The nature of professionalism is reviewed and the argument made that records management can be classified as a professional discipline. Significant elements of a profession, such as university education, professional associations, and professional literature, have developed in records management. Further professionalization of the discipline has gained momentum with the development of electronic records, which have given rise to a new and distinct body of theory and knowledge and also triggered research activities. Records management, also known as records and information management, is an organizational function devoted to the management of information in an organization throughout its life cycle, from the time of creation or inscription to its eventual disposition. Records-management principles and automated records-management systems aid in the capture, classification, and ongoing management of records throughout their lifecycle. Such a system may be paper-based (such as index cards as used in a library), or may involve a computer system, such as an electronic records-management application.[citation needed]. At the highest level of classification are physical versus electronic records. (This is disputable; records are defined as such regardless of media. High anxiety in a developing person can be caused by poor emotional adaptation to different social situations, which have their result in a deficiency of self-confidence (Dolgova, Mamylna, Golieva, Kapitanets, & Kondratieva, 2019; Watson, DeMarree, & Cohen, 2018; Pires, Bezerra, Tufik, &
Andersen, 2016). These students idealize their image and personality and overestimate the degree of their value to others. It is rather difficult for them to establish good relationships with other people, which is the main cause of higher anxiety in this group. Most of the students (67%) demonstrated average, or adequate, self-esteem. They are prone to high state anxiety, which in turn demonstrates their unsuccessful and poor personality development. Bill Gudykunst’s anxiety uncertainty management (AUM) theory focuses on encounters between cultural in-groups and strangers. Gudykunst, who died in 2005, was professor of communication at California State University, Fullerton, and he developed his interest in intergroup communication when he served as an intercultural relations specialist for the U.S. Navy in Japan. Although strangers and ingroup members experience some degree of anxiety and uncertainty in any new interpersonal situation, when the encounter takes place between people of different cultures, strangers are hyperaware of cultural differences. The axioms make it clear that the wider the gap between cultures, the higher the levels of anxiety and uncertainty all parties will tend to experience. The social anxiety, the anxiety by separation and generalized anxiety produce high suffering; interfere in educational performance and social relationships. For those who experience premenstrual dysphoric disorder in which body image dissatisfaction, feelings of failure, concentration problems and work difficulties are common, there is a hypothesis of withdrawal syndrome of progesterone to explain symptomatology; this observation has been observed in clinical and preclinical studies [37]. Anxiety in adolescents depends on the concept of the student about school demands related to comprehension and auto-control.