among individuals. The individuals in this manner develops an optimistic outlook towards life. On the other hand, negative feelings are considered to render an important contribution in enabling the individuals to develop a pessimistic outlook towards life. It is believed that some symptoms of psychiatric disorders are created by imbalances or inappropriate amounts of neurotransmitters. The neurotransmitter that is associated with anxiety disorder is termed as serotonin. This neurotransmitter has not only been associated with anxiety disorders, but also panic attacks. In addition to serotonin, GBA or gamma-aminobutyric acid has also been linked to anxiety. Therefore, the individuals need to ensure that they put into operation the biochemical factors in such a manner which would not cause any anxiety disorders. In other words, the biochemical factors need to be positive.

**Temperament**

The individuals with certain temperaments are more prone to anxiety disorders. The natures and attitudes of the individuals are regarded as important factors that enable the individuals to experience anxiety disorders. When the individuals from the stage of early childhood were shy and did not interact with others on a large scale, they are more likely to develop anxiety disorders, such as, social phobia. The natures, attitudes and behaviours of the individuals are responsible to a major extent to develop anxiety disorders. Hence, from the stage of early childhood, the individuals are trained to develop effective communication skills. When the individuals have a social circle, they are more likely to remain happy and pleasant, hence, they are less likely to develop anxiety disorders. On the other hand, when the individuals do not have a social circle, remain in seclusion and do not interact with others much, they are more likely to develop anxiety disorders. In other words, their temperament is formed in such a manner that they experience the psychological problems of anger, stress and frustration. When the individuals experience these problems, they are more likely to develop anxiety disorders. Therefore, it can be stated, temperament is one of the important causes of anxiety disorders.

**Learnt Response**

Normally all individuals get exposed to situations, objects, states, circumstances, positions that are upsetting and unpleasant. In some cases, the unpleasantness may be minor, whereas, in other cases, it may be in a major form. The individuals are different from each other in terms of various aspects, including caste, creed, race, ethnicity, religion, educational qualifications, occupation, personality traits and socio-economic background. In some cases, they cope up with unpleasant situations in a calm manner. Whereas, in other cases, they are unable to cope with them and develop psychological problems and anxiety disorders. When the psychological problems and anxiety disorders are in a major form, the individuals normally need to take support and assistance from others. These include, their family members, instructors, supervisors, counsellors and medical practitioners and health care specialists. On the other hand, when the anxiety disorders are in a minor form, the individuals put into operation the measures and strategies on their own to cope with them. When the individuals response to unpleasant situations, the response can be re-activated when one is experiencing or thinking in terms of the situation, individual or object. Therefore, it can be stated, learnt response is one of the important causes of anxiety disorders.

**Stress**

Stress is an integral part of the lives of the individuals. The individuals usually feel stressed in various areas and in putting into operation different tasks and activities. When the individuals are acquiring education, learning a skill, carrying out a household chore, purchasing items from the market, looking for employment opportunities, or carrying out job duties and so forth, when the work pressure is experienced to a major extent and the jobs are difficult, then it is likely possible that they may feel stressed. In some cases, stress is regarded as one of the major barriers within the course of implementation of tasks and activities in a satisfactory manner. When the individuals feel stressed within the course of implementation of tasks and activities, it impedes their concentration and they normally experience problems within the course of attainment of desired outcomes. The individuals, belonging to various age groups, categories, and backgrounds experience stress, but when they are determined towards the implementation of their job duties in an adequate manner, they develop the abilities to cope with stress. When the individuals learn to cope with stress in an appropriate manner, they are able to deal with anxiety disorders. Therefore, it is understood that stress is one of the indispensable causes of anxiety disorders.

**Conclusion**

Anxiety is a regular and often a vigorous emotion. When the individuals feel inconsistent levels of anxiety, it turns into a mental disorder. Anxiety disorders form a category of the mental health analysis that leads to apprehensiveness, vulnerability, uneasiness and distress. These disorders alter how the individuals are required to perform, act and respond to different kinds of situations. When the feelings of anxiety are extreme, last for the time period of more than six months, it is likely possible that the individuals may experience anxiety disorder. When the individuals are feeling anxious in terms of various aspects i.e. education or job, this type of anxiety is disagreeable, but it may motivate the individuals to focus on their job duties and responsibilities. Experiencing nightmares, panic attacks and painful thoughts are different ways in which individuals express anxiety. The different types of anxiety disorders are generalized anxiety disorder, panic disorder with and without agoraphobia, agoraphobia, specific phobia, social phobia, obsessive compulsive disorder, post-traumatic stress disorder and co-occurring mental health problems. The various causes of anxiety disorders are, genetic factors, biochemical factors, temperament, learnt response and stress. Finally, it can be stated, when the individuals experience anxiety disorders, they need to put into operation various methods and approaches to overcome them and prevent them from assuming a major form.

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