

INTENSIFICATION OF ANXIETY IN CHILDREN WITH A PULMONARY DISORDER AND THEIR STYLES OF COPING WITH STRESS

A. Pirogowicz¹, A. Zurek², N. Chrobot³

¹Department and Clinic of Dermatology, Venereology and Allergology, Wrocław Medical University; ²Institute of Psychology, University of Wrocław; ³Warsaw School of Social Sciences and Humanities, Faculty in Wrocław, Poland

Introduction: Bronchial asthma is a leading chronic pulmonary disorder in the world. The population researches indicate that 10% of children in Poland may suffer from this disease. Nowadays the course of the disease is mild, and seldom severe, due to oriented treatment. Notwithstanding the course of the disease, the recurrence of the respiratory inflammations can stigmatize the sick and evoke tension or stress to a greater or smaller degree. In the situation of stress an ill person will activate self-characteristic coping strategies aimed at reduction of the expected discomfort. The aim of this paper is to analyze the intensification of anxiety and the styles of coping with stress displayed by children suffering from bronchial asthma. **Material and methods:** 71 children in the ages of 12-15 with a diagnosed chronic pulmonary disorder were examined during their treatment in a sanatorium. To this purpose the State-Trait Anxiety Inventory for Children (STAIC) by Spielberg, adapted by Sosnowski, Iwaniszczuk and Spielberg, was used, together with the How Are You Coping Scale by Juczynski and Oginska-Bulik. **Results and conclusions:** 38% of the examined children are characterized by high levels of state anxiety, and 33% were diagnosed with high levels of anxiety as a personality trait. There are statistically significant differences between the results of boys and girls in the following scales: in the scale of trait anxiety T-2 ($t=2,966$ $i=0,004$), in the strategy of focusing on emotions FE ($t=3,079$ $i=0,003$), and in the strategy of social support search SSS ($t=2,102$ $i=0,039$). The girls had higher results in the scales mentioned above. Also a statistically positive correlation between the result of trait anxiety and the strategy of focusing on emotions in a discretionary stress-coping style was observed in the whole group of the examined children. Psychotherapeutic interventions used in treatment of children with chronic pulmonary disorder are recommended in reducing the intensity of anxiety.