



## Apakah Saya Mengalami Gangguan Kecemasan Umum? Kenali Gejalanya!

### Description

#### Generalised Anxiety Disorder (GAD): What You Need to Know

Anxiety is a common issue that has been exacerbated by the pandemic, with almost one in four people reporting high levels of anxiety in 2022/23. However, when does anxiety become a more serious problem, such as Generalised Anxiety Disorder (GAD)? Dr Mike Capek explains that anxiety is a feeling of nervousness and anticipation felt during big events or periods of uncertainty.

#### Can Anxiety Be Positive?

According to Dr Jon Van Niekerk, some anxiety can be beneficial as it can act as a motivator in certain situations, such as exams or work presentations. Anxiety during the pandemic also encouraged behaviors like hand washing and mask wearing to protect against COVID-19.

#### What is GAD?

Generalised Anxiety Disorder is a mental health condition diagnosed after ruling out other potential causes. Signs of GAD include restlessness, fatigue, poor concentration, irritability, muscle tension, and sleep disturbances. To be diagnosed with GAD, these symptoms need to persist for more than six months and interfere with daily functioning.

#### Cause of GAD

A combination of genetic and environmental factors can contribute to GAD. Individuals with family members with GAD are more likely to develop the disorder themselves. Ongoing stress or a series of stressors can also trigger GAD, with childhood experiences playing a significant role in the development of anxiety.

#### Complications of GAD

Chronic anxiety can lead to various health issues, such as cardiovascular problems, high blood pressure, strokes, irritable bowel syndrome, and eczema. Additionally, externalizing anxiety through

anger can harm relationships and career prospects. Seeking treatment from a GP is essential for managing GAD effectively.

### Treatment Options

Treatment for GAD can include anti-anxiety medications and talking therapies like counseling or cognitive behavioral therapy (CBT). GPs play a crucial role in diagnosing and treating GAD, taking into account the severity of symptoms, medical history, and individual circumstances. Normalizing the experience of those with GAD and understanding the root causes can aid in the recovery process.

## Ringkasan

Kebanyakan orang merasakan kecemasan pada waktu tertentu, terutama sejak pandemi yang mengubah kekhawatiran sehari-hari kita menjadi sesuatu yang lebih kompleks. Hampir satu dari empat orang melaporkan tingkat kecemasan tinggi pada 2022/23, menurut Kantor Statistik Nasional. Bagaimana cara mengetahui apakah Anda menderita gangguan kecemasan umum (GAD) yang lebih kompleks? Apakah kecemasan bisa menjadi hal positif? Bagaimana cara mengatasi GAD? Mari diskusikan pengalaman dan pendapat Anda di kolom komentar di bawah!

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