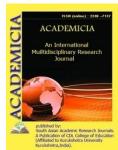


 ISSN: 2249-7137
 Vol. 11, Issue 10, October 2021
 Impact Factor: SJIF 2021 = 7.492

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ACADEMICIA An International Multidisciplinary Research Journal



(Double Blind Refereed & Peer Reviewed Journal)

DOI: 10.5958/2249-7137.2021.02398.3

ANXIETY-AS AN EMOTIONAL STATE

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ABSTRACT

The article describes anxiety, its manifestations, the views of psychologists on anxiety, the causes and consequences of increased anxiety and ways to overcome it. The ideas in this regard were also put forward by Eastern thinkers, who expressed in their works their thoughts about the state of manifestation of such feelings as feelings of the individual, anxiety. The characterization of emotional states by its highly dynamic nature is noted both as a result of scientific research and as a result of daily observations. In some periods, these properties are more pronounced.

KEYWORDS: Anxiety, Emotions, Emotional State, A Sense Of Fear, Overcoming Anxiety.

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ACADEMICIA

ISSN: 2249-7137 Vol. 11, Issue 10, October 2021 Impact Factor: SJIF 2021 = 7.492

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