

**THE EXPERIMENTAL APPROACH OF ANXIETY IN EARLY SCHOOL AGE STUDENTS**

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The article includes the results of an experimental study of anxiety in young school-age students. To discover the levels of manifestation and the specifics of anxiety in school-age students, we applied the following tests and scales: the projective test "CCO", the test for studying self-esteem, the anxiety test R. Temml, M. Dorc and V. Amen. In the result, we highlighted that many students register a moderate and high level of anxiety.

The issue of anxiety in contemporary psychology requires a multidisciplinary and holistic approach, and stigmatization efforts are crucial to promoting a more comprehensive understanding of anxiety and improving mental health outcomes. Common features of anxious experiences in young school-age students are separation anxiety; social anxiety, academic performance anxiety, perfectionism, fear of teacher or authority figures, physical symptoms, avoidance behaviours, test and performance anxiety, safety concerns, difficulty concentrating, behavioural changes, and need for reassurance. Understanding these characteristics can help educators, parents, and mental health professionals identify and support young school-age children experiencing anxiety. Early intervention and a supportive environment can play a crucial role in helping these students develop healthy coping mechanisms and resilience.

**Keywords:** anxiety, school anxiety, self-esteem, first graders.