

SOCIAL ANXIETY OF ADOLESCENTS AND ITS EFFECTS IN THEIR SOCIAL LIFE

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ABSTRACT

In this research the researcher is trying to find out the effects of social anxiety in social life of the adolescents. The adolescents are the future of our nation but by the social anxiety they pullback themselves from the social life and withdraw from the society. This withdrawal is affecting them negatively and they fail in their social life. So the researcher is trying to find out the effects of this social anxiety and its causes. Descriptive research method is used in this research so that the researcher could find out the facts about social anxiety. Purposive sampling method is followed for the study. The adolescents between the ages 12 to 19 who are residing at Vazhathope panchayat are the target group of the study. As the result of this study the adolescents with social anxiety are facing so many problems like lack of relationships, lack of confidence, lack of public performances, increased fear, and in extreme their future will be affected.

Keywords: Social anxiety, Adolescents, Social Life

INTRODUCTION

Social anxiety

The social anxiety also called social phobia, is intense anxiety or fear of being judged, negatively evaluated, or rejected in a social performance or situation. People with social anxiety may worry about acting or appearing visibly anxious or being viewed as stupid, awkward, or boring. As a result they avoid social performances or situations, and when a

situation cannot be avoided they experience significant anxiety and distress. (Chen, P., & Vazsonyi, A T. (2011).

Social anxiety affecting approximately 15 million adults in the world. The average age of onset for social anxiety is during the teenage years. The adults who are experiencing social anxiety may report extreme shyness in childhood, it is important that social anxiety is not just shyness. Social anxiety can severely affect the social life of individuals; they may decline a job opportunity that requires frequent interaction with new people or avoid going out to eat with friends due to fear that their hands will shake when eating or drinking. Symptoms may be so extreme that they disrupt daily life and can interfere significantly with daily routines, occupational performances or social life, making it difficult to complete school, interview and get a job and have friendship and other relationships. (Juliet, M Goalie. (1994)) Its normal to feel nervous in some social situations. For example going on a date or giving presentation may cause the feeling of nervousness. But in social anxiety everyday interactions may cause significant anxiety, fear, self- consciousness, embarrassment because they fear being scrutinized or judged by others. In social anxiety fear and anxiety lead to avoidance that can disrupt the life of individual. Severe stress can affect individual's daily routine, work, school or other activities. (Hotman, Heinrichs., & Moscovitch. (2000)).

Social anxiety and social life

Social anxiety prevents the individual from living their life. They will avoid situations that other people consider as normal. They might even have a hard time understanding how others can handle them so easily. Social anxiety plays an important role in social behavior. High anxious individuals are more likely to avoid such social interactions as communicating with strangers. Also the individuals have high impact on their education too. Everyone has moments of fear over their performances on things like college exams and projects or they

worry whether they will please their colleagues (Jeniffer, L Hudson., & Ronald, M Rapiee. (2000, July 25). For those who suffer from social anxiety concerns like these may not only impact their ability to learn, they may also lead them to make different education or career choices than they would actually prefer. Students with social anxiety often avoid or don't participate in group projects or lectures in college due to embarrassment and self-consciousness their fear of being criticized or worrisome physical symptoms such as sweating or stuttering. The socially anxious students also judge their own competence poorly when participating in a seminar or presentations and this worry continuous regardless of whether or not the student performs well academically. Social anxiety can make the individuals college or school life so terrifying that some studies have reported that students with social anxiety ail to complete school and dropout before they can graduate (Eleanor, Leigh., & David, M Clark (1995). Environmental influences and stressful life experiences as cause of social anxiety. Stressful life events and trauma during the childhood can influence the development of social anxiety problems. It is not a phobia of being in social situations it is being terrified of how people are going to perceive you. Even small interactions like answering a question in a class or eating with friends in the cafeteria can feel extremely scary to kids with social anxiety disorder. The shyness might hold you back to some extend from doing things but it won't significantly impact your ability to do your jobs as a teenager, which is to function in school function in your family and to have friends and be a part of your peer- related community (Barr, Taylor., & Bruce, Arnow. (2019).

Adolescence

Piaget describes that "adolescence as the stage of the life in which the individuals thought start taking more of an abstract form and the egocentric thought decrease. This allows the individual to think wider perspective". Adolescence is usually accompanied by an increased independence allowed by the parents or legal guardians including less supervision as

compared to preadolescence. In adolescence age the individual have biological, physical and social changes. This also permit them to advanced reasoning and logical process to social and ideological matters such as interpersonal relationships, politics, philosophy, religion, mortality, friendship, faith, fairness and honesty.

Adolescents with social anxiety

In this research the researcher chooses the topic social anxiety of adolescents because there are lot of studies are done according to social anxiety. But the studies about the social anxiety of adolescents are very less. This study helps the researcher to update the knowledge about the adolescence that is having the social anxiety and the effects of anxiety in their social life. Like any other mental health condition social anxiety likely arises from a complex interaction of environmental and genes. People who are having social anxiety may withdraw from the society and they have decreased social interactions. This social anxiety effects their participation in social institutions and performance of social roles. Adolescence is the future of our nation. If they are withdraw from the society or didn't do their roles in the society perfectly then our society or our nation will face a great amount of problems and it will definitely affect the development of our nation. According to the world population report 2018 about 21% of the Indian population is adolescence. They are the future of the nation forming a major demographic and economic force. They have specific needs which vary with gender, life circumstances and socio economic conditions. A study named as young and healthy(R Uma Devi and S Gopalakrishnan) done by some doctors in Kerala in 2017 defines that in Kerala 1.85% of the adolescence are suffering by anxiety and most of them are diagnosed with social anxiety disorder.

Social anxiety disorder defined as a marked and persistent fear of social performances or situations and it include such symptoms as sweating, palpitations, shaking or respiratory

distress. Social anxiety is fairly common occurring in as much as 13% of the population and can be extremely disabling. It can be either specific or generalised and can be diagnosed with a scale based questionnaire. Social anxiety may coexist with other disorders like depression and dysthymia. The differential diagnosis for social anxiety includes panic disorder, agoraphobia, depression and body dysmorphic disorder (Eric, Hollander., & Bonnie, R. (2017, may 25).

METHODOLOGY

The main objective of the study was to find out the effect of social anxiety in social life of adolescents and to find out how the social anxiety will affect the future of the adolescents. This research is a quantitative research. Descriptive research design is used for this study. Purposive sampling method is followed for the study. The adolescents between the ages 12 to 19 who are residing at Vazhathope panchayat are the target group of the study. The data was collected from 100 respondents by using questionnaire.

MAJOR FINDINGS

Table No.1

Staying away from public practice because of fear

staying away from public practice because of fear	Frequency & percentage
Every time	42 (42%)
Sometimes	32 (32%)
Never	26 (26%)
Total	100 (100%)

Most of the respondents fears to be in public and they are staying away from the public because the socially anxious person can't relax or take it easy and enjoy themselves in public.

They are very much uncomfortable when the people are around. For this type of people it is much easier to avoid or stay away from social situations than staying in public. Adolescents have the feeling of being nervous or uncomfortable in a social situation. When they face a social situation or public they become extremely nervous because of their self-consciousness.

Table No. 2

Fear to takes initiative

Fear to takes initiative	Frequency & Percentage
Every time	24 (24%)
Sometimes	22 (22%)
Never	54 (54%)
Total	100 (100%)

Most of adolescence having social anxiety are not ready to take initiatives because they are less confident than the other. They always fear to take initiative because they are very much aware about their negatives or drawbacks. These thoughts push them backward and not allowing them to take initiatives

Table No. 3

Pessimistic thoughts about success

Pessimistic thoughts about success	Frequency & Percentage
Every time	64 (64%)
Sometimes	26 (26%)
Never	10 (10%)
Total	100 (100%)

Most of the adolescence has the fear and pessimistic thought about success. The social anxiety is the fear about doing things and take initiatives. They are highly aware about their negatives more than their positives. So always they are worrying about their works and

activities. This worrying lead those to a fear about to take initiatives and lead to pessimistic thought about success.

Table No. 4

Embarrassment on others comments

Embarrassment on others comments	Frequency & Percentage
Every time	58 (58%)
Sometimes	30 (30%)
Never	12 (12%)
Total	100 (100%)

Most of the adolescence are embarrassed by others comments because others comments are negatively affecting on their thoughts and activities. The comments make them much more decreased self-confident and more isolated. They are very much self-conscious about their negatives. When others comment on their work they get much more aware about their shortcomings. By this reason the comments embarrassing them.

Table No. 5

Performing duties with confidence

performing duties with confidence	Frequency & Percentage
Every time	22 (22%)
Sometimes	18 (18%)
Never	60 (60%)
Total	100 (100%)

Most of the respondents did not have confidence to perform their duties because they have a doubt about the success about their work. If they perform the duties they fear about

evaluation and comments made by others about that work. This fear reduces their confidence to perform their duties.

Table No. 6

Maintaining the friendship through social Medias

Maintaining the friendship through social Medias	Frequency & Percentage
Every time	74 (74%)
Sometimes	18 (18%)
Never	8 (8%)
Total	100 (100%)

Most of the adolescence is interested to active in social media and maintaining friendship through social media because there they did not frighten about the indirect evaluation and judgment of others through social media. It is open platform. They are more comfortable in this open platform that direct contacts.

Table No. 7

Getting much more support in social media

Getting much more support in social media	Frequency & Percentage
Every time	36 (36%)
Sometimes	32 (32%)
Never	32 (32%)
Total	100 (100%)

Most of the adolescence are getting much more support from social media because they have more friend circle in social media than direct contact. This friend circle gives more support to

the adolescence. The adolescence has the experience that social media prevent them from the feeling of loneliness because they have more friends and relations in social media. And also they have more to do in social media than direct participation.

RECOMMENDATIONS

For reducing and controlling the social anxiety in adolescents

For adolescents:

- Try to be always positive, try to think and do positively. Thus the positive attitude reduces the social anxiety.
- The best way to reduce social anxiety is to consult a therapist. The social anxiety therapy will help very much to reduce the social anxiety. It will build confidence; learn skills that help you manage the situations that scare you most.
- Try self- help manuals. Self-help manuals are designed to supplement therapy, but they are also good tools for working on your own.
- Practice deep breathing exercise every day. It's helpful to engage in deep breathing exercise before an anxiety provoking social situation
- Share your experience with others. When you are having a anxious experience share it with your close one. This will decrease the effect of social anxiety.
- Practice and follow social skills. We are not born with social skills but through practice we can grab it. Practice to make introductions, eye contact, give compliments etc.
- Make a support group. Make a support group that will include the people close to you. This support group will improve your confidence.

For the society:

- The society should reduce over criticism and negative evaluation towards the socially anxious adolescents. Negative evaluation makes them anxious and they will reduce their performance because of the fear about this negative evaluation.
- Don't pressurize the child or adolescence to do on others interest. The pressure from others makes them anxious and as well as fearful.

CONCLUSION

We know adolescents are the future of our nation. If they withdraw from the society or they can't do their duties properly in the society then our nation will face great difficulties in future. From this research the researcher found out that that so many adolescents are suffering by social anxiety. Social anxiety is sometimes a normal process but if the severity is increases then the situation become worse than we expect. Adolescents with social anxiety will suffer by lot of difficulties in their future. Adolescents with social anxiety will fear the public and public performances. We know the world is now filled with competitions. If anyone has the courage to face the competitions they are the only winners. But the socially anxious adolescents did not have this courage to face the world. They fear always push back them from doing all activities. We are all human beings and we could not live without relationships. But the socially anxious adolescents lacking in their relations. They are fear to interact with others and to build relationship with others. From the research the researcher found that the socially anxious adolescents depend more on social media than the normal people. Because from social media they get more support and opportunities. They fear the criticism. So they go for the social Medias to avoid this. This research help the researcher to increases the knowledge about social anxiety and its effects. Also the researcher could interact with so any adolescents with social anxiety and this interaction made some insights for the researcher that nowadays the social anxiety is very common in adolescents. Because

the pressure from the parents, teachers and also the society made them socially anxious. From the childhood days the children are surrounded with the pressure from others. So this pressure automatically influence the child and in future they are becoming socially anxious. (Elizabeth, M Marine (2015). *Organizational behavior and human decision process*)

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