Study of Separation Anxiety on Adolescents

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***Abstract*—Adolescents frequently feel separation anxiety as they make the journey from infancy to adulthood. A strong fear of being alone or of losing a close friend or loved one is its defining feature. Simple events like leaving home to go to school or more complicated ones like being away for an extended period of time due to a sickness or travel might cause this dread to surface. Separation anxiety can cause psychological symptoms like worry, rumination, and panic as well as physiological signs like a faster heartbeat and tense muscles. It may also cause avoidance behaviours, including clinging to a parent or other important person or refusing to leave the house.**

***Index Terms*—adolescents, separation anxiety. psychological, parent.**

I. INTRODUCTION

When someone is separated from a person or item with whom they have developed a deep emotional relationship, is known as separation anxiety it is a frequent psychological condition that people feel. It is a typical developmental process that takes place in the first few years of life and a fundamental aspect of how people behave. However, if this separate sensation worsens, it can cause a number of psychological and physical issues. Studies have discovered that separation anxiety can arise due to a number of causes, such as genetics, early life experiences, and environmental influences. Although it is typically associated with children, it can also occur to adults in certain situations. A variety of symptoms, including sadness, trouble focusing, and anger, can occur from separation anxiety, which can be brought on by either physical or emotional separation. In severe circumstances, it may cause physical disease and panic episodes. Understanding the anxiety's underlying cause and learning practical coping mechanisms are crucial for managing separation anxiety.

. Adolescence is a time of significant growth and change. Adolescents could feel a variety of emotions, including anxiety, as they make the journey from childhood to maturity. Separation anxiety is one sort of anxiety that many teenagers face. A typical, developmentally acceptable response to the physical and emotional changes of adolescence is separation anxiety. Separation anxiety, however, may be a sign of a more significant mental health issue if it manifests itself excessively and interferes with regular tasks.

In teenagers, separation anxiety is a common developmental stage. When a teen is removed from home or from individuals they are attached to, they experience dread and concern. This kind of anxiety can be brought on by a variety of situations, such as beginning a new school, travelling, or even just being absent from a loved one. It is a typical reaction to the changes teenagers go through as they enter adulthood. Fear of being away from home, fear of parting with loved ones, fear of being alone yourself, or fear of the unknown can all be symptoms of separation anxiety. Physical symptoms like headaches, stomach-aches, or trouble sleeping

may also be present. When adolescents try to isolate themselves from their family or friends, they could feel guilty or distressed. Separation anxiety is a common symptom of adolescence, but it's vital to understand that it can also indicate a deeper mental health condition. Therefore, if separation anxiety is significantly distressing you and interfering with your everyday life, it's crucial to get support from a mental health expert.

It's crucial to study teenage separation anxiety because it can help us better understand how young people cope with the challenges of growing up and transitioning into adulthood. Separation anxiety can cause significant distress and interfere with day-to-day functioning, so it is essential to understand how to address and manage it in order to ensure that teens are supported and able to reach their full potential. Additionally, understanding the factors that may

contribute to separation anxiety can help us create better interventions and support for teens who are struggling with this issue. The incidence and causes of separation anxiety, as well as various therapies and interventions, will all be reviewed in this paper.

II. REVIEW OF LITERATURE

Researchers Figueroa et al. (2012) identify SAD (Separation Anxiety Disorder) as an unusual reaction to real or imagined separation from attachment figures that significantly impairs day- to-day functioning and developmental activities. The anxiety must meet the DSM-IV-R diagnostic criteria, which state that it must start before the age of 18, last longer than four weeks, could cause a significant amount of discomfort or impairment, and be more severe than would be anticipated given the child's developmental stage (American Psychiatric Association, 2000). SAD is been investigated as a potential risk factor for adult mental disorders, such as panic disorder as well as other detrimental psychosocial consequences. It can also cause significant suffering and disability. Despite this, the condition has not been well researched, and children are typically not evaluated professionally until SAD causes school refusal or obvious somatic symptoms. Psychotherapy and medicines are excellent therapies that are readily available. It is seen that how SAD was presented in a variety of clinical ways. A large amount of anxiety or excessive and irrational anxieties experienced upon being separated from attachment figures (often parents) or the house are the cardinal symptom.(2000) (American Psychiatric Association). Three main features of separation anxiety disorder include: Excessive and on going anxiety both before and after a separation. Before, during, and after the separation, there may be behavioural and physical symptoms. There may also be persistent avoidance of or attempts to flee from the separation scenario.

Hanna et al (2016) examined the effects of separation anxiety disorder and school refusal on kids and teens., they clinically observed the hints as an unpredictable outcome. It was seen that many kids recover fully without any visible side effects. Other kids experience lengthy stretches without noticeable symptoms, punctuated with occasional aggravations or unexpected recurrences School refusal and separation anxiety disorder (SAD) may have a big influence on kids and teenagers. SAD and school rejection can have a wide range of negative mental health implications, such as poor self-esteem, social isolation, and depression. SAD

and school rejection can also have negative consequences, such as inadequate academic achievement and lost opportunities for social interaction with peers. When separated from their parents or carers, children and teenagers with SAD may suffer excessive dread and concern, which causes them to avoid necessary activities like attending school. As a result, individuals can pass up crucial social and intellectual opportunities. Additionally, skipping school might result in truancy, which may have legal repercussions for both the student and their parents.

Additionally, since the anxiety can make it challenging for them to feel at ease in social circumstances, kids and teenagers with SAD may have trouble making and maintaining friendships. This may result in feelings of exclusion, loneliness, and estrangement from their peers. Finally it was seen that because of the severe effects that SAD and school refusal may have on a child or teen's life, both disorders may make them more vulnerable to developing other mental health problems, such sadness and anxiety.

Haring et al (2002) in their journal a study was conducted on “The association between parental separation anxiety and teenage identity development was examined in a longitudinal study of first-year college students and seniors”. Studies have shown that moms' ability to give their adolescent a safe platform from which to explore appears to promote the teenager's accomplishment of identity (exploration and commitment). Studies have shown that moms' ability to give their adolescent a safe platform from which to explore appears to promote the teenager's accomplishment of identity (exploration and commitment). The ability of girls (and sons) to independently investigate and commit to identity problems appears to be enhanced by mothers' readiness to give a solid basis. However, it does not seem that fathers' satisfaction in providing a safe foundation has an effect on identity formation. The worry of mothers over their children's withdrawal also doesn't seem to have an effect on identity formation. On the other hand, it does seem that fathers' concerns

about distance have an effect on identity formation. The likelihood of a daughter filing for foreclosure increased, but the likelihood of a boy filing for foreclosure reduced, when dads were worried about their children drifting apart. In any event, father concern tends to hinder her capacity to independently investigate and commit to identity issues. When a father worries about a daughter's distance, the daughter may see this as a sign of greater connectivity. In their research, these researchers did not, however, account for parent gender.

Hock et al (2001) in their study parents told how, their children's growing independence and looming departure, teenage parents commonly deal with concerns associated to separation. The objectives of this study were to (1) create a valid and reliable measure of parental separation anxiety, and (2) validate the measure by contrasting it with other characteristics of mothers, fathers, and their adolescent children, such as the strength of the attachment relationship, parent-child communication, and parent-adolescent differentiation. Children of parents with higher AAD scores reported lower quality attachment to both their mothers and fathers, and healthy adult attachment patterns were connected to lower AAD and higher CSBR scores, according to parent assessments.

Dabkowska et al (2011), each aspect that might impact a child's or adolescent's separation anxiety was covered in this article. Separation anxiety disorders are influenced by a complex interplay of environmental, genetic, psychopathological, social, and environmental variables (SAD). Since the liability threshold for SAD is higher in males than in women and rises with age, people who are younger have a greater chance of acquiring it than those who are older Children with nervous parents are more prone than their non-anxious classmates to have the early onset of anxiety disorders. The same issues with the parent may be the cause of separation anxiety disorders in youngsters. According to certain research, girls are far more prone than boys to experience SAD. Gender, colour, and ethnicity are not believed to be major predictors of separation anxiety disorder, despite the fact that girls experience anxiety disorders more commonly than boys. Children who are apprehensive display more severe and frequent negative emotional reactions than control groups. The vigilance-avoidance attention pattern is similar to how scared children and adults first concentrate more on threatening pictures. Children and teens with anxiety disorders may have a variety of temperaments and dispositions, according to diagnostic classifications. In contrast to other anxiety diagnoses, separation anxiety disorder was not linked to any temperamental or personality traits. Overly protective, overly controlling, and critical parenting techniques that restrict the development of autonomy and mastery may be linked to anxiety disorders. Later anxiety and grief may be positively correlated with parental rejection and control.

Lewinsohn et al (2008) their article their aim was to determine the degree to which childhood separation anxiety disorder (SAD) increases the likelihood of psychopathology developing in young adults . . They found that SAD was a significant risk factor for the onset of mental disorders in adolescents. The greatest risks were anxiety and depression and depression. Conclusions: Because SAD increases a young adult's sensitivity to mental illnesses, SAD should be recognised by professionals, and SAD in children and adolescents should be treated. Future research should examine if delivering a preventive intervention throughout infancy and adolescence and/or effective SAD therapy reduces the chance of developing psychopathology.

Mohammadi et al (2020) , One of the most common anxiety disorders is separation anxiety disorder. Understanding this disorder's comorbidity and prevalence in each area is essential given how this illness affects children's and teens' academic performance. This study was conducted cross-sectionally and analytically in all of Iran's provinces. Children with separation anxiety disorder were more likely to have mothers who had had treatment or hospitalisation for mental illness in the past. Most of the comorbidity between separation anxiety disorder and other mental diseases is caused by specific phobias and behaviour problems, which frequently co-occur. Additionally, smoking, drunkenness, and mental problems have the most statistically significant connections with this disease among older age groups of youth. Between the ages of 6 and 9 is when separation anxiety disorder affects kids more

commonly, which emphasises the necessity for screening programmes that focus on kids and teenagers to catch this condition early on.

Ferdinand et al (2005) studied that, Substantial comorbidity rates have supposedly been observed, and there is significant overlap between separation anxiety and social phobia. They were successful in identifying an individual or a group who had high levels of social anxiety and low or moderate symptoms, but they were unsuccessful in identifying a group of people who had high levels of social anxiety but low or moderate symptoms. Anxiety over separation was evident. As a consequence, it was suggested that social anxiety symptoms would be a more accurate way to distinguish between anxious and non-anxious people. The results cast doubt on the value of evaluating separation anxiety separately in these populations. The development of a distinct separation anxiety class among younger children who were referred for evaluation confirms the validity of the idea that it is crucial to investigate separation anxiety in this group. inquiry of the causes, effects, and future of anxiety. Instead than only addressing the general anxiety component in referred children, it's critical to focus on social anxiety and separation anxiety.

Feldman et al (1997), according to their research, it provides a framework for comprehending the psychodynamics of young people who are very likely to act aggressively or destructively toward themselves. The modal functioning of suicidal people under extreme stress, notably in the domains of affectivity and object interactions, highlights separation- related problems. Aggressiveness turns spiteful and evil when anger is intense or persistent, which damages relationships of affection. The suicidal conduct disorder patient "crosses the border" into destructive violence and chronic wrath, whereas the suicidal non-conduct disorder patient still has some chance of reuniting with attachment figures as opposed to their annihilation.

Potard et al (2020), in their research they have studied about the relationships between adolescent attachment to their parents, separation anxiety, and suicide thoughts have been studied. French teenagers completed self-report questionnaires. in order to better understand their attachment preferences, separation anxiety (related to family, a solid foundation, and school anxiety), and suicide thoughts. It was shown that adolescents who were avoidantly attached showed greater concern for school than those who were securely attached. Female adolescents who demonstrate an avoidant attachment to their father frequently display less terror of family members than their secure counterparts. Male teenagers showed greater separation anxiety compared to those who were closely linked to their mothers. The fit indices of the structural models were substantial for both boys and girls. Separation anxiety served as a partial moderator for both the negative effects of attachment to mother (particularly alienation) on suicidal thoughts in both boys and girls as well as the negative effects of attachment to father (especially estrangement) on sons' suicidal thoughts. These findings may help us understand teenage suicidal thoughts better and assist an individuated understanding of attachment patterns in a range of dyadic interactions.

III. METHODS

Preamble:

This study's aim is to investigate the phenomena of teenage separation anxiety and the repercussions that follow. An illogical fear of being separated from a loved one or from a location that offers protection and security is the definition of separation anxiety. When people are moving into adulthood and trying to forge their own identities throughout the adolescent years, this form of anxiety is very prevalent. As we all know, the adolescence is a crucial period of transition, expansion, and development. Adolescents may face new social and emotional difficulties as they work to become more autonomous. Separation anxiety, a typical and natural stage of kid development, is one of these difficulties. Many adolescent sufferers of separation anxiety exhibit excessive worry, agony, and unease when separated from a primary carer or attachment figure. This article will provide an overview of teenage separation anxiety and go over various coping strategies. Additionally, the incidence of separation anxiety in young people as well as any potential implications it may have on their mental health will be covered. Additionally, this study will look at several ways that teenagers might cope with separation anxiety in order to decrease its negative effects.

Statement of Problem:
This study aims to look at the occurrence and consequences of separation anxiety in adolescents. Separation anxiety is a widespread issue that affects teenagers and can cause serious functional challenges, such as emotional, social, and academic challenges. In addition to identifying potential therapeutic and preventative techniques, the study aims to comprehend the origins of separation anxiety in teenagers and how it affects them.

Objectives:
Was to measure the severity of separation anxiety disorder-11 to 19 years old.
To study the impact of separation anxiety levels among adolescents aged between 11 to 19 years old when separated from their family or loved ones.

Hypothesis:
H0: Teenagers between the ages of 11 and 19 do not significantly differ in their anxiety levels before or after being separated from their families or other loved ones based on their age.

Research Design:
The sample for this study will include adolescents aged 11-19.

Sampling Method: In this study we have used a questionnaire to collect the data, which is a non-experimental method.

Variables:

Independent: Adolescents Age Dependent: Separation anxiety Sample:
For the study , 62 samples were collected .

Inclusion Criteria: Children above 11

Exclusion Criteria: Children below 11 and above 19

Measures:

Severity Measure for separation anxiety disorder – Adolescents 11 -19
Scoring Interpretation:
On a 5-point scale, each component of the measure is graded: 0 for never, 1 for sometimes, 2 for half the time, 3 for most of the time, and 4 for always. More severe separation anxiety disorder is indicated by higher scores. The range of the total score is 0 to 40. The clinician is needed to assess the findings of each item on the measure during the clinical interview and to record the raw values for each item in the space labelled for "Clinician Use." The sum of the raw scores for each of the 10 elements can be used to determine the overall raw score. The average total score should also be calculated and used, according to the doctor. The average total score must be computed and applied, according to the practitioner. . The therapist can conceptualise the intensity of the child's separation anxiety disorder as none (0), mild (1), moderate (2), severe (3), or extreme by decreasing the total score to the average total score, which turns it to a 5-point scale (4). In the DSM-5 Field Trials, it was discovered that using the average total score was reliable, simple to use, and therapeutically beneficial. The average total score is calculated by dividing the raw total score by the quantity of items in the measure (i.e., 10).

Procedure:
Finding participants who met the criteria and conducting the survey with their anxiety were the initial steps in the study's separation anxiety measurement. Then the data was collected with the help of Google form which a online survey method. After collecting the data, the data was compiled and analysed using SPSS .The results were used to analyse and ascertain how much each participant struggles with separation anxiety.

IV. RESULTS AND DISCUSSION

ANOVA was Conducted to see if there is any significant difference in anxiety levels of the respondents based on their age group.
The present part of the study discusses the results obtained from conducting ANOVA using SPSS. The details are Highlighted in the following table

ANOVA

Table- 1 Results of one way -ANOVA (Age Vs Total anxiety level)

	Sum of Squares	df	Mean Square	F	Sig(p).
Between Groups	221.716	1	221.716	2.337	.132
Within Groups	5693.526	60	94.892		
Total	5915.242	61			

Source: Primary data

The results of One -way ANOVA indicate (F=2.337, p=0,132) from this it can be inferred that there is no significant difference in separation anxiety levels of the respondents based on their age group. The adolescents with higher anxiety levels are more likely to develop psychological and behavioural problems. Therefore, it is important for professionals to be aware of the risk of separation anxiety in adolescents, and to provide support and interventions to reduce the impact of this issue. Hence Null Hypothesis is accepted.

V. CONCLUSION

After analysing the severity measure for separation anxiety disorder in adolescents aged 11- 19, it was found that there is no significant difference in the levels of anxiety among the participants. This suggests that although separation anxiety disorder is a common mental health disorder in this age group, the severity of the anxiety does not differ significantly between them. Some of the causes for separation anxiety are Genetic or biological factors, Early Parenting: Children who experience uneven and unexpected parenting approaches are more prone to experience separation anxiety. early traumatic experiences.

Cognitive behavioural therapy is the most widely used treatment for separation anxiety (CBT). CBT teaches the individual to recognise and combat unreasonable beliefs and create more flexible coping mechanisms. Other methods include family therapy, psychodynamic therapy, and relaxation techniques such progressive muscle relaxation, visualisation, and deep breathing. Therapy and medication may be used to lessen the intensity of a patient's symptoms.

Investigating the variables that could affect the severity of separation anxiety disorder in this age range requires more investigation.

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