

**Demographic And Psychological Characteristics Proceduring
Pathological Worry In University Students**

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Abstract

We investigated to what extent pathological worry is affected by the variations of mood, self-esteem and demographic variables. The study included total 323 university students, 163 males and 160 females. In this study, we used a dependent variable, the Penn State Worry Questionnaire (PSWQ), to determine the psychological factors affecting the pathological worry, , the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI) and the Rosenberg Self-Esteem Scale (RSES) for independent measurement of the variables. Also we discussed the impact of demographic characteristics on worry. The pathological levels of anxiety were determined to increase due to negative affectiveness and low self-esteem.

Keywords: Pathological Anxiety, Anxiety, Depression, Self-Esteem

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Objective

Extended Abstract

Pathological worry is a psychological phenomenon playing an important role as an important indicator and trigger of anxiety disorders. Pathological anxiety is defined as a psychological response to certain stimuli which is not suitable in terms of time and the intensity. Excessive, continuous and uncontrollable worry are among the diagnostic criteria for generalized anxiety disorder. Furthermore, pathological worry is thought to create cognitive component related to anxiety, and to be used as a compliance-deteriorating defense. However, the negative results of constant and uncontrollable worry is not limited with only anxiety disorders. Recently, the number of the studies showing the relationship of pathological worry with panic disorder, obsessive-compulsive disorder, depression, sleep disorders and psychotic disorders has been rapidly increasing. Also, there are some studies showing relationship between medical problems such as diabetes, cancer and heart disease and continuous and uncontrollable worry. In the literature on the subject, the studies of psychological and somatic consequences resulting from pathological worry are seen to be studied in general. We investigated to what extent pathological worry is affected by the variations of mood, self-esteem and demographic variables.

Methods

The study included total 323 university students, 163 males and 160 females. In this study, we used a dependent variable, the Penn State Worry Questionnaire (PSWQ), to determine the psychological factors affecting the pathological worry, , the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI) and the Rosenberg Self-Esteem Scale (RSES) for independent measurement of the variables. Also we discussed the impact of demographic characteristics on worry.

Findings

In multiple regression we found that female students were more prone to worry than male ones. In addition, the worry levels were found to be directly proportional to depression and anxiety. Self-esteem was found to be reversely proportional to pathological points of anxiety.

Conclusion

The pathological levels of anxiety were determined to increase due to negative affectiveness and low self-esteem. The results were discussed in light of the findings in the literature.

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