

Ways to help the child cope with anxiety?

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Abstract

© 2016 Kalatskaya and Drozdikova-Zaripova. The relevance of the chosen topic is determined by the fact that the number of children experiencing restlessness, uncertainty and emotional instability is increasing; such children are considered anxious. Therefore the relevance of issues covered in the paper is apparent. The paper provides experimental data to confirm the necessity to prevent and correct school anxiety in primary school children. The purpose of the research was to study anxiety in primary school children and render correctional and preventive help at an early stage of school training in due time. Results were collected before and after the developing program was realized. Batteries of tests were applied for diagnostics. According to the goal of the research the following methods were used: theoretical (analysis, comparison, generalization); empirical (pedagogical experiment, testing). By means of the developing program we could help children to overcome increased restlessness, uncertainty and emotional instability. Reliability of obtained results is statistically proved. Materials from the article are of practical value for psychologists in the sphere of education, high school teachers and teachers working with anxious children and their parents.

Keywords

Anxiety, Correction, Overcoming, Prevention, Primary school students, Restlessness