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## Anxiety in Children 8-10 Years

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### AIM

This study was conducted to determine anxiety scores of 8-10 year old children.

### MATERIALS AND METHODS

This descriptive study was conducted on the parents of 288 children aged 8-10 years from Karaman. The population of the study consisted of the parents of healthy children aged 8-10 years and the study group consisted of volunteers to participate in the study. Spence Children's Anxiety Scale (SCAS) –Parent Version was used as data collection tool. Data were analyzed using descriptive statistics and t test in SPSS package program.

### FINDINGS

In this study, the total score average of the scale was found to be  $25,1 \pm 15,26$ .

The mean total score of the girls was found to be  $22.69 \pm 13.44$ ; The mean score of the scale was found to be  $27.59 \pm 16.66$  in men. The mean score of anxiety in boys was higher than the anxiety score of girls and it was found that there was a statistically significant difference ( $p < 0.01$ ).

### RESULTS

In this study, it was concluded that the anxiety level of males was higher than the girls in the 8-10 age group

**Keywords:** 8-10 years old child, Anxiety, gender

### INTRODUCTION

Anxiety is normal and healthy. When we're presented with something dangerous in the world, our anxiety response protects us from danger (childmind.org/2018report). Anxiety, worry and fear in child can take many forms. All children experience fears and phobias at particular stages of their lives, and this is normal part of growing up. But sometimes, worrying and fears can reach a point where they start to cause a problem for the child. These excessive fears are often temporary and transient. On the other hand, some children will experience worries and fears to a much greater degree than their peers, and some continue to experience fears long after other children their age have outgrown them. Many adults believe that childhood is a time of carefree days and no responsibility in fact, anxiety is the most common problem reported by children of all ages (Rapee et al., 2014). Scale for Children - parent form consist of six subscales: panic attack and agoraphobia, separation anxiety, physical injury fears, social phobia, obsessive compulsive disorder, and generalized anxiety. If there is anxiety disorder in children, one of the conditions required for early intervention is the availability of valid and reliable measurement tools (Orbay and Ayvaşık, 2006). According to the DSM-IV Diagnostic Criteria Reference Book (American Psychiatric Association, 1994) on anxiety disorders in children: Separation anxiety is defined as the intensity of anxiety that affects the normal development of the child in important persons or from leaving home. Common anxiety is defined as extreme anxiety and anxiety associated with mobility and motor tension. The most prominent feature of panic disorder is the deep

concern about panic attacks and the likelihood or consequences of their recurrence. Social phobia is defined as marked and persistent fear in social settings that may be associated with embarrassment or in situations requiring performance. Specific phobia is often defined as a significant and persistent anxiety that occurs when a feared object or situation is encountered that elicits escape behavior. Obsessive-compulsive disorder is defined by the presence of disturbing thoughts, ideas, images and repeated mental activities or behaviors to relieve anxiety. This study was conducted to determine anxiety scores of 8-10 year old children.

### **Inclusion criteria;**

- Have children between the ages of 8-10,
- Communication and cooperation are open
- Does not have any psychological / thinking problems,
- Has no communication and language problems • Mothers who volunteered to participate in the study were included.

### **Research Questions**

1. According to the mothers received; What is the total anxiety score of children aged 8-10?
  - 1.1. What is the subscale score of separation anxiety and fear of physical injury of children?
  - 1.2. What is the panic attack subscale score of children?
  - 1.3. What is the social phobia subscale score of children?
  - 1.4. What is the children's obsessive-compulsive disorder subscale score?
  - 1.5. What is the agoraphobia subscale score of children?
2. According to the mothers received; What is the total anxiety score of 8-10 years old children according to their gender?
  - 2.1. What is the score of separation anxiety and fear of physical injury subscale score according to gender?
  - 2.2. What is the panic attack subscale score according to the gender of children?
  - 2.3. What is the social phobia subscale score according to the gender of children?
  - 2.4. What is the subscale score of obsessive-compulsive disorder according to gender of children?
  - 2.5. What is the agoraphobia subscale score according to the gender of children?

### **MATERIALS AND METHODS**

This descriptive study was conducted on the parents of 288 children aged 8-10 years from Karaman. The population of the study consisted of the parents of healthy children aged 8-10 years and the study group consisted of volunteers to participate in the study. "Spence Children's Anxiety Scale (SCAS) –Parent Version was used as data collection tool. Verbal consent was obtained from the mothers for the research. Data were analyzed using descriptive statistics and t test in SPSS package program.

### **FINDINGS**

According to Orbay and Ayvaşık (2006); Spence Anxiety Scale for Children - parent form was created in 1999 by Spence so that the items in the child form can be responded to by parents. The scale consists of 38 items related to anxiety and two open-ended questions that were not scored. The highest score obtained from the scale was calculated as 114 and the cut-off point was suggested as 28 points. forms consist of six subscales: panic attack and agoraphobia, separation anxiety, physical injury fears, social phobia, obsessive compulsive disorder, and generalized anxiety. SCAS-P was previously adapted for Australian, German, and Japanese populations. Turkey has made on the scale of the validity and reliability study in 2006 Orbay

and Ayvaşık. Each item is evaluated on a four-point Likert-type scale between zero and three. (0 = Never, 1 = Sometimes, 2 = Often, 3 = Always). The subscale scores are obtained by summing the scores obtained from the items of each scale and the total score is obtained by summing the subscale scores. In this study, the total score average of the scale was found to be  $25,1 \pm 15,26$ .

The mean total score of the girls was found to be  $22.69 \pm 13.44$ ; The mean score of the scale was found to be  $27.59 \pm 16.66$  in men. The mean score of anxiety in boys was higher than the anxiety score of girls and it was found that there was a statistically significant difference ( $p < 0.01$ ).

### **In this study;**

Separation anxiety and fear of physical injury subscale score of the scale was found to be  $8.31 \pm 5$ . In males,  $9.37 \pm 5.02$ ; in girls, it is  $7.27 \pm 4.79$ . The mean score of separation anxiety and fear of physical injury was higher in boys than girls and there was a statistically significant difference ( $p < 0.01$ ).

The panic attack subscale score of the scale was  $3.29 \pm 3.8$ . In males  $3.42 \pm 4.16$ ; in girls it is  $3.18 \pm 3.44$ . The mean score of panic attacks of males was higher than females, but no statistically significant difference was observed ( $p > 0.05$ ).

The scale's social phobia subscale score was found to be  $8.02 \pm 4.63$ . In males,  $8.58 \pm 4.94$ ; in girls, it is  $7.49 \pm 4.27$ . The mean score of social phobia was higher than females and there was a statistically significant difference ( $p < 0.05$ ).

The obsessive-compulsive disorder subscale score of the scale was found to be  $3.26 \pm 2.94$ . In males  $3,57 \pm 3,18$ ;  $2.94 \pm 2.66$  in girls. The mean score of obsessive-compulsive disorder was higher in males than in females and this difference was statistically significant ( $p < 0.05$ ).

The agoraphobia subscale score of the scale was found to be  $2.76 \pm 2.64$ . In males  $3,08 \pm 2,93$ ; In girls, it is  $2.48 \pm 2.3$ . The mean score of agoraphobia was higher in males than females. and this difference was statistically significant ( $p < 0.05$ ).

## **RESULTS**

In this study, it was concluded that the total anxiety level of males was higher than the girls in the 8-10 age group. When viewed as sub-scales; Separation anxiety and fear of physical injury, social phobia, obsessive compulsive disorder and agoraphobia subscales were higher than boys and this difference was statistically significant. Although panic attack subscale score was higher than boys, this result was not statistically significant.

### **Referances**

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