

## Anxiety state of children according to patents' data

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### Abstract

The concept of anxiety is difficult to define, but according to studies, anxiety is a feeling of boredom, tension, fear, and concern for the future. This state has a close relationship with fear and its essence has an undefined fear. Being anxious is not something that one should be ashamed of because it is a feeling that nobody wants to experience. No one is immune to anxiety, sometimes often or rarely, this condition is experienced also by wealthy, famous, handsome and smart people. Therefore, it is very important that the individual acknowledges the fact that he/she is experiencing an anxiety condition as it can be treated. The sooner it is treated, the person with anxiety disorder, the more likely it is to improve. The purpose of this research is to extract and provide information on the state of anxiety in children and adolescents, as well as the ability of parents to understand the anxiety situation in their children. Based on this context, this paper work presents the role and treatment that the child receives from the parent's. Therefore, through this work we will see which of the parents is more likely to realize anxiety (emotional and psychological aspect) at their children. In charge for completing the questionnaires, were the students of the College "Fama" of the second year in Psychology, Prishtina. The following results give us a detailed overview of this research.

**Keywords:** social anxiety, separation anxiety, generalized physical anxiety, distress, emotion, panic.

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