

Mental and emotional disorders: Understanding anxiety in childhood

Letícia Moreira Américo¹, João Pedro Cuzzullin², Andrea Carmen Guimarães³.

ABSTRACT

Considered a natural affective state, anxiety can manifest itself as one of the symptoms in several mental disorders, in addition to constituting a group of clinical conditions related to mental health. Characterized by a vague worry, anxiety, is accompanied by autonomic physical expressions, and when it causes a significant emotional impact or functional impairment, it is considered pathological. In this context, the increase in incidence in childhood, such as learning problems during schooling, is evidenced. Therefore, the present study aims to understand the consequences of anxiety disorder in childhood. The information was obtained by consulting scientific articles available online. The databases searched were SciELO and Google Scholar, with the descriptors "anxiety disorder", "childhood" and "emotional impacts". As inclusion criteria: full papers in Portuguese from 2020 to 2024. Exclusion criteria: articles incompatible with the theme are discarded. From the reading of four articles, it was observed that anxiety causes a lot of damage in the school environment. As can be seen that anxious students often have low school performance due to the fear of failure, difficulties in tests and presentations, linked to excessive demands from parents that can get in the way. According to the authors, learning at school depends not only on intellectual capacity, but also on social and emotional factors. Successful students can become anxious due to the pressure for academic excellence. For underperforming students, eventual school failures can increase anxiety. The authors add that anxious students may struggle due to poor study habits and inadequate exam preparation strategies. In conclusion, anxiety affects the school performance of both successful and low-performing students, being amplified by family pressures and reflected in challenges during assessments. Thus, learning is shaped by intellectual, emotional, and social skills, according to the authors.

Keywords: Mental disorders, Anxiety, Mental health, Emotional impact, Childhood.

¹ Federal University of Lavras – MG

² Federal University of São João del Rei – MG

³ Federal University of São João del Rei – MG