

INTRODUCTION

Anxiety is the price of being in the world, a natural outcome of being fully conscious of the nature of things. To be without anxiety is to be somewhat less than human, (Kiekegaard, 1980) .

The triggers of anxiety vary from one person to another but certain activities evoke tension in most people (Livett, 1968) .

Anxiety has always been part of the human condition and it is destined to remain with us for the foreseeable future. Man lives with plenty of worries e.g. threatened Job, children's health or education, faltering marriage, etc. Though the things we worry about change as our life style alters, the tension continue (Marks, 1980 and Sim, 1981) .

Goldstein (1962) reported that every person has his own way of feeling anxious. There is always discrepancy between the individual's capacities and demands made on him which make self realization impossible.

Weiner (1980) stated that anxiety is the most commonly experienced of all affective experiences of man..

It is virtually impossible to determine the true incidence of anxiety in the population at large, this is because it is rarely severe enough to require psychiatric hospitalization and those suffering from anxiety were reassured and managed in private clinics. Lastly it is still misdiagnosed as a somatic disorder (Freud, 1962).

Anxiety can be considered as the core of all mental health. In spite of being the basis of all personality disorders and behavioral disturbances, it is behind all human achievements and creativity (El-Kattan, 1981).

Anxiety was mainly a feature of young adult life; the mean age was the mid-twenties, the great majority started from the age of 16 years. Although anxiety was observed to occur among school age children, yet it is more common in adolescence (Marks and Lader, 1973).

Adolescents were neglected in many areas because they constitute an in between group. It often seems easier to ignore them until they become young adults, but it is impossible and also unwise to try to leave them with minimum consideration until they have become old enough to participate in adult society (Daniel, 1977).

A complete relationship was found between anxiety and behavioral performance; a little anxiety facilitated optimal performance but too much anxiety was associated with a fall in performance (Luck, 1981).