

## **The Epidemic of Anxiety Among Today's Students**



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Society should raise awareness for those who struggle with anxiety because students might have hard life dealing with anxiety. Mary Ellen Flannery (2019) is a senior writer for *NEA* (*National Education Association*) and has been for 50 years. This article she wrote talks about how many students struggle with anxiety when it comes to school and social media, even the little ones in kindergarten; some have been hospitalized due to anxiety. What causes this anxiety can be worrying about a school shooting or the pressure they feel from school. I believe that Some schools should allow students to have 10 minutes before class or after class meditation. They feel this because of the pressure from the school regarding achieving class. And from social media, Reamy, a teacher, does all she can to help her students calm down and forget about anxiety. She encourages them to sleep and do yoga. I agree that there is a crisis in school since there is school bullying violence and harassment student do to each other. After all, they might not feel safe in school due to the bullying harassment, and violence they are receiving and that could cause them to have anxiety. And some teachers don't help students that much and expect the student to get their assignments done and turned in.

In addition, Mary Ellen Flannery (2019) states that "Nearly a quarter of college student say they have anxiety affects their academic performance. Common symptoms include persistent feelings of dread and jumpiness, frequent panic attacks, as well as headaches, stomach problem, shortness of breath, and fatigue". I do agree with these symptoms as someone who has anxiety. I feel shortness of breath, sweaty hands, and I stutter when it comes to speaking. so, I agree with mentioning these anxiety symptoms. Mary Ellen (2019) "Experts point to several reasons that anxiety has blossomed among today's students. I see two major issues, says Rob Benner, a

Bridgeport, Conn., school psychologist with nearly 30 years' experience. One is testing anxiety, and the other is anxiety over social media". I agree that testing makes students anxious because I also feel anxious when taking a test or a quiz. I feel this because I wonder if I won't pass the test, or sometimes due to anxiety, I forget what I study for the test, and I overthink my answers. My anxiety gets worse when I must do a test or quiz with a timer. I also have terrible anxiety when presenting a presentation because I forget my words and stumble on my speech and mess up the presentation I did. I always told my teacher just in case they knew I had anxiety and would allow me to do a voiceover presentation. Some of them wouldn't, so I had to deal with it, and after the presentation, I would feel light-headed and quite dizzy.

When it comes to student's schoolwork, Tim Walker (2016) says "Today teenagers grew up in classroom governed by no child left behind the federal law that introduce high stakes standardized testing to every public school in America. In kindergarten, instead of making art and new friends, they learned write full-on sentences times testes" It shows that students can struggle with anxiety by having schoolwork overwhelm them. Juliana Menasce Horowitz and Nikki Graf write "In the pew survey of teens, academic pressure tops their list of stressors: 61 percent say they face a lot of pressure to get good grades". As someone who has felt pressure to get a good grade, I could be one of the 61 factors. I feel this way because, at the end of each trimester, I would feel pressure due to my grade and how low my grade would be if I didn't pass a particular test, a project, or even a presentation. I didn't do well on a science project once, which affected my grade. I was anxious about the project because I was gone for two days from school and didn't understand the project very well. When I finished the project, I got a bad grade, which affected my GPA for that trimester, and I had to retake that class for summer school.

Mary Ellen Flannery (2019) also mentions social media anxiety. “The other issue is social media. A study published in clinical psychological science points to the development of something very troubling in the lives of U.S. teens between 2010 and 2015. During those five years, the number of teens who felt useless and joyless surged 33 percent”. It shows that students can struggle with anxiety by having schoolwork overwhelm them. Jean Twenge (2017) says that “What happened so that so many more teens, in such a short time, would feel depressed, attempt suicide and commit suicide?” I feel like the reason these teens feel that way might be comparing their selves to influence on the internet or celebrities. They could have severe anxiety, and some families don’t know about it, and they try to turn to suicide as an option. And sometimes, they commit suicide due to bullying from the internet. wrote one of the study’s authors, San Diego state university professor jean twinge, in a Washington post column”.

In conclusion Marry Ellen Flannery (2019) she mentions that “teens who spend five or more hours online a day were 71 percent more likely than those who spent only one hour a day to have at least one suicide risk factors, Twenge research found”. “I have one student who is completely addicted to social media and her phone said Reamy “It was honestly preventing her from doing what she needed to do school. So, now she leaves her phone in my office. She still comes between classes to check somethings”. I also was addicted to my phone during summertime; I could relate to this story because I was addicted to it so much that I would use it while it was charging. I would sometimes be up at midnight on social media, using the clubhouse or watching Instagram or TikTok lives. I didn’t have anything to do, and I knew that I would be sleeping during the day so that I would stay up at night.

There are different ways anxiety can be for teens, whether it’s social media or school. Regarding social media, the number of teens who spend on their phones and use social media and that

makes them anxious, and how schoolwork pressures them. A few surveys show the percentage of students who struggle with different types of anxiety. I'm in a process where I want to decrease my anxiety. I learned that having to do meditation could help anxiety. I never knew meditation could help with anxiety. I did try to mediate for my anxiety for a week, and I think I did see the result of meditation. I recommend people who struggle with anxiety to do meditation. Today, anxiety isn't a disorder that's talked about the most. I feel like that anxiety is talked about less and sometimes put off as nervousness, and I also feel like some people hide; I used to think I was just nervous, but when I found out that it was the anxiety, I used to try to hide it and don't let people notice that I had anxiety.

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