

Family and Anxiety:

How it affects the family and its functionality

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ANXIETY EFFECTS AND WHAT IT LOOKS LIKE-



WHEN IT COMES TO ANXIETY ANYONE CAN HAVE IT, THERE IS NO ONE ETHNICITY OR FAMILY SOCIAL ECONOMIC STATUS THAT IS ASSOCIATED WITH CHILDREN'S ANXIETY SPECIFICALLY. CHILDREN WITH ANXIETY IN FAMILIES AFFECT THEIR SIBLINGS IN TWO WAYS. ONE, SOME BLAME THEIR SIBLINGS FOR THEIR BEHAVIOR AND NEGATIVE FEELINGS. SECONDLY, CHILDREN WITH ANXIETY AFFECT THEIR SIBLINGS IN A WAY THAT WAS SEEN AS BENEFICIAL. THIS IS BECAUSE AS PEOPLE AGE THEY ARE ABLE TO COMPREHEND THEIR SIBLING'S TROUBLES, RELATED BEHAVIOR ISSUES, AND RELATIONSHIP STRUGGLES, THIS IS BECAUSE THEY LEARN TO HANDLE AND DEAL WITH THESE EMOTIONS. AS THEY DEVELOP THE CONCEPT OF THE CAREGIVER BURDEN THAT DOES NOT GO AWAY AS A SIBLING RELATIONSHIP IS A LIFE LONG RESPONSIBILITY. SO EVEN WITH DISTANCE AND MOVING AWAY THAT BURDEN WILL NOT GO AWAY.

FURTHERMORE, THE EFFECTS OF ANXIETY ON THE PARENTS OF AN ANXIOUS CHILD IS MOSTLY TOWARDS THE MOTHERS. MOTHERS TEND TO BE LESS ENGAGED AND SUPPORTIVE IN CONVERSTATIONS ABOUT EMOTIONS. AS MOTHERS TAKE ON A MORE CONTROLLING (PSYCHOLOGICALLY) ROLE. THIS IS DONE FOR THE SAKE OF MANIPULATING THE EMOTIONAL STATE OF THE CHILD. WHICH MAKES THE CHILD'S FEELINGS AND ERRATIC EMOTIONAL BEHAVIORSSEEMING INVALID AS WELL AS FEELING LESS WARMTH AND INTEREST FROM THEIR MOTHERS. WITH FATHERS, THEIR ROLE AFFECTS THE CHILDREN MORE AS THEIR ROLE MAY BE DIFFERENT WITH RESPECT TO THE WAY A CHILD COPEs WITH ANXIETY. THE FATHERS EMOTIONAL STATE WILL AFFECT THE CHILD MORE THAN A MOTHER, ESPECIALLY WHEN IT COMES TO THEIR ANXIETY. THUS, IF PARENTS SHOULD TREAT THEIR ANXIETY DISORDERS AS WELL AS PARENTING DEVELOPMENT.MAINTANCE OF ANXIETY WILL HELP FOCUS THE EVERYONE'S BEHAVIORS.

DIFFERENCES IN FAMILIES WITH AND WITHOUT ANXIETY-

Without Anxiety-

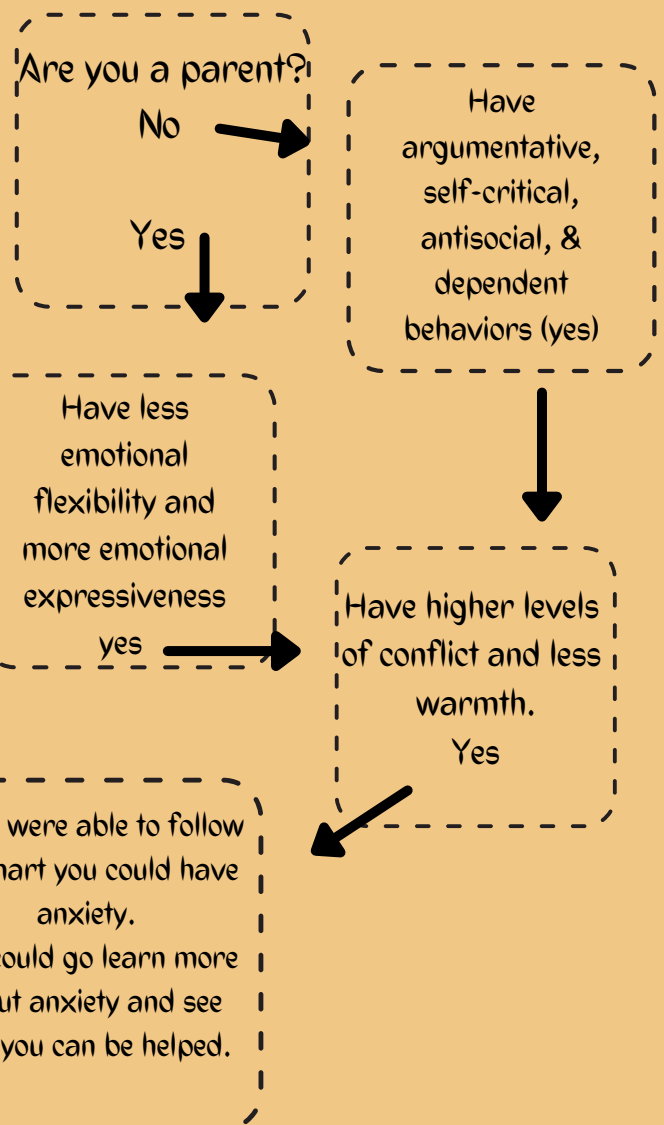
- Those without anxiety have more congruence of behavior and emotions. So they understand their emotions more
- Are generally less controlling than anxious children
- Parents with anxiety, specifically fathers, negatively affect their parenting families that are intact or together/not separte reportedly have less anxiety than those who have step family or single more.

With Anxiety-

- Those with anxious siblings have more control over their siblings.
- Siblings and anxious children can develop parental interaction styles (could be due to marital disruption and parental conflicts)
- Fathers are more controlling and rejecting towards partners. While mothers are more towrds children
- Fathers are more dominate in conversations about fears than mothers
- Do not understand emotions as well due to lack of discussion and engagment opportunities they have
- girls display/express higher levels of anxiety than boys



COULD YOU OR A FAMILY MEMBER HAVE ANXIETY?



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