



Uneasiness and Discouragement in Seriously Care Patients Six Months after Affirmation to an Seriously Care Unit

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INTRODUCTION

Anxiety has become an increasingly prevalent and debilitating condition affecting millions of people worldwide. It manifests in various forms, such as generalized anxiety disorder, social anxiety, panic disorder, and specific phobias, among others. While anxiety can be a normal response to stress or challenging situations, its persistence and intensity can significantly impact an individual's quality of life. To better understand this complex condition, it is crucial to explore its causes. This article aims to delve into the multifaceted nature of anxiety and shed light on some of its underlying causes. The human brain plays a pivotal role in the regulation of emotions, including anxiety. Various biological factors contribute to the development of anxiety disorders. One significant factor is genetics. Research suggests that individuals with a family history of anxiety disorders are more likely to experience anxiety themselves. Genetic variations can influence the way certain neurotransmitters, such as serotonin and dopamine, function in the brain, leading to an increased vulnerability to anxiety. Furthermore, an imbalance in brain chemistry can also contribute to anxiety. Neurotransmitters like Gamma-Aminobutyric Acid (GABA) help regulate anxiety levels. When there is a deficiency or disruption in the production of these neurotransmitters, it can result in heightened anxiety [1,2]. Environmental factors can significantly impact a person's susceptibility to anxiety. Traumatic experiences, such as physical or emotional abuse, neglect, or witnessing a distressing event, can leave deep emotional scars and trigger anxiety disorders.

DESCRIPTION

Additionally, chronic stress, particularly in early childhood, can disrupt normal brain development and increase the risk of anxiety later in life. Social and cultural factors also play a role. High-pressure environments, demanding work situations, financial instability, and societal expectations can all contribute

to chronic stress and anxiety. Moreover, individuals who grow up in families where anxiety is prevalent may adopt anxious behaviour patterns, further reinforcing their vulnerability to anxiety disorders. Certain personality traits and temperament can predispose individuals to anxiety disorders. People with a perfectionistic tendency or those who strive for control in every aspect of their lives may be more prone to anxiety. Similarly, individuals who possess a highly sensitive nature, experiencing intense emotional reactions to various stimuli, may be at a higher risk of developing anxiety disorders. Furthermore, individuals with low self-esteem and a negative self-image may be more susceptible to anxiety. The constant fear of failure and excessive self-criticism can perpetuate a cycle of anxiety and self-doubt [3-5]. The way we think and perceive the world around us can significantly impact our anxiety levels. Negative thinking patterns, known as cognitive distortions, can contribute to the development and maintenance of anxiety disorders. Examples of cognitive distortions include catastrophizing (exaggerating the potential negative outcomes of a situation), overgeneralization (making broad, negative generalizations based on isolated incidents), and personalization (attributing excessive responsibility to oneself for negative events).

CONCLUSION

Anxiety is a complex and multifaceted condition with various underlying causes. Biological factors, including genetics and brain chemistry imbalances, interact with environmental factors such as traumatic experiences and chronic stress to increase vulnerability. Personality traits, cognitive processes, substance abuse, and certain medical conditions can further contribute to the development and perpetuation of anxiety disorders. Recognizing and understanding these causes is crucial for effective treatment and support for individuals experiencing anxiety. By adopting a holistic approach that addresses biological, psychological, and environmental factors, it is possi-

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ble to alleviate the burden of anxiety and help individuals regain control over their lives.

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CONFLICT OF INTEREST

The authors declare no conflict of interest.

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