

UDC: 159.9

THE PARTICULARS OF MANIFESTING ANXIETY IN CHILDREN

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The results of contemporary researchers indicate an increase in the number of anxious children, who are characterized by increased restlessness, lack of confidence in their own strength, emotional instability. The work is dedicated to the study of the particularities of the manifestation of anxiety. The basic ideas are described in the following sections: The nature and genesis of anxiety in children. The specifics of the manifestation of anxiety in first grade students. The impact of anxiety on the child's activity and personality.

There are a multitude of factors that cause anxiety, including: genetic, environmental, developmental, personality, cognitive, social, technology and media, school-related stressors, and health factors. Regarding the impact of parent-child relationships on the development of anxiety in children, we can mention that everything that disturbs the feeling of protection of the child in the family contributes to the appearance and fixation of anxiety in children, which limits the child's social experience, being forced to focus only on family. In the conditions of children being in educational institutions, anxiety can be caused by the particularities of the pedagogue-child interaction, when the authoritarian style of

communication prevails and the inconsistency in advancing requirements and assessments, when there are unfavorable relationships, conflicts, and pedagogues are brutal towards children. The lack of tact on the part of pedagogues deeply hurts children, children feel helpless, deprived of the possibility to fight back and defend themselves, they have a low level of effectiveness. Re-actualization of psychological traumas, feelings of incompetence, helplessness, low self-esteem, stimulate in children the increase in the level of anxiety and the reaction of avoidance, which prevents them from achieving success. It is important to note that every child is unique and the manifestation of anxiety can vary. Early detection and intervention are crucial. If you suspect a child is experiencing anxiety, it is recommended to consult a mental health professional for a comprehensive evaluation and appropriate support.

Keywords: anxiety, school anxiety, student, child, personality.