



Study of Social Anxiety and Significance of difference between social anxiety scores of boys and girls

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Abstract : Social anxiety also known as social phobia, describes the fear, nervousness and apprehension in relationships you have with other people. We all feel a degree of this, and that's normal. But in social anxiety disorder, the intensity of the symptoms are for higher, leading to a significant impact on your life.

If you suffer with social anxiety, you tend to assume, that when you interact with other people, this will be painfully revealing. You fear others might notice your weakness, or awkwardness, or dismissed or ignored or criticized. You fear you are not behaving in an acceptable way.

A person with social anxiety disorder is afraid that he or she will make mistake, look bad, and be embarrassed or humiliated in front of others.

People with social anxiety suffer from distorted thinking, including false beliefs about social situations and the negative opinions of others. Without treatment, social anxiety can negatively interfere with the persons normal daily routine, including school, work, social activities and relationship.

Key Words : Social anxiety, causes etc.

Introduction : People with social anxiety may be afraid of a specific situation, such as speaking in public. However the most people with social anxiety fear more than one social situation other situation that commonly provoke anxiety include:

- > Eating and drinking in front of others.
- > Writing or working in front of others.
- > Being the centre of attention.
- > Interacting with people, including dating or going to parties

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- > Asking question or giving reports in groups.
- > Using public toilets
- > Talking on the telephone.

Causes of Social Anxiety

There is no single known causes of social anxiety, but research suggests that biological, psychological and environment factors may play a role in development.

Biologicalr-Social anxiety is currently thought to be related to abnormal functioning of brain circuits that regular emotion and the “flight or flight” response centre in the brain. Genetic factors may be also contribute, because social anxiety may be somewhat move likely to occur when it is also present in a first degree relative (parent, sibling or child)

1. Psychological:- The development of social anxiety may stem from embarrassing or humiliating social experience in the past, such as being bullied or neglected by pers.
2. Environmental:- People with social anxiety may develop their fear from observing the behavior of others or seeing what happened to someone else as the result of their behavior. Further, Children who are sheltered or overprotected by their parents may not part of their normal development.

Symptoms of Social anxiety

Many people with social anxiety feel that there is “ something wrong” but don’t recognize their feeling as a sign of illness. Symptoms of social anxiety can include.

Intense anxiety in social situations.

Avoidance of social situations.

Physical symptoms of anxiety, including confusion, pounding heart, sweating, shaking, blushing, muscle tension, upset stomach and diarrhea.

Emotional Symptoms:-

- Excessive self- consciousness and anxiety in everyday social situation.
- Intense worry for days, weeks or even months before an upcoming social situation.
- Intrusive thoughts about things that make you anxious,
- Extreme fear of being watched or judged by others especially people you don’t know.



- Fear that you will act in ways that will embarrass or humiliate yourself.
- Fear that others will notice that you are nervous.

Physical Symptoms

- Red face, or blushing
- Shortness of breath
- Upset stomach, nausea
- Trembling or shaking (including shaking voice)
- Racing heart or tightness in chest.
- Sweating or hot flashes
- Feeling or hot flashes
- Feeling dizzy or faint

Behavioral Symptoms

Avoiding social situation to a degree that limits your activities or disrupts your life.

Staying quite or hiding in the background in order to escape notice and embarrassment.

A need to always bring a buddy along with you wherever you go.

Drinking before social situations in order to soothe your nerves.

Factors Affecting Social Anxiety

- **Social Experience:** A previous negative social experience can be a trigger to social phobia, perhaps particularly for individual high in ‘interpersonal sensitivity’. For around half of those diagnosed with social anxiety disorder, a specific traumatic or humiliating social event appear to be associated with the onset or worsening of the disorder. Shy adolescents or avoidant adults have emphasized unpleasant experience with peers or children bullying or harassment. In one study, popularity was found to be negatively correlated with social anxiety, and children who were neglected by their peers reported higher social anxiety and fear of negative evaluation than other categories of children. Socially phobic children appear less likely to receive positive reactions from peers and anxious or inhibited children may isolate themselves.



- Social/cultural influence: cultural factors that have been related to social anxiety disorder include a society's attitude towards shyness and avoidance, affecting the ability to form relationships or access employment or education and shame.

Six ways to Overcome Social Anxiety

Social anxiety is a situation or anxiety during or after that situations, its mainly a fear at the heart of being evaluated by the someone and it's not just negative evaluation that people worry about; its positive evaluation, too. To cope up with this fear people can follow the following ways.

1. Try a self - help manual:Self help manuals are designed to supplement therapy, but they are also good tools for working or your own, it can help in building self confidence and overcoming the fears.
2. Work with a therapist:If social anxiety is stopping you from doing things you haven't had much success with self help, seek professional help.
3. Practice deep breathing everyday :Its helpful to engage in deep breathing before an anxiety provoking social situation, but practice this technique every day. This way it's become second nature and you don't hyper focus on deep breathing and miss an entire conversation.
4. Create an exposure hierarchy: An exposure to hierarchy is a list - akin to a ladder- where you write down situations that cause you anxiety, in order of severity. Then you perform the easiest behaviour, and keep moving up the list.
5. Create objective goals :People tend to disqualify the positive when they feel anxious, they might do well even great, but because of their anxious feelings, they see their performance as abysmal. That's why therapist encourages clients to create objective behavioural gaols.
6. Keeps a rational outlook :Dispute both bleak thoughts that undermine your performance and fuel your anxiety, and equally unrealistic thoughts that are irrationally

Statistical Tools Used

The tools used for study are as follows:-



1. Multiple Anxiety Inventory by Dr. Vishal Sood, ArtiAnand, Tarun Mehta (2012).
2. School Environment Inventory by Dr.Karuna Shankar Mishra (2002).
3. Self-Esteem Scale of Morris Rosenberg (1965).

Procedure Of The Study

In the present study 200 secondary school students were selected from private schools. The tools multiple anxiety, school environment inventory, self-esteem scale were administered and the data was collected for statistical analysis. First the self-esteem and school environment scales were provided to the students to categorized students with high and low self-esteem and then high and low' school environment in some dimensions. Then multiple anxiety inventory was administered, the data so collected was subjected to statistical analysis.

Statistical Techniques

1. Descriptive statistics like mean & standard deviation were used.
2. t-test was used to compare means of groups

TABLE- Showing significance of difference of means of social anxiety scores of boys and girls

	Gender	Number	Mean	Std. deviation	Std. Error of mean	Std. Error of	Df	t-value
Social Anxiety	Boys	100	87.48	18.326	1.833	2.246	198	-0.067
	Girls	100	87.63	12.987	1.299			

Therefore “ There exists no significant difference in the social anxiety of 10+2 class boys and girls” is **accepted** which means there is no significant difference in the social anxiety of 10+2 class boys and girls

Conclusion :



Social anxiety also known as social phobia, describes the fear, nervousness and apprehension in relationships you have with other people. We all feel a degree of this, and that's normal. But in social anxiety disorder, the intensity of the symptoms are for higher, leading to a significant impact on your life.

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