

Anxiety: Prevalence and associated factors among school students

Statement of the Problem: **Anxiety** is a mental state of uneasiness or distress that occurs in response to an unfavorable experience. The mental significant impact on their academic success and retention. If the students' anxiety persists, they may abandon their academic endeavors. It may also exacerbate their medical and psychological conditions, and if persists, it may impair their ability to work in the future. Anxiety is fairly common among school kids, and if left untreated, minor anxiety can grow stronger over time, negatively impacting a person's quality of life and wellness. Based on the above, we aim to determine the prevalence of anxiety and its associated factors among school students.

Methods

The prevalence and associated factors of anxiety among school students at Kashi Noble Academy in Siddharthanagar Municipality -12, Bhairahawa, Nepal were investigated by using a descriptive cross-sectional study design. 187 samples were collected under Non-probability purposive sampling strategies using a self-administered structured and semi-structured questionnaire along with the Modified Hamilton Anxiety Rating Scale.

Findings

Research findings revealed that 76.5% had mild, 18.7% had mild to moderate and 4.8 % had moderate to severe anxiety. There was a significant association between prevalence of anxiety and certain **socio-demographic variables**; Sex ($\chi^2=10.418$, $DF= 2$, $p<0.05$) and type of family ($\chi^2=2.812$, $DF= 2$, $p<0.05$).

Conclusion

Results concluded that Female students had a higher rate of anxiety particularly those who live in a **nuclear family** and also seen that who are under a lot of academic pressure. Recommendations are made to improve the lifestyle of students (enough rest, sleep, and exercise), schools must conduct mental health and well-being advancement programs and encourage them to participate in extracurricular activities.

Biography

Sanjay Kumar Sah is a third-year doctoral student at the Chongqing Medical University, Chongqing China, and studying basic medicine under Professor Ying Xing Wang. Before coming to Chongqing medical university he completed the three years of Post-graduation in Medical Anatomy (2010 to 2013) at Mahatma Gandhi University of Health Sciences, Mumbai, India. He has been a researcher and academician, besides holding several years of teaching experience to medical and nursing students at various universities deeply involved in the research activities.



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