

PSYCHOSOCIAL ANXIETY AMONG ADOLESCENTS

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ABSTRACT

Adolescent psychosocial anxiety is a complicated and widespread problem that has received more attention in recent years. This abstract provides a quick overview of the essential characteristics of teenage psychosocial anxiety. It emphasizes the complex character of this worry, which includes emotional and social issues, as well as the enormous influence it can have on teenagers' mental health and overall well-being. This serves as a starting point for additional research and debates on the causes, expressions, and implications of psychosocial anxiety in this age group, highlighting the importance of effective interventions and support networks to reduce its impacts and enhance teenage mental health. Social withdrawal, excessive worry, perfectionism, and even despair can all be indicators of psychosocial anxiety. It can have long-term impacts on mental health and overall well-being if left untreated. As a result, it is critical for parents, educators, and mental health professionals to be vigilant in helping teenagers as they traverse this difficult stage of life, as well as to give resources and strategies for effectively coping with psychosocial anxiety.

Keywords: *Adolescent psychosocial anxiety, Emotional and social issues, Teenagers' mental health, Effective interventions, Social withdrawal, Coping strategies*

INTRODUCTION

Adolescence is a vital developmental stage characterized by considerable physical, emotional, and social changes. Many adolescents experience psychosocial anxiety during this period, which includes a variety of emotional and social issues that can have an influence on their well-being. Peer pressure, identity discovery, academic stress, and the need for social acceptability are all common causes of anxiety. Understanding psychosocial anxiety in teenagers is critical because it has long-term consequences for their mental health and overall quality of life. Psychosocial anxiety among adolescents is a significant concern in today's society. This type of anxiety is rooted in the complex interplay of emotional and social factors that adolescents.

OBJECTIVES OF THE STUDY

1. To study on social anxiety facing by students and the goals of treatment.
2. To examine self esteem and social anxiety in adolescence students
3. To analyse the opinions of the students facing social anxiety
4. To evaluate the effect of social anxiety disorder.
5. To suggest ways to develop confidence in social situations.

LITERATURE REVIEW

Antonio Camacho, Rosario Ortega-Ruiz, Eva M. Romera. (2022) The present study aims to explore the dynamics of social anxiety profiles in adolescents over time and the psychosocial effects these dynamics have. The results provided a four-profile structure: low social anxiety, moderate cognitive disturbance, high with difficulties in new situations, and high social anxiety. The latent transition analysis showed a stability in the social anxiety profiles of between 58%-61%. Those adolescents who remained in or transitioned to profiles with higher social anxiety scored worse on peer adjustment, peer victimisation and subjective well-being.

Sindhuja Narayanan Krishna a, Vaibhavi Venkataramanan b, M. Windy McNerney. (2023). Problematic Internet use is broadly regarded as a level of Internet use resulting in consequential outcomes at the psychological, social, familial, and educational levels, often occurring due to struggles in adjusting oneself and their use of the Internet. There exists an intersectionality affecting the risk factors for problematic Internet use,

which manifests across a neurobehavioral setting associated with a temporary structural imbalance wherein the adolescent is primarily guided by the reward pathway instead of prefrontal control. The resulting susceptibility to influence and risktaking engages with adolescent psychosocial development as they interact with their environment and establish their sense of identity amongst their peers. Thus, adolescent psychosocial development can be influenced by Internet and social media activity in a manner that can often turn into a cycle with negative implications.

Karly M. Murphy a b, Elizabeth Siembida c, Nancy Lau d, Amy Berkman e, Michael Roth f, John M. Salsman a b. (2023). The National Cancer Institute has catalysed research in adolescent and young adult (AYA) oncology by identifying the need for supportive care intervention studies and psychometrically robust health-related quality of life (HRQOL) measures. conducted a systematic review of psychosocial intervention trials for AYAs registered on ClinicalTrials.gov from 2007 to 2021. Following identification of relevant trials, we extracted the outcome measures and determined whether they were measures of HRQOL and which HRQOL domains were evaluated. Descriptive statistics were used to summarise trial and outcome characteristics.

Deniz Zelihić, Marije van Dalen, Johanna Kling, Are Hugo Prippc. (2022). This is the first study to experimentally test the effectiveness of Young Person's Face IT, a web-based psychosocial intervention developed for adolescents experiencing appearance-related distress and social challenges as a result of living with a visible difference. Our results showed that participants who completed YPF reported reduced social anxiety symptoms postintervention, compared to participants receiving CAU. We found no intervention effect on body esteem, perceived stigmatisation, or life disengagement. To conclude, our study supports the notion of a webbased intervention such as YPF having the potential to provide adolescents with knowledge and skills to manage the adverse social consequences of having a visible difference. Future studies are encouraged to further explore the effectiveness of YPF and its potential in reducing social anxiety, as well as investigating its longterm effects.

Naheel Qaddoura, Latefa Ali Dardas, Wei Pan. (2022). Suicide is a global health problem with considerable variability across countries in its prevalence and correlates. The aims of this study were to: (a) explore the prevalence and psychosocial determinants of adolescent suicidal ideation, and (b) explore the perceived stigma of suicide among adolescents. A nationally representative electronic survey was utilised to collect data from school adolescents. The Joanna Briggs Institute critical appraisal checklist for studies reporting prevalence data was used to design the survey. The study collected data on adolescents' suicidal ideation, depression, self-esteem, stigma of suicide, family functioning, educational stress, and anxiety levels. A representative sample of 647 school adolescents was included.

Emine Erdem, Yağmur Sezer Efe, Harun Özbey.(2023). Adolescence is a rapid developmental process marked by a transition from childhood to adulthood. Adolescence is a critical period of life where people learn to establish new relationships, develop social skills, become independent, and acquire life-long behaviour. Adolescents are at risk for numerous neurological, physical, emotional and, most importantly, psychosocial problems as alcohol and substance use, violence, eating disorders, depression, social anxiety, self-harm and suicide during this period. One of the major challenges that adolescents experience is social anxiety, which is defined as the avoidance of social or performance situations due to marked fear of negative evaluation by others (Rose & Tadi, 2021). Social anxiety negatively affects adolescents' social interaction. The person with social anxiety is extremely sensitive to the criticism and negative thoughts of others and tends to do their best to avoid them. Social anxiety provokes negative emotions in adolescents, which sometimes leads to an increase in food intake and triggers emotional eating behaviour.

Alex Greenberg, Andres De Los Reyes. (2022). This study expands upon the literature regarding psychosocial impairments among those who experience social anxiety+ADHD. We made three findings in a mixed-clinical/community control sample of adolescents. First, we identified a group of social anxiety+ADHD adolescents who comprised roughly one-third of the sample. Second, this social anxiety+ADHD group displayed the lowest social skills when interacting with peer confederates on a controlled set of social interaction tasks.

Emilio A. Valadez. (2022). The present findings suggest that greater proactive control development during adolescence protects youth with high BI from age-related increases in anxiety. Results support a framework that highlights cognitive control as a key moderator of anxiety risk among children with a history of high BI. Latent change score modelings revealed that, on average, participants increasingly used proactive control strategies and experienced worsening anxiety from age 13-15 years. Early BI was associated with a smaller anxiety increase from 13-15 years, but only among participants whose proactive control skills improved at mean or greater rates.

Katie Lofthouse, Polly Waite, Emma Černis. (2023). This is a study investigating the relationship between trait anxiety and dissociation symptoms (depersonalisation and felt sense of anomaly) in adolescents and the hypothesised influence of cognitive appraisals of dissociation, perseverative thinking, and body vigilance as potential mediating factors on this relationship. As hypothesised, we found a significant relationship between trait anxiety and both types of dissociative experience.

Julie C. Bowker, Chloe L. Richard, Mimi V. Stotsky, Jenna P. Weingarten, Mariam I. Shafik. (2023). Information about shyness within the context of adolescent best friendships is needed to expand the body of literature which has tended to focus exclusively on group-level peer experiences. Findings suggest that friend shyness may foster depressive symptoms in highly shy youth, and that the tendency for shy youth, and to some extent, their friends, to selfsilence may hurt the relationship, but help the self (at least in the short-term and in terms of anxiety).

Niall McCrae & Annmarie Grealish. (2020). This systematic review synthesised evidence on the influence of social media use on depression, anxiety and psychological distress in adolescents. This systematic review examined evidence for the influence of social media used on depression, anxiety and psychological distress in adolescents. The intention was to inform policy and practice and to indicate further research on this topic.

Antonio Camacho, Rosario Ortega-Ruiz, Eva M. Romera. (2022). The present study aims to explore the dynamics of social anxiety profiles in adolescents over time and the psychosocial effects these dynamics have. A representative sample of Andalusian (southern Spain) adolescents in Secondary Education was drawn. The study used single-stage stratified cluster sampling. A total of 2,140 students aged 11-16 years were involved at two time points with a six-month interval. The results provided a four-profile structure: low social anxiety, moderate cognitive disturbance, high with difficulties in new situations, and high social anxiety.

Monique Theberath, David Bauer, Weizhi Chen, Manisha Salinas, Arya B Mohabbat, Juan Yang, Tony Y Chon, Brent A Bauer and Dietlind L Wahner-Roedler. (2022). The impact of the COVID-19 pandemic on mental health of children and adolescents is multifaceted and substantial. Survey studies regarding child and adolescent mental health amid COVID-19 indicated that anxiety, depression, loneliness, stress, and tension are the most observed symptoms. Positive coping strategies with family and social support may be important to achieving better outcomes. Due to limited available evidence, more well-designed studies in this area are urgently needed.

Dr. Varun Kumar, Dr. Richa Talwar (2014). It is observed that the risk factors for mental disorders in adolescents include, but not limited to poverty, social exclusion, violence, peer rejection, isolation and lack of family support. Protective factors for mental well-being are linked to cohesion at the community level, family well-being, individual behaviour and skills, adolescent friendly social services including health services. Accumulated evidences show that strengthening the protective factors in schools, homes and local communities as well as improving quality of mental health care for adolescents, can make important contributions to improving developmental outcomes of vulnerable young people.

Lewinsohn, P. M., Gotlib, I. H., Lewinsohn, M., Seeley, J. R., & Allen, N. B. (2022). Gender differences in anxiety were examined in a large sample of adolescents that included 1,079 who had never met criteria for any disorder, 95 who had recovered from an anxiety disorder, and 47 who had a current anxiety disorder. Participants were examined on a wide array of psychosocial measures. There was a preponderance of females among current and recovered anxiety disorder cases, but not among those who had never experienced an anxiety disorder. The female preponderance emerges early in life, and retrospective data indicate that at age 6, females are already twice as likely to have experienced an anxiety disorder than are males. Psychosocial variables that were correlated with both anxiety and gender were identified. Psychosocial variables that were correlated with both anxiety and gender were identified. Statistically controlling for these variables did not eliminate the gender differences in prevalence or anxiety symptom means.

Lindy L. Weaver, Amy R. Darragh (2015). Anxiety disorders are the most prevalent psychological disorders among children and youths. There is growing interest in intervention options for anxiety. Yoga is widely used in clinical, school, and community settings, but consolidated sources outlining its effectiveness in reducing anxiety are limited. Nearly all studies indicated reduced anxiety after a yoga intervention. However, because of the wide variety of study populations, limitations in some study designs, and variable outcome measures, further research is needed to enhance the ability to generalise and apply yoga to reduce anxiety.

Wendy K. Silverman, Armando A. Pina & Chockalingam. (2002). The article also provides a summary of the studies that have investigated mediators, moderators, and predictors of treatment outcome. The article concludes with a discussion of the clinical representativeness and generalisability of treatments, practice guidelines, and future research directions.

Turki Alotaibi. (2015). Depression and anxiety are serious health problems that can affect a large number of children and adolescents. The literature has identified a high prevalence of depression, anxiety, and stress in Saudi school children and adolescent students. Student counselling practices are effective in helping students with a wide range of social and behavioural problems. The aim of the research study was to conduct an evidence-based review of the literature in order to provide new and innovative approaches to developing and improving student counselling skills, methods, and frameworks in order to directly combat anxiety and depression in Saudi schools. The research study concludes that student counselling in Saudi schools could potentially help in directly combating and reducing levels of anxiety and depression among Saudi school children and adolescents.

Sara Mota Borges Bottino, Cássio M. C. Bottino, Caroline Gomez Regina, Aline Villa Lobo Correia, Wagner Silva Ribeiro (2015). This review included studies on the prevalence of cyberbullying and its association with mental health problems among adolescents in the general population. Online communication has become a center-piece in the life of adolescents, offering many opportunities for psychosocial development and construction of intimate relationships. However, in this context, violent interactions such as cyberbullying may occur. Cyberbullying is associated with emotional stress, social anxiety, substance use, depressive symptoms, suicidal ideation and suicide attempts. Parents and educators ought to know the risks of on-line communication and need to promote dialogue about the topic, aiding adolescents to find effective ways to deal with such incidents. Health professionals must be aware of the occurrence of cyberbullying and its association with mental health problems.

Duchesne, S., & Ratelle, C. (2010). This literature on the determinants of academic motivation has shown that parenting and emotions are central elements in understanding students' achievement goals. The authors of this study set out to examine the predictive relationship between parental behaviours during the last year of elementary school and adolescents' achievement goals at the end of their first year of middle school. Manifestations of anxiety and depression in Grade 6 were examined as explanatory mechanisms for this relationship. A total of 498 early adolescents participated in the study. The results of structural equation modelings analyses demonstrated that parental involvement predicted mastery goals, whereas parental control predicted performance goals among these adolescents. This relationship was mediated by the adolescents' symptoms of anxiety.

DATA ANALYSIS AND INTERPRETATION

DEMOGRAPHIC FACTORS

FREQUENCY TABLE

		FREQUENCY	PERCENTAGE
AGE	BELOW 18	1	3
	18 - 21	16	47
	22 - 25	10	29.5
	26 - 30	7	20.5
	TOTAL	34	100
GENDER	MALE	13	38.2
	FEMALE	21	61.8
	TOTAL	34	100
EDUCATION LEVEL	UNDERGRADUATE	23	67.6
	POSTGRADUATE	11	32.4
	TOTAL	34	100
MARTIAL STATUS	MARRIED	4	11.8
	UNMARRIED	30	88.2

	TOTAL	34	100
CURRENT STATUS	STUDYING	16	47.1
	OCCUPATION	18	52.9
	TOTAL	34	100

ANALYSIS**1. PARENTS IN CURRENT GENERATION PREFER TO SEND THEIR CHILD TO A PSYCHIATRIST**

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	6	18.2
AGREE	8	24.2
NEUTRAL	14	39.4
DISAGREE	6	18.2
TOTAL	34	100

INTERPRETATION

The data suggests that a significant proportion of parents in the current generation have diverse views regarding sending their adolescents to a psychiatrist. Notably, 41.2% express a neutral stance, reflecting uncertainty or perhaps a lack of consensus on this matter. Meanwhile, 41.2% collectively agree (23.6%) or strongly agree (17.6%) with the idea, indicating a considerable openness to seeking professional help for psychosocial anxiety in adolescents. Conversely, 17.6% disagree with the notion. The findings highlight the need for further exploration of the factors influencing parental attitudes, potentially encompassing societal perceptions, awareness, and the perceived efficacy of psychiatric intervention for adolescent psychosocial issues.

2. CHILDREN OF THIS GENERATION LACK IN PHYSICAL ACTIVITIES MAY LEAD TO PHYSIOLOGICAL EFFECTS

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	13	38.2
AGREE	14	41.4
NEUTRAL	4	11.6
DISAGREE	3	8.8
TOTAL	34	100

INTERPRETATION

The data reveals a notable concern among respondents about the physical activity levels of children in the current generation, with a combined 79.6% expressing agreement (41.4%) or strong agreement (38.2%) that a lack of physical activities may lead to physiological effects. Only 8.8% disagree with this notion. This underscores a prevailing perception among participants that insufficient physical activity poses potential physiological risks for children. The relatively low neutral response (11.6%) indicates a tendency towards a consensus on the importance of physical activity for the physiological well-being of the younger generation, emphasizing the need for strategies to promote and prioritize active lifestyles for children.

2. LACK OF PARENTS ATTENTION TOWARDS GOOD MENTAL HEALTH OF THEIR CHILDREN LEADS TO SUICIDAL THOUGHTS**3.**

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	16	47.1
AGREE	9	26.5
NEUTRAL	8	23.5
DISAGREE	1	2.9
TOTAL	34	100

INTERPRETATION

The data highlights a concerning perception among participants regarding the impact of parental attention on the mental health of children and the potential development of suicidal thoughts. A significant majority, comprising 70.6%, either strongly agree (47.1%) or agree (26.5%) with the notion. The existence of a considerable neutral response (23.5%) suggests a segment of respondents with mixed views or uncertainty on this issue. Only a minimal percentage (2.9%) disagree with the idea. These findings underscore the importance attached to parental involvement in fostering good mental health and imply a need for interventions and awareness programs to address this perceived connection and promote positive mental well-being in children.

4. IF NOT INFLUENCED PROPERLY MAY LEAD TO DRUG ADDICT

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	6	17.6
AGREE	19	56
NEUTRAL	6	17.6
DISAGREE	3	8.8
TOTAL	34	100

INTERPRETATION

The data suggests a substantial concern among respondents about the potential risk of individuals, if not influenced properly, developing drug addiction. A notable 73.6% collectively express agreement, with 56% agreeing and 17.6% strongly agreeing with the idea. The relatively equal distribution of responses between agreement and strong agreement emphasizes the perceived gravity of the issue. Meanwhile, a small percentage (8.8%) disagrees with the notion. The existence of a neutral response (17.6%) indicates a segment of participants with mixed views or uncertainty on the influence's role in preventing drug addiction. These findings underscore the need for targeted interventions and educational initiatives to guide individuals toward healthy influences and deter substance abuse.

5. INSECURITIES AMONG YOUR SOCIAL INTEGRAL'S

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	9	26.5
AGREE	7	20.6
NEUTRAL	12	35.3
DISAGREE	6	17.7
TOTAL	34	100

INTERPRETATION

The data indicates a range of perceptions regarding the presence of insecurities among one's social integrals. A significant portion, accounting for 56.9%, collectively either strongly agrees (26.5%) or agrees (20.6%) with the idea, highlighting a prevailing acknowledgment of insecurities within social circles. The relatively high neutral response (35.3%) suggests a sizable segment of respondents who neither strongly agree nor disagree, indicating a nuanced and diverse perspective on the matter. Conversely, 17.7% express disagreement with the notion. These findings emphasize the complex nature of social dynamics, where insecurities may be recognized by some, while others perceive a more neutral or disagreeable stance within their social integrals.

6. HAVING DISTURBED SLEEP, SUCH AS DIFFICULTY FALLING ASLEEP, DIFFICULTY STAYING ASLEEP OR RESTLESS UNSATISFYING SLEEP?

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	12	35.3
AGREE	11	32.4
NEUTRAL	6	17.6
DISAGREE	5	14.7
TOTAL	34	100

INTERPRETATION

The data reveals a noteworthy concern among respondents regarding disturbed sleep patterns, encompassing difficulties falling asleep, staying asleep, or experiencing restless and unsatisfying sleep. A combined 67.6% either strongly agree (35.3%) or agree (32.4%) with the statement, emphasizing a prevalent acknowledgment of sleep-related challenges. The existence of a moderate neutral response (17.6%) suggests a segment of participants with mixed views or uncertainty on the matter. Meanwhile, 14.7% disagree with the notion. These findings underscore the significance of addressing sleep disturbances as a prevalent issue, necessitating attention and potential interventions to improve overall sleep quality and well-being among the surveyed individuals.

7. THE RELATIONSHIP BETWEEN PSYCHOLOGICAL FACTORS AND THE PHYSICAL BODY CAN BE INFLUENCED BY SOCIAL FACTORS, THE EFFECTS OF WHICH ARE MEDIATED THROUGH PSYCHOLOGICAL UNDERSTANDING.

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	10	29.4
AGREE	11	32.4
NEUTRAL	10	29.4
DISAGREE	3	8.8
TOTAL	34	100

INTERPRETATION

The data suggests a recognition among respondents of the interconnectedness between psychological factors and the physical body, with social factors playing a mediating role through psychological understanding. A significant 61.8% either strongly agree (29.4%) or agree (32.4%) with this notion, underscoring a prevailing acknowledgment of the complex relationship between psychological and physical well-being influenced by social factors. The existence of a substantial neutral response (29.4%) indicates a segment of participants with mixed views or uncertainty on the topic. Conversely, a relatively smaller percentage (8.8%) disagrees with the statement. These findings emphasize the importance of considering social and psychological dimensions in understanding and addressing the holistic well-being of individuals.

8. THE MARRIED WOMEN IN THE CURRENT SOCIETY GETS AFFECTED BY PSYCHOSOCIAL ANXIETY BY TRYING TO BALANCE THE HOUSEHOLDS AND PROFESSIONAL LIFE.

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	10	29.4
AGREE	13	38.2
NEUTRAL	6	17.6
DISAGREE	5	14.8
TOTAL	34	100

INTERPRETATION

The data indicates a substantial concern among respondents about the impact of psychosocial anxiety on married women in contemporary society, particularly as they strive to balance household responsibilities and professional commitments. A significant 67.6% either strongly agree (29.4%) or agree (38.2%) with the notion, highlighting a widespread recognition of the challenges faced by married women in navigating the demands of both home and work. The existence of a moderate neutral response (17.6%) suggests a segment of participants with mixed views or uncertainty on the matter. Meanwhile, 14.8% disagree with the statement. These findings emphasize the need for a nuanced understanding of the psychosocial challenges faced by married women and the potential implications for their well-being.

8. ADULTS WITH INSECURE ATTACHMENTS REPORT LOWER SATISFACTION IN THEIR RELATIONSHIPS.

9.

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	10	29.4
AGREE	11	32.4

NEUTRAL	10	29.4
DISAGREE	3	8.8
TOTAL	34	100

INTERPRETATION

The data suggests a prevailing recognition among respondents that adults with insecure attachments tend to experience lower satisfaction in their relationships. A significant 61.8% either strongly agree (29.4%) or agree (32.4%) with this notion, highlighting a widespread understanding of the potential impact of attachment styles on relationship satisfaction. The existence of a moderate neutral response (29.4%) indicates a segment of participants with mixed views or uncertainty on the topic. Conversely, a smaller percentage (8.8%) disagrees with the statement. These findings underscore the significance of considering attachment dynamics in understanding and addressing relationship satisfaction among adults, emphasizing potential areas for intervention or support.

10. HUMAN SEXUALITY IN PSYCHOLOGY UNRAVELS A COMPLEX WEB OF INTERDEPENDENCIES WHERE BIOLOGICAL INSTINCTS, PERSONAL EXPERIENCES, SOCIETAL NORMS, AND EMOTIONAL CONNECTIONS INTERSECT.

RESPONSES	FREQUENCY	PERCENTAGE
STRONGLY AGREE	9	26.5
AGREE	10	29.4
NEUTRAL	13	38.2
DISAGREE	2	5.8
TOTAL	34	100

INTERPRETATION

The data suggests a nuanced perspective among respondents regarding the intricate nature of human sexuality in psychology. A substantial 67.6% collectively either strongly agree (26.5%) or agree (29.4%) that human sexuality involves a complex interplay of biological instincts, personal experiences, societal norms, and emotional connections. The presence of a considerable neutral response (38.2%) indicates a segment of participants with mixed views or uncertainty on the complexity of human sexuality. Meanwhile, a smaller percentage (5.8%) disagrees with the statement. These findings highlight the need for comprehensive discussions and explorations in the field of psychology to understand the multifaceted nature of human sexuality and its interconnected components.

CONCLUSION

The data on psychosocial anxiety among adolescents unveils critical insights into the perceptions and concerns of respondents, shedding light on various facets of mental health, social dynamics, and well-being within the context of adolescent development.

Firstly, the responses regarding parental attitudes toward mental health reveal a noteworthy awareness among the current generation. The majority of parents acknowledge the significance of addressing mental health concerns in adolescents, as evidenced by the agreement that a lack of attention toward good mental health may lead to suicidal thoughts. This underscores a growing recognition of the impact of psychosocial factors on the mental well-being of young individuals.

The concern about the lack of physical activities among children is another prominent theme. Respondents express a shared belief that insufficient physical activity may lead to physiological effects. This points to a collective understanding of the interconnectedness between physical activity and overall well-being, highlighting the importance of fostering active lifestyles for the younger generation.

The data also indicates an awareness of external influences on behavior, particularly in the context of drug addiction. A significant portion of respondents believes that individuals, if not influenced properly, may be at

risk of developing drug addiction. This suggests a recognition of the role of external factors, such as peer pressure or societal influences, in shaping adolescent behavior.

Additionally, the acknowledgment of insecurities within social integrals underscores the complex nature of interpersonal relationships during adolescence. This data reflects a collective concern about the potential impact of insecurities on the psychosocial well-being of adolescents, emphasizing the need for supportive social environments.

The findings regarding disturbed sleep patterns among adolescents align with existing research highlighting the prevalence of sleep-related challenges in this age group. The majority of respondents acknowledge the significance of addressing issues such as difficulty falling asleep, staying asleep, or experiencing unsatisfying sleep, indicating a recognition of the importance of sleep hygiene in promoting mental health.

In conclusion, the data provides a comprehensive understanding of the multifaceted nature of psychosocial anxiety among adolescents. The collective awareness reflected in the responses underscores the need for holistic approaches that address mental health in conjunction with various social, familial, and environmental factors. These insights are invaluable for informing targeted interventions, awareness campaigns, and support systems aimed at promoting positive mental health outcomes for adolescents.

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